



## EXCLUSIVE: Quickie Q&A with Jane Carter

Posted By Tracey On 03 Aug 2011. Under Urban News

[Ads by Google](#) [Hair Styling](#) [Aaron Carter](#) [Hair Shampoo](#) [Hair Product](#) [Hair Serum](#)



Are you natural-curious? You know, one of those women who has seen the influx of women flaunting gorgeous, curls, waves and twists, who loves the look, but isn't sure if she can pull it off? Believe me when I say that you're not alone.

It took almost a year for me to finally big chop and I decided that I wanted to let go and let fro, but during those 12 months I remember visiting sifting through several articles and blogs and watching just about every YouTube video in the "natural hair" category.

Whether you're thinking about making the big chop or you're already rocking natural curls, getting advice from pro is always a treat. We've managed to catch up with one of the natural hair care industry's leading ladies, Jane Carter, and the fabulous beauty expert has tons of tips to share for women on every end of the natural hair spectrum.

Check out what the curly-haired natural founder and CEO of the Jane Carter Solution line (which both curly-haired and relaxed-haired women love) ad to say about some burning natural hair questions.

### Coco+Creme: What is the biggest mistake women make when transitioning?

**Jane Carter:** Putting too much heat on the hair. The other thing is an identity thing. You really have to get your visual identity in line with having a completely different look and a completely different maintenance regimen.

**C+C:** What's your take on using heat on natural curls during and after the transitioning process?

### Related Articles From This Category



The Winner of The Coco & Creme X Polish Bar Brooklyn Giveaway

Published On 13 Aug 2011

In celebration of Polish Bar Brooklyn's Fab 5 year anniversary, Coco Creme readers had ...



Polish Bar of Brooklyn Celebrates Fab 5 Anniversary

Published On 13 Aug 2011

Tricia Lee of Polish Bar Brooklyn celebrated her five year anniversary last night at the ...



Zoe Saldana Covers Ebony Magazine's September 2011 Issue

Published On 13 Aug 2011

Zoe Saldana is taking the newsstands by storm, gracing the cover of every magazine from Latina ...



Why We Love: 2Chic Designs

Published On 12 Aug 2011

Despite what fashion leads us to believe, sometimes it's best to forego trends and invest ...



Copycat: Zoe Kravitz with Mom Lisa Bonet at Conan The Barbarian Premiere

Published On 12 Aug 2011

If you don't believe fashion is hereditary, take a look the exquisite Zoe Kravitz and ...

### Recent Posts

- How To Stay Fit While At Home
- Is E-Thugging The New Form Of Fighting?
- 5 WRONG Ways To Get Over Your Ex
- Coldplay's new "Mylo Xyloto" album gets October release (Reuters)
- Rapper could face charges tied to flash mob calls (AP)
- Small opera group offers engaging 'Ariadne' (AP)
- White Heat: White Men That Black Women Love (PHOTOS)
- Bye Bye Relaxed Hair, Hello Natural Hair!
- The Winner of The Coco & Creme X Polish Bar Brooklyn Giveaway
- Weekend Project: Paint Your Closet
- Polish Bar of Brooklyn Celebrates Fab 5

### Advertisement

**BOSLEY®**  
The World's Most Experienced Hair Restoration Expert™

Get a FREE DVD Information Kit

- Before/after photos
- Step by step guide to our procedure
- \$250 gift certificate\* and more!

GO

### Categories

- Hair Talk (334)
- Living & Love (30)
- Money (57)
- Movies (25)
- Music (302)
- Style (100)
- Urban Books (7)
- Urban ENT. (171)
- Urban News (532)
- Videos (2)

### Recent Comments

- Lani Overshown **On** Dr. Boyce Watkins Spotlight: A Black Couple Makes Both Money And Love
- Financial Accounting **On** Mary J. Blige Starts Filming Nina Simone Biopic
- Financial Advisory **On** 10 Types Of Men Women Should Avoid
- Financial Planning **On** Black Voices Exclusive: 'Madea's Big Happy Family' Clip
- Bubble Machine **On** Chicago Public Schools Promote Reading With Black Role Models
- Age Concern Travel Insurance **On** Chicago Public Schools Promote Reading With Black Role Models
- Online Education **On** GMA Summer Concert Series Kicks Off With Lady Gaga (AP)
- Financial Management **On** Hightstown
- Yves Saint Laurent Pumps **On** Dr. Boyce

**JC:** A lot of times if you use a hot flat iron, the high temperature of heat will straighten your hair like a relaxer would so that's critical. If your hair tends to be fine, it's going to be super-sensitive to heat so if you put too much heat on your fine hair, you'll permanently straighten it. If your hair tends to be on the coarser side, you can get away with putting a little more heat on it. On the same token, if you color treat your hair, it tends to be a lot more vulnerable when you put heat on it.

**C+C: How do you feel about wearing weave as a protective style?**

**JC:** My feeling about weave is that it's obviously a huge business. It's not a bad thing, but I think that it's a lot of maintenance. My only other concern is the pulling and the weight of the hair and the fact that you don't really get to take care of the scalp. I'm going to make this analogy: In the 70s when Jheri curls were really big, people all of a sudden had this long hair they never had before and it was mostly because their hair was moisturized all the time.

I don't think that a lot of women who wear weaves exfoliate their scalps as often as they should, and that creates scalp issues. You really have to get some water and some natural oils on your scalp to keep the skin soft and supple.

**C+C: What advice do you have for enhancing natural curls?**

**JC:** If you put conditioner on your hair when it's sopping wet and it has a somewhat elongated curl pattern, then you could just use that product in your hair to keep that natural pattern. If your hair tends to shrink when it's wet, then you might want to use twists just to elongate that curl. If your hair tends to shrink then you really want to put product in your hair when it's really wet. Also if you detangle you hair while in the shower with a paddle brush and conditioner, it's great.

**C+C: Is it better to shampoo or co-wash hair?**

**JC:** You can definitely rinse and then reapply conditioner, unless your hair is really dirty, then you need to shampoo. If you don't want to completely strip your hair, then you can dilute the shampoo by adding water to the container and mixing. If you exercise, you have to rinse your hair. Perspiration has salt ammonia and your hair will be really hard. It really depends on your lifestyle.

We're actually doing a shampoo now. It goes in like oil, you add water and it turns it to a cream and rinses out really clean, even on fine, straight hair. We're making sure it doesn't leave an oily residue, we've gotten a lot of really great results, so we're hoping to put more products like that on the market.

**C+C: What tips do you have for maximizing length?**

**JC:** Scalp care is critical. A healthy scalp is the foundation to growing hair. If you want to grow healthy hair, you need to eat good protein and eat well. Doing simple things like taking vitamins and drinking a lot of water are key.

**C+C: Many women are apprehensive to go natural because they believe it's maintenance. Is natural hair hard to maintain?**

**JC:** No. It's just a different orientation. The key to natural hair is finding the right product and regime. Once you do that it becomes a no-brainer.

#### Anniversary

• Tributes planned for ex-Warrant frontman Jani Lane (AP)

• U2 guitarist still pursuing Malibu development (AP)

• Sheriff: Rapper incited phone flash mob on Twitter (AP)

• Top 10 Fall 2011 Fashion Trends

#### Advertisement



**Don't Accept Hair Loss!**  
FDA Cleared to Promote Hair Growth

**HairMax LaserComb®**  
New Models From: **\$295**

[Learn More...](#) [www.HairMax.com](http://www.HairMax.com)

#### Find An Article

August 2011

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

« Jul

Watkins Spotlight: A Black Entrepreneur Puts Stimulus Money To Good Use

• Zdjécia (E)ubne **On** Maya Rudolph: Here Comes The Bride

• 抓猴 **On** Black Hair Care Facebook Page Overrun By Racist Posts

• Penny Stock Tips **On** Tom Joyner's Fantastic Voyage Sets Sail This Week: What It Means To Party With A Purpose

• Turkish Coffee Maker **On** Dr. Boyce Watkins Spotlight: Black Female Entrepreneurs Give You Virtual Assistance

• Gladys A. Davidson **On** Exclusive: 'The Help' Trailer Debut

• Donna Reed **On** Oprah Finale Shrouded In Mystery

#### Urban Hot Topics

Black Authors **Black**  
community **Black**  
community **Black**  
Hair **Black** Money  
Black Movies Black Videos  
Dating  
Entertainment In  
Love Love Money  
Music **New Music**  
News Urban Books Urban  
HipHop **Urban** Movies  
urban news



-Margaret Francois

Article source: <http://cocoandcreme.com/2011/08/exclusive-quickie-qa-with-jane-carter/>

[Ads by Google](#) [Hair Mousse](#) [Hair Spray](#) [Hair Therapy](#) [Frizz Hair](#) [Lanza Hair](#)

## Leave a Reply

Name (required)

E-Mail (will not be published)

(required)

Website

[« Who Killed the R&B Group?](#)

[DAILY DEAL: 50% Off Miami Beach Vacation And More! »](#)

WordPress Designed By Website Hosting

[Thanks To Video Games](#) | [Game Music Soundtracks](#) | [Top and best web hosts](#)