

# Growing Long, Healthy Natural Hair at 50+



**Lifestyle Challenge**  
*for Black women in their prime*

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# The Holistic Way...

Hydration



Nutrition



Exercise



Rest



...and a consistent hair regimen!



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*First...get  
into  
badass  
mode....*



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## Lifestyle Challenge *for Black women in their prime*

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Stand  
Tall  
Sister!

# The Badass Hair Regimen

No heat! No chemicals!



These are  
the key stages  
of a rigorous  
hair care regimen

EXAMPLES

Chebe Mask  
Amla Mask  
Fenugreek  
Mask  
Avocado  
Mask

Co-wash  
Sulphate-  
Free  
Shampoo  
DIY  
Shampoo

Rice Water  
Treatment  
Rice & Onion  
Water  
Treatment

- LIQUID
- OIL
- CREAM

Twists  
Bun  
Flat Twists

The products  
you use will  
depend on your  
hair texture,  
density & porosity



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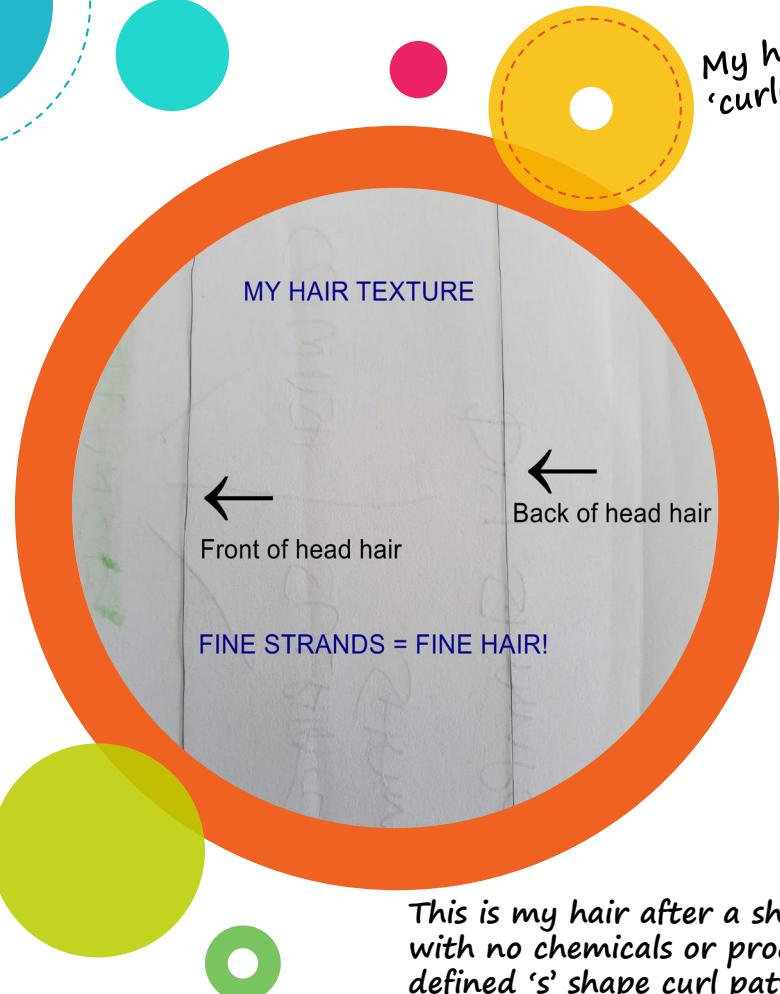


Before you  
build your  
regimen...  
Know your  
hair!



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A close-up of my curl pattern...



4A hair twist out...

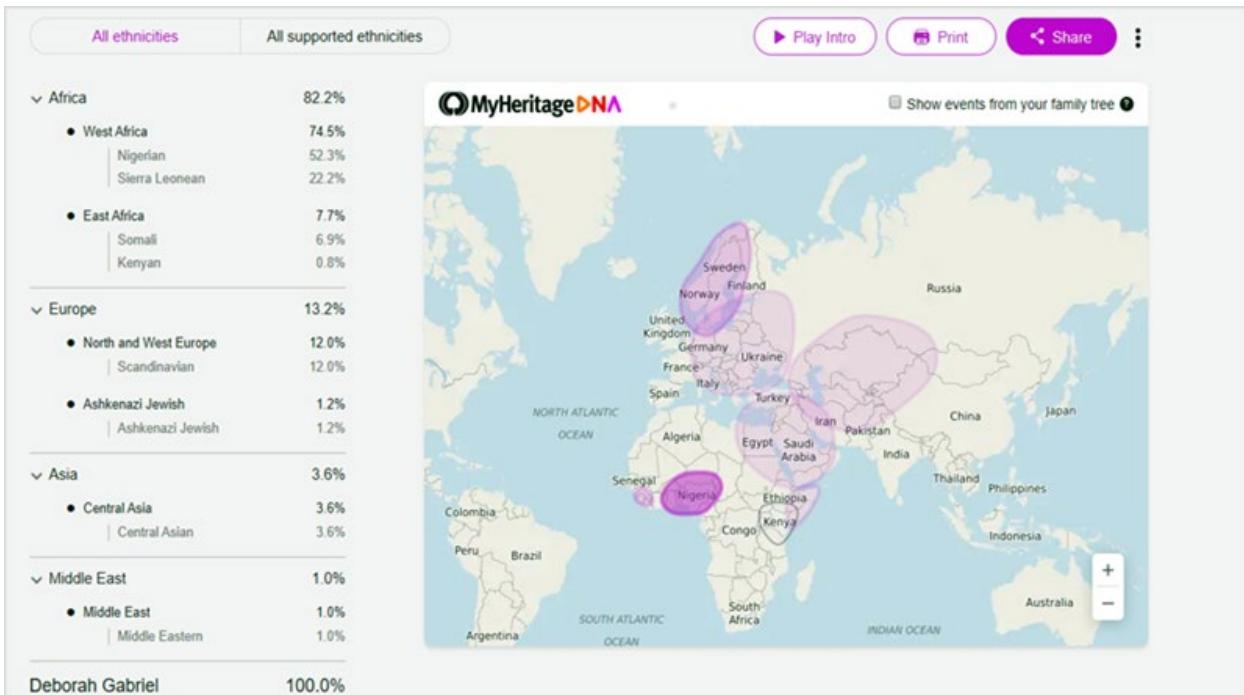
[Photo from Natural Queen.net](#)



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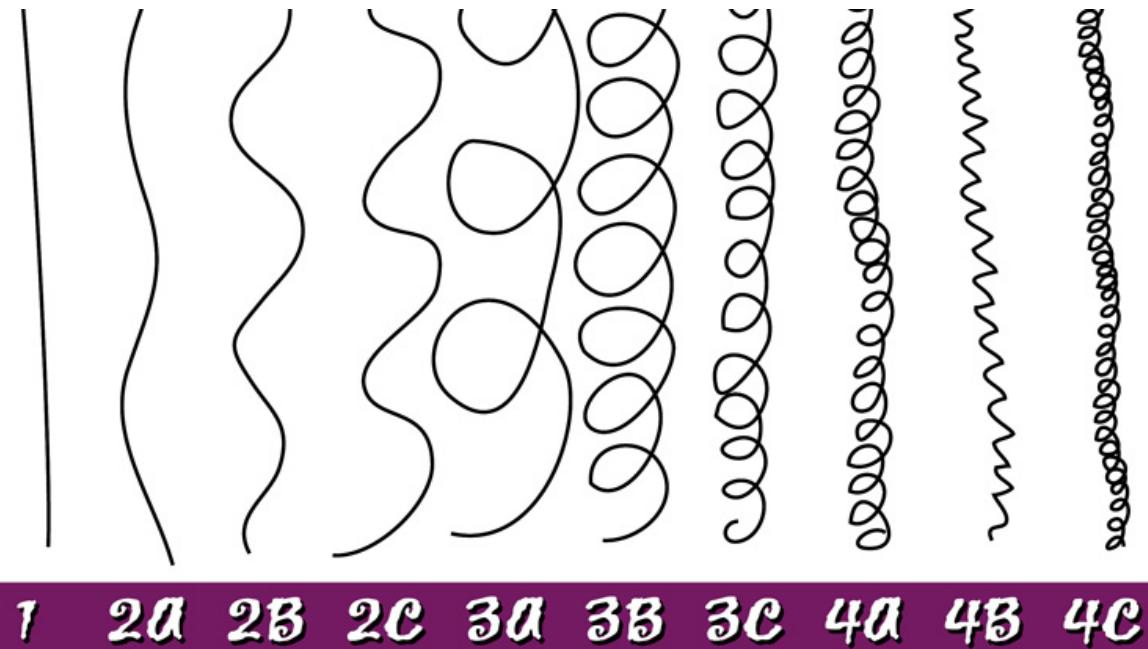
# I'm Black...but my DNA has 8 ethnicities!



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## Examples of Curl Patterns



# Videos on Texture, Density & Porosity



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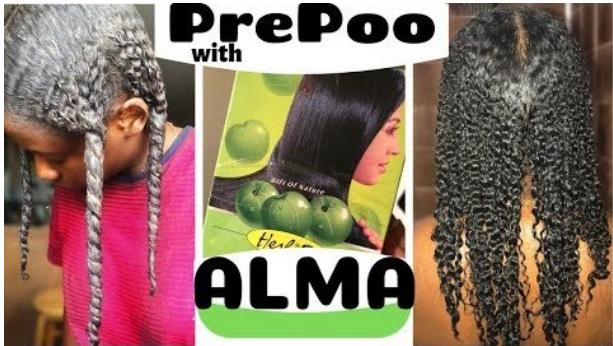


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# Videos on DIY Pre-Poo Treatments



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## Videos on DIY Shampoos



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# Videos on DIY Deep Conditioning Treatments



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# Videos on DIY Leave-In Conditioners



**NO RESIDUE CHEBE SPRITZ**



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## Videos on Moisturizing & Sealing the Hair

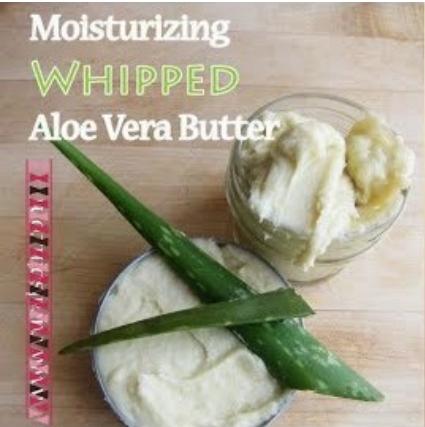


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# Videos on Homemade hair creams



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## Videos on Protective Styles



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## Some Other Useful Tips!

wear a  
satin  
scarf to  
bed at  
night



Lifestyle Challenge  
for Black women in their prime



use satin  
scrunchies  
in your  
hair



Sleep on  
a satin  
pillowcase

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# Black Women over 50 CAN Grow Long, Healthy, Natural Hair!



Join me on my journey...share your challenges, successes and tips!

<https://lifestylechallenge.deborahgabriel.com/>

The screenshot shows the homepage of the Lifestyle Challenge website. The header features a photo of a woman from behind, with the text "Lifestyle Challenge for Black women in their prime". Below the header is a navigation bar with links to About, Natural Hair (which is highlighted in pink), Nutrition, Wellbeing, Travel, Fashion, Events, Research, Gallery, and Contact. There's also a link to Like Us On Facebook and an RSS feed icon. The main content area has a heading "New Year Hair Update" with three thumbnail images of different hairstyles. Below this is a blog post titled "New Year natural hair update – healthy diet stimulates growth" dated January 2, 2019. To the right, there are sidebar sections for "Research" (with a thumbnail for "Layers of Blackness" by Deborah Gabriel) and "Natural Hair" (with a thumbnail of a woman's face). At the bottom, there are two more "Natural Hair" thumbnails.

