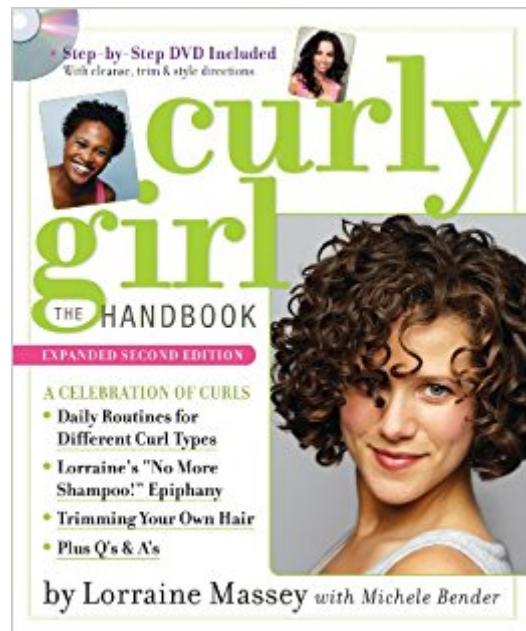


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Curly Girl: The Handbook



Synopsis

The Curly Girl manifesto is back, now completely revised, updated, and expanded by more than a third with all-new material. Created by curly hair evangelist Lorraine Massey—“the go-to curl expert featured in Allure, InStyle, Lucky, Seventeen, and The New York Times; owner of the Devachan salons in New York; and creator of a multimillion-dollar line of all-natural Devachan products.” Curly Girl is the surprising bible for the 65 percent of women with naturally curly or wavy hair and a desire to celebrate it. Curly Girl is packed with unique and fail-proof hair-care methods, inspiration, and an empowering pro-curl attitude. It’s all here: daily routines for Botticelli, fractal, and wavy curls; Lorraine’s no-more-shampoo epiphany—“handle your hair as gently as you do your best cashmere sweater; homemade lotions and potions. New to this edition: an illustrated, step-by-step guide to trimming your own hair (Remember: It’s not what you take off; it’s what you leave on.); a section on the particular needs of wavy hair; Lorraine’s Down-and-Dirty Curly Boy Routine; more fabulous “dos for weddings and other special occasions; a chapter on multicultural hair written by an African American specialist at Devachan. Plus, updated information on green and chemical-free products, 20 new Q&A’s, and a DVD with tutorials on caring for four different types of curls. From now on, there’s no such thing as a bad hair day.

Book Information

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Customer Reviews

Say no to shampoo, unplug the dryer, and find your inner curl. Celebrate the beauty of curls in a buoyant how-to, manifesto, and curly girl support group all in one. Beginning with hair's true nature

and underscored by Lorraine's Shampoo Epiphany - handle your hair as gently as you do your best cashmere sweater - it's all here: the care, the styling, the cuts, the dos, the tips, the products, the remedies, the attitude. Tight coils and soft wavy tresses, African American curls and curly kids - this is what to do to look and feel your best. Includes: Curly Cues and Quizzes, Daily Routines for Corkscrew, Botticelli, and Wavy Curls, Homemade Lotions & Potions, Q&A's for No More Bad Hair Days, Twelve-Step Recovery Program that will change your life, one shampoo at a time. Plus: I Used to be Straight....And 22 Other Curly Girl Confessions

Michele Bender, the coauthor of Curly Girl, is a freelance writer who lives and works in New York City. Lorraine Massey, the founder of Devachan salons and hair care products, is an independent stylist, an activist, and a philanthropist. She lives in the New York area.

Please be aware that for some reason has not created a new page for the updated second edition of this book, therefore any pre-December 2010 reviews will not take into account the improvements made in the updated version. I have both the first and second editions of this book. As a curly haired curl with straight-haired parents, it wasn't until I bought the first edition of this book that I had any idea how to properly care for my hair. The main features of Massey's method are not using sulfate-based shampoos or any products containing silicone, styling the hair by scrunching with non-drying gel after washing, and preferably towel and air-drying the hair, or at least attaching a diffuser to your hair dryer. There is more information than just that in the book, including recipes for home-made hair products and specifics for how to cut and colour curly hair, but that is the skeleton of her approach. Although the hair-cutting information is meant for stylists, when my hair was very long I used it to cut my own hair and gave myself the best haircut I've ever had. Since using her methods I get a lot more compliments on my hair. While the basics of the approach remain the same, the second edition of the book represents a significant increase in the amount of information shared. The book is about a centimeter taller and thirty pages longer and the formatting in the second edition (ex. smaller font and less empty space) means each page has more information. There is less silly "fluff" features (although some remains) and in a very helpful addition, a short 25 minute DVD means you can see the techniques demonstrated. The second edition has new information for curly haired men and children, and about grey hair. In addition to the introduction to Massey's haircutting technique, she provides guidelines for trimming your own hair, and at least two of the "curly girl" profiles explicitly discuss women acting as their own hairdresser. I suspected that since Massey now markets Devachan hair products, she might do a hard sell in the book and

remove the homemade recipes. Instead she doesn't mention them a single time, and she has increased the number of recipes in the book. Most importantly, she has expanded her system of curl types from three (essentially waves, loose curls and tight curls) to seven different categories (S'wavy, Wavy, Cherub, Botticelli, Corkicelli, Corkscrew, and Fractal or Zizag) and has completely reworked the "African American hair" chapter from the first book (which revealed she had very little experience with black women's hair) to something much more satisfying. I would not recommend the first book to women of African origins with very tight curls, but I think this new edition definitely has a lot to offer. I also prefer the tone of the new edition. The first book was a strange combination of strident and goofy, and almost felt like a hair-centric polemic written for tween girls. Because everything was written in extremes -- like ALL wavy hair is like this and NO curly hair is -- I got extremely confused trying to fit myself into her hair-typing system. Many characteristics of my hair meant it was wavy, apparently, despite the fact that I had ringlets on my head and my hair curled even when cut down to be two inches long. I have since realized that few people fit exactly into one specific category of hair texture -- most curlies have multiple textures or tightness of curls over their head. It's worthwhile reading the descriptions of all of the hair types and trying techniques from each one to see what works for you -- although the seven category system makes it much easier to make sense of what's going on, and what to try first. My only real complaints about the new edition is that despite there being four specific hair care routines described in the book (one for Wavies, one for Botticelli, Corkicelli and Corkscrew, one for delicate Cherub curls and one for Fractal or Zigzag) Massey made the questionable decision on the DVD to only demonstrate two of these routines. The DVD content includes sort of useless demonstrations for how to prepare simple hair-care recipes, and people talking about their hair. Given that I appear to be closest to the "Cherub" hair type, I would have loved to see the techniques described in the book - which I'm not sure I completely understand based on the text - demonstrated on video. This exclusion is sort of illustrative of a larger problem in the book that certain hair types strongly dominate in the pictures, hairstyles, and demonstrations - notably Botticelli, Corkicelli and Corkscrew. Although there is something for everyone, people with different hair types might be frustrated to not be more represented in the book. Similarly, folks who are not new to caring for curly hair might be frustrated that there isn't more information here - while this is great for beginners, there are lots of different techniques and perspectives which can be found on the Naturally Curly website, for example about dew points, hair porosity, hair care ingredients, and styling techniques like "plopping."

I have hair like Natasha Lyonne, 2c/3a curls. I can see how a lot of these tips work for other people,

especially very curly hair. I have frizzy, upon frizzy, upon frizzy, wavy/swavy sometimes curly hair with seborrheic dermatitis/psoriasis (weird oily/dry scalp). Edit: I'm changing my review from a 4 to a 5. To those who feel discouraged, there is hope! Since the first time I reviewed the book I cut about 10 inches of my hair off. It rests at my shoulders now, and is a lot easier to experiment with since there is so much less of it. As of May 2015, no heating tools have touched my head, and it has worked out very nicely! It is almost the end of the summer and I have not cursed the humidity once. I'm still using a sulfate-free shampoo (AG Fast Food Shampoo), and I switch between Tresemme Un(done) conditioner (silicone and glycerin free) and Yes to Carrots conditioner. I use a leave-in conditioner and Ouidad Climate Control Gel (alcohol free). Navigating the curly hair products has been a lot easier after reading this book, and I think its a good resource for anyone who wants better curls.

A must have book to tell you how to handle your curls, if you have curly hair. My daughter has a combination of Chinese & Black hair, which it's not nappy or kinky, but it is very curly. I happen to have wavy Chinese hair, instead of straight. She has several different curl types and sometimes her hair is a challenge to manage, but this book shows her how to do it. Plus, I take her to a salon once every 6 months and that combined with this book, which that salon does stuff that this book talks about, is great for my daughter. Wish I had known about doing this when she was younger. It would have saved me a lot of pain and heartache, and frustration.

I'm definitely a curly gal. I have used some of these techniques but changing to her recommendations has changed my hair profoundly. And there is a section in there for making products at home and the lavender spray has worked wonders. Simple but effective. It even gives a few hints on trimming your own hair and how to work with stylists. Getting my hair cut has always been a horrible experience and now I know why. I really recommend this book. P.S. There's also a chapter on kid's and men's curly hair. So don't be deceived by the title. It covers all the curls.

I ordered Curly Girl many years ago and have borrowed it to one too many friends over the years. I still tell anyone who asks about how I take care of my curly hair about this book. Anytime someone new cuts my hair they comment on how healthy it is (which is not common for curly hair). I recently decided that I needed another copy since my first was lost. I also have a mini curly girl and am happy to provide her with years less of grief over curly hair than I had. This book is SUCH a wonderful tool for anyone with curly hair to have so they can learn how to take care of it properly! If

you or your girl has curly hair this book is for you! It is a lifesaver!! It discusses many types of curly hair from a little wave to course, kinky hair. Many home recipes to have the healthiest curly hair possible are included. Nothing has ever helped me take care of and be happy with my curly hair as this book!!

Pretty good read. I have "slightly" wavy hair and although switching to some of the recommended products may enhance that slight wavy, the tips on scrunching etc don't seem to work for me. It is a lot of extra work to try to encourage my hair to curl. I'll keep trying for a while. I was already using sulfate free shampoos and conditioners so maybe my fine hair just won't take a curl very well.

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