

BEAUTY BLOG



beauty director eva chen shares the hottest trends, backstage know-how, and must-have products.

Gorgeous Hair Tips-for African Americans-from Dr. Brooke Jackson

Um, I'm a little obsessed with Dr. Brooke Jackson. The first African-American dermatologist to be awarded laser fellowship training at Harvard, Jackson founded the [The Skin Wellness Center of Chicago](#) and here, shares her tips with you guys!

"I see many young women, especially African-Americans, with beginning hair loss due to tight braids and over-excessive hair straightening. The hair loss is often linked to hair processing (relaxers, braids, curly perms, etc.) started at a young age. Often there are bumps in the scalp which, when present for a long time, can lead to scarring of the scalp and hair loss. Here are my top tips for healthy hair!

- Look for a hair stylist who has the health of your hair in mind.
 - * Dry and over-processed hair should be cut every two months to restore and maintain its health.
 - * Conditioner to the rescue! Deep condition your hair once a week.
 - * Also for dry hair, use a leave-in conditioner. Leave-in conditioners are light enough for everyday use.
 - * Don't over wash your hair. It's true you don't have to wash your hair everyday. Over-washing your hair strips it of essential healthy oils that help hair shine. The curlier your natural hair texture, the less often you need to wash it. Most hair types should be washed every 1-3 days, African American hair should be washed every 7-14 days.
 - * Keep hair natural. Applying heat to hair everyday isn't healthy. In addition, tight braiding often breaks off fine hair...remember natural is in!"

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