GROW IT LONG!
15 Ways To Get Longer Healthier Hair

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Introduction Into Long Hair Care

So you want longer hair? No surprise there then. This wish is shared by a great majority of black women across the globe. Yet most of us remain stuck at the same short lengths year after year.

Many black women have become so accepting of the fact that they cannot have long hair of their own that they dismiss the idea completely even when they are shown proof that it can be done. Today I would like to tell you that not only is it possible but it's fairly easy to achieve long healthy hair of your own once you know how. Further, the fact that you are reading this right now shows that you at least have the curiosity to see what can be done for your hair (hint: A LOT).

I used to count myself among the doubters a few years ago. I was barely able to grow my relaxed hair to shoulder length, since adolescence it had remained stuck between ear and neck length.

But all that changed a few years ago when I discovered the wonderful online community of women who'd had enough of hair mediocrity and were sharing information in forums on how to grow long hair.

After I started applying what I had learned, my chronically short hair grew tremendously and I was able to achieve waist length healthy hair in the matter of a few years. I'm not telling you this to show off (although it's pretty cool right?) but rather to give you the hunger and determination to grow long hair of your own by any means necessary.
In this mini manual I will share with you some of the most important tips I have learned about growing black hair long and healthy.

This is not just generic information but actionable tips that you can start applying in your hair regimen right now to get you started on your journey to long hair. There is are no tresses so damaged and no texture so coarse to prevent you from achieving long hair of your own.

I would like you to keep an open mind as you read this and take the plunge into a journey of discovery where you will learn black hair care techniques which you can easily master to get you to your goals faster.

You see I have a grand vision. I know that this manual will give you the best possible start to your hair journey. But what I really hope is that in a few years, once you have achieved your goal of long hair, you can pass on your knowledge to others and little by little we will change the hair destiny of every black female for generations to come.

But I know that you are probably not reading this for any such grand motive, you just want to learn how to grow your hair long right? Well, with these powerful tips I will help you do just that!

Your own hair is unique and beautiful and as such your journey will be completely unique to you. You will discover things about your hair and yourself that you would never have imagined and in so doing you will truly see that with the right techniques and the right mindset, you can do anything that you set your mind to.

Enough of the pep talk. Ready? Let's get started...
1. Stop Blaming Genetics, Blame The Breakage

It's true that genetics determine a lot when it comes to our physical attributes and of course that includes the texture of our hair and our maximum length potential. But if you are reading this now having never been introduced to healthy hair care practices, you may be surprised to learn that genes have very little to do with how long your hair currently is right now. In fact it's a shame that very few black women reach their maximum hair growth potential.

Chronic breakage and not genes is the real reason why so many of us remain at a short hair lengths for years on end. Take away the breakage and suddenly your hair will start to cycle up to longer lengths.

Like you my hair was chronically stuck a neck length for decades until I discovered how to grow it and finally reached my goal of waist length. My genes didn't change and neither did the genes of the countless other women who are now enjoying healthy long hair. We all simply changed our thinking and started to blame the breakage.

Once you accept that breakage is your problem you can then take steps to preventing it and thereby increase your hair length.
Now if you are relaxed I realize that this is probably not what you want to hear. I know what you are thinking but no, I’m not going to try and convince you that you must go natural, wear an afro and "fight the power".

On the contrary, lots of women with relaxed hair have had great success with growing their hair long and healthy and you certainly can too. The reason I encourage you to transition to natural is simply because it is much easier to grow natural hair long. Chop this statement up any way you want but it remains a fact that for many of us, relaxers will never allow our hair to grow past a certain length.

Chemical relaxers work by breaking down the bonds in your hair to straighten it. What a lot of people don't realize is that this chemical process leaves your hair weaker and as such more prone to breakage.

As we have already learned, breakage is what is responsible for our short hair woes so by getting rid of the number 1 cause of breakage you will naturally (pun intended) cycle up to longer lengths.

Natural hair doesn't mean that you have to wear an afro. You only have to type the words "Natural Hairstyle" into YouTube to see the thousands of fluffy curly and drop dead gorgeous hairstyles you can achieve with your stronger natural tresses.

If you prefer to remain relaxed, using these tips you will still be able to grow long gorgeous healthy hair so fear not!
By nature black hair is drier than other hair types. That is a fact. Here are three reasons why our hair is so dry:

1. The curl and density of our natural hair does not allow the natural oil produced by our scalp called sebum to freely travel down the length of the strands to keep our hair moisturized.
2. The sebum produced by our scalps is insufficient.
3. Chemicals added to our hair increases it's porosity hence making moisture more difficult to hold on to.

Now many black women, particularly those new to hair care, tend to think that oils add moisture to our hair but this is patently not true. Oils are very important in our hair regimens but their main purpose is to seal in the moisture that we get from water. Water is in fact the best moisturizer.

Leave in conditioners and moisturizing lotions are a good temporary measure to "top up the moisture tank" during the course of the week but the best way to infuse real moisture and improve the elasticity of your hair thereby reducing breakage is with water during your wash.

Bottom line? Wash your hair often with weekly being the largely popular choice but I have seen ladies have great success with washing their hair every two weeks too.
4. Always Work With Your Hair In Small Sections

This advice goes for both relaxed and natural ladies but is of particular importance if you have natural hair. Any time that you handle your hair, you are risking breakage, that's just a fact.

Wash day can be a resounding success with the infusion of moisture into your strands but this is also when your hair is manipulated the most. If you wash your hair in a single mass, tangling and breakage is a very likely result.

A better tactic is to wash your hair in 4 or more sections. You may also find great success with loosely twisting or braiding your hair into sections before commencing the wash otherwise you can separate the hair with butterfly clips and wash your hair one section at a time.

For thick hair sectioning makes your hair easier to handle, it minimizes tangling and also ensures that every single strand is covered evenly with your nourishing products.

This practice when used consistently will result in a decrease in breakage overall which means more length.
5. Deep Condition With Heat Often

A lot of us think of deep conditioning or "treatments" as they are commonly known as something you do to your hair once in a while when you feel that you need it. Consequently it is not a service that is offered as standard in many black hair salons and neither is it something we do too often in our home hair care regimens.

Deep conditioning should actually form the backbone of any good regimen and is something that should be done with every single wash. Yes, that's right every single wash!

Depending on the product that you pick, the deep conditioner you use will penetrate all areas of your strands infusing moisture or protein thereby increasing your hair's elasticity and strengthening it.

Using heat while you deep condition has actually been shown in studies to increase the amount of product absorbed by your hair which means you get more of the good stuff in as short a time as possible.

Deep conditioning is the area in your regimen where your hair gets stronger. Stronger hair means less breakage and as you've already gathered, reducing breakage will lead to longer hair, our ultimate goal.

It is the unassuming simplicity of this tip that makes people think that it really isn't that important, but it is. If you take anything away from this manual, let it be: Deep condition your hair often.
All hair be it Caucasian, Asian or in fact African is made up of a protein called Keratin. Keratin is also the what makes up our nails and the outermost layer of our skin. Our skin is considered to be an organ and it works pretty wonderfully if you think about it. We lose almost a million skin cells every day due to weathering and daily activity but the skin being the self regenerating organ that it is replaces those cells every day. Our hair and nails unfortunately don’t enjoy the same luxury of regeneration.

If you are someone who enjoys styling your hair from time to time, and most of us do, you will be losing protein from your hair every single time you comb it, brush it, braid it, condition it or in fact any time you handle your hair at all. Because this protein is never naturally regenerated, over time your hair will get weaker and weaker.

The purpose of protein treatments and conditioners is to fill in those gaps and cracks in your hair strands where protein has been lost thereby strengthening your hair. Protein helps to repair damage caused by the use of chemical relaxers, hair color, heat or even excessive styling and they are a vital part of any long hair care regimen. Even though their effects are temporary, continued use every few weeks as part of a deep conditioning routine reduces breakage substantially thereby leading to increased overall length of your hair.
7. Shampoo Your Scalp Condition Your Hair

This is a mantra that I learned a good few years ago at the beginning of my hair care journey. Even though I had always looked after my own hair, it surprised me to learn that I wasn't doing something as basic as washing my hair correctly!

The idea of this mantra is that your scalp is where sebum, our natural oil, is secreted and since for most of us the sebum remains on our scalps until it is washed off, when shampooing this is where your efforts should be concentrated. This does not mean that your hair should not be shampooed, it just means that your scalp is the area most in need of cleansing.

Never rub your hair while shampooing because you will wind up causing more tangles. Instead work the shampoo directly into your scalp rubbing firmly with the pads of your fingers, never scratch your scalp with your nails. Afterwards you can work the lather into the length of your hair running your hands downwards to prevent causing any tangles.

When it comes to conditioning, you simply reverse the process. Apply the conditioner generously over your strands then finish off by massaging the product into your scalp as well. It's a subtle technique but one that could make a big difference to the overall health of your hair. If done right you will always be left with a perfectly clean scalp and wonderfully moisturized strands after every wash.
8. Detangle Your Hair When It's Wet

Remember when you were a child and how much you hated getting your hair styled? While I'm sure that not everyone had the same experiences I did, salon day for my sisters and I back in those days was pretty much like torture. Wails filled the room as the afro comb ripped its way through our dry strands. Not great.

Now even though wet hair has been shown scientifically to be weaker than dry hair, black hair in its dry state tends to be brittle with very little elasticity hence more prone to breakage. I should add that this is not a failing of our hair but just how it naturally is.

When our hair is wet however, the increased moisture levels means more elasticity which essentially means that our hair is able to stretch where it would have broken when dry. This minor difference in moisture will make a huge difference to your bottom line i.e. how much hair you lose to breakage during your washing, detangling and styling routine.

When you add a conditioner to your already wet hair the benefits are even more pronounced. A good detangling conditioner will contain ingredients that make your hair soft and slippery which will make detangling a whole lot easier.

If you have your own children, this little change can make the difference between a wash day that your child dreads or one that goes by quickly and painlessly. Children should be involved in their own hair care but the only way they will be willing to learn is if they are actually enjoying it!
Many of us own hairbrushes and small tooth combs aka rat tail combs but very few of us have any business using them. Yes I said it. Brushes were originally invented as tools for brushing dead skin and dandruff off the scalp, increasing circulation and of course spreading the natural scalp oils over the length of the hair. For someone with naturally straight hair, brushes make perfect sense and are fit for purpose. But for those of us with naturally curly or kinky hair or in fact those with chemically straightened hair, brushes are way too rough and generally cause more breakage than is necessary.

Even recently after the popularity of natural hair took hold and a certain brand of brush became very popular and is recommended widely in the community, I still maintain that its use as a weekly detangling aid is simply not necessary. Certainly using a quality brush with well spaced out smooth bristles every few weeks to remove shed hair will not do your hair much harm but as a rule of thumb you can usually detangle your hair thoroughly using a wide tooth comb only.

Small tooth combs do have some uses that go beyond the scope of this manual but suffice to say that you certainly should not be using them during your weekly hair regimen. Again remember that the whole point of your hair care regimen is to reduce breakage as much as possible. In the great scheme of things, losing strands due to brushing is not worth it.
10. Sleep On Satin Or Silk

Black hair is resilient and strong. How often have we hear words like these in salons and homes around the world? It's a sad fact that a lot of people proclaim this when in fact the opposite is true. Black hair is the weakest of all the hair types being very prone to dryness, brittleness and breakage.

Many fabrics even including the popular cotton, you may be surprised to learn, can actually cause breakage. When you sleep directly on a cotton pillowcase, the fabric firstly robs your hair of moisture and secondly, through friction or your hair strands intertwining with the weave of the fabric, it also causes breakage.

This is something that can easily be rectified by wrapping your hair with a silk or satin scarf before going to bed. Silk and satin being much smoother is a much gentler fabric and does not cause damage. If head coverings are not your thing, you can choose to invest in a silk or satin pillowcase instead.

Again this is a minor change that will make a major difference to your hair's bottom line.
11. Direct Heat Will Kill Your Hair Length Dreams

I know what you are thinking; So you are telling me to wash my hair more often, you have suggested that I go natural and now you want to tell me that I can’t use heat?? We are NOT in the seventies and I am NOT wearing an afro!

I know that it seems that I am taking all the fun stuff away from you but just like you have to give up certain foods if you want to lose weight, when it comes to hair care there are some sacrifices that have to be made for long hair. There is nothing more damaging to your hair length goals than regular direct heat. By direct heat I mean of course blow driers on high settings, flat irons, hot combs and curling irons.

But here's where I backtrack a little bit, heat isn't as bad as all that and can actually be used successfully in a hair regimen when used sparingly and correctly. When you first embark on your journey to long hair, direct heat should be a once-in-a-while styling option undertaken only two to three times per year. Once you have reached your length goals or you reach a point where you are confident in your hair's ability to withstand heat styling, you can experiment and determine the best routine for you.

Of course direct heat does not include the use of steamers, hooded and bonnet dryers or in fact tension blow drying or diffusing on a cool to low heat. Depending on your hair, these can be used regularly without risking a great deal of damage.
12. Stop Trimming So Often

Help my hair isn't growing, I am deep conditioning weekly and trimming every 2 months. What could be wrong? Believe it or not, this is quite a common question that we get asked over at BlackHairInformation.com. A long time ago a cheeky person must have started a rumor that trimming your hair makes it grow faster and somehow the idea has stuck.

The purpose of a trim is to give you those attractive even ends that make your hair appear full and healthy and also to get rid of split ends that may compromise the health of your strands if left untrimmed.

Hair is dead so the cells at the ends of your hair have no idea what the follicle that is producing the hair is doing. The follicle will continue to push the strand out at the same rate regardless of how often you trim. Trims should never be done to a schedule but rather approached as infrequent micro-trims or "search-and-destroy" style of trimming where you cut only the strands that have splits.

How often you actually trim should be determined by how often you manipulate and style your hair and your current growth rate. If you are mostly protective styling your hair in a bun every week with minimal combing then it would follow that you probably don't need a trim as often as someone who combs and wears their hair down daily. There are many tips and tricks to growing your hair faster but take it from me, being scissor happy isn't one of them.
13. Protective Style Often

Protective styling is the best length retention tool that you have and low manipulation styling is a close second. Black hair is dry, by now you know that and moisture is vital to your hair's health and length over the long term. What a lot of people fail to realize however is that the frequency with which you manipulate your hair is every bit as important as how much moisture you add to it. You could have the most moisturized strands in your neighborhood but if you are manipulating your hair daily then you have a breakage problem.

Protective styles are those that protect your hair from the ravages of our environment that would rob it of moisture and of course protect it from our damaging hands and hair tools. A protective style is one that you can keep for a few weeks without having to take it down and re-style so think twists, braids, cornrows etc. A low manipulation style on the other hand is one that you can style just once a week after your wash and not have to re-style again until your next wash day. Styles like braid outs, twist outs, buns and other simple updos would be considered to be low manipulation styles.

The point of this kind of styling is of course to drastically reduce the breakage that you get in an average month and in so doing retain the maximum length you can in that period. Think of your breakage as a target budget that you have to stay below in order to reach your length goals. You will still get some breakage but the idea is to save as many of your strands as possible by reducing or removing the breakage causing activities.
14. Use Quality Products

*First do no harm*, is an important principal of medical ethics taught to medical students around the world. Even though you can hardly compare your hair woes to the real life drama that goes on in emergency rooms, it is still a principal that you should hold close to your heart as you make your way to the beauty shop to buy hair products.

Certain ingredients like sulfates in shampoos dry out your hair. Water insoluble silicones when used unwisely will coat your hair making them drier as time goes on. And of course the most demonized ingredient in black hair products, mineral oil, will clog your pores increasing incidence of dandruff and making your hair drier with continued use.

All these three ingredients *can* be used as part of a successful hair regimen, a topic that also goes beyond the scope of this manual but suffice to say that when you are first starting your hair journey you should keep your products as much on the natural side as possible. Be prepared to read product ingredient lists before you buy *anything*. Go for sulfate free shampoos, silicone free conditioners and mineral oil free leave in conditioners and moisturizers. Buy all natural oils aiming for the ones which have proven benefits to hair like coconut oil, olive oil or shea butter.

In the greater scheme of things, the products that you use will only dictate approximately 20% how successful your hair regimen is. Yes in spite of what you may think, *products don’t grow your hair long, practices do*. Your hair regimen is the most important hair product that you own, cheesy but true!
As with most other things in life, when embarking on something substantially different from what you have always done, you have a greater chance of sticking with it and making it work long term if you keep things as simple as possible. Putting yourself in a position where you have to remember 27 steps every Saturday on your wash day is an excellent way of setting yourself up for failure.

Hair growth is truly easy when you know how and by looking at the women who have had success in their hair growth journeys you will find that their regimens were so simple it will leave you wondering how you didn't stumble on it in the first place!

When you break down what a successful wash day for hair growth should look like, it boils down to these three steps:

**Cleanse**  **-------**  **Condition**  **-------**  **Protect**

But there is of course a big difference between simple and *deceptively* simple. Learning what works for your hair is all part of the exciting journey of discovery. What may have seemed too complex to wrap your head around in the beginning will turn out to be an easy enjoyable process with just a little practice. I can attest to the fact that there is nothing so rewarding as coming out the other side having mastered your own hair. Being confident as you go about your hair regimen week by week you will already have booked your place in long hair nirvana.
And Now For An Offer You Can't Refuse

I trust that you enjoyed this manual and it gave you actionable changes you can make to your hair regimen today to start seeing real results in your hair growth.

BlackHairInformation.com will soon release a full length book that goes into detail on how to care for natural hair specifically for the end goal of long healthy hair in as short a time as possible.

This book provides specific techniques and lessons that span the process of natural hair growth with some special tips that I really think you will enjoy.

Some of the lessons include

- Goal setting and why nothing of note will happen without a specific goal
- Transitioning from relaxed to natural hair
- Assessing your hair before you begin your hair journey to determine the best route that will take you to long healthy hair
- Tips for de-cluttering your hair regimen and harnessing the power of simplicity
- Supplements, hair growth boosters and much more.

Here's what you need to do

If you are already subscribed to our newsletter you will receive notification of when the book goes on sale. If you are not on our list yet then please click this link http://eepurl.com/lwg_X and subscribe now.

Look you've come this far in your quest for longer healthier hair and my guess is that you will love the book because for the first time you will have actionable information that will change the length and health of your hair forever.

Once you know this stuff, you simply can't un-know it!

See you on the other side.

Alma