



Tarchelle B's Natural Hair Journal: 4 Weeks to Figuring Out What Your Hair Loves

Tarchelle Bryant

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Are you a new or transitioning natural or thinking about going natural? Are you frustrated with your natural hair, all of the different methods and techniques, or with trying to find the right products for your hair? Well, this four-week hair journal is perfect for you!! I've developed a strategic system to record the specific information about your hair to help you to understand exactly what works for you. This journal also contains tools that will help you to ensure that you're keeping yourself nourished from the inside out, which will give your hair the nutrients it needs to thrive. After completing this four-week journal, you should have developed some excellent habits to be sure that you're properly nourishing your hair. You should also be very familiar with how your natural hair looks and feels with and without any products on it, and know how to find products that will work for your hair just by reading the ingredients.

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