

Sophia, Naturally (My Life featuring Sisterlocks)

SEARCH

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★ BLESSED GEM LADY ★ BRENDA ★ BRUNSLI ★ CARMEN
★ CEE ★ CHELESKILOVE ★ CHI-CHI ★ CHOSEN VESSEL
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★ HAPPY NAPPY AND FREE ★ HELGA ★ INGRID SPEAK
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★ LOCKED HAIR EXCHANGE ★ LOCKED WITH PATIENCE
★ LOCKS REVISITED ★ LOCSULUV ★ LOVIN IT NAPPY
★ MARYEE ★ MEIKMEIKA ★ MUSLIMAHLOCS ★ N'DREA
★ NAPPTOWN ★ NASEEMA ★ NATURAL JOURNEYS
★ NATURAL NICKY ★ NATURALLY FREE ★ NIHURU
★ OFO'S SISTERLOCKS ★ ONYX CHERRY ★ ORGANIK BEAUTY
★ QUIET SPIRIT ★ RDP ★ RENEA ★ SEZ
★ SIMPLY MEL ★ SISTALOCD ★ SISTER-IN-LOCKS
★ SISTERLOCKS CONVERT ★ SISTERLOCKSMD ★ SOGOLOCS
★ SOUTHERN GIRL ★ STILL WATERS ★ SUNSAIL ★ TRA
★ TRISH ★ WENDI

Click here to check out
The Atlanta Sisterlocks Meetup!

April 29,
2008



Atlanta Natural Hair Show 2008

Posted by Naturally Sophia



The Natural Hair Show was this weekend. I missed the Sisterlocks luncheon. "Hated It." I missed my opportunity to meet [Goodnapps](#) in person and countless others as I didn't see many bloggers at the show. I did see Carole Pearson of [Coils N Curls](#). She has amazing spirit and very similar hair texture and density. I officially have severe lock envy. I hope

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NATURAL HAIR BLOGS

★ Naturally Beautiful



Photographer Milan Josipovic - "Powerfully moving images by photographer Milan Josipovic." - Source: Kiss My Black Ads 3 hours ago

MY BLOG IS

about my life with Sisterlocks. In addition to being a Sisterlocks Blog, you can find product reviews, information, interviews, advice, and hair tips about locks, Sisterlocks, and loose natural hair here also. I welcome both your comments and presence on my blog. Peace, Blessings & Love, Sophia, Naturally

★ natural-belle



7 hours ago

★ Chosen Vessel's Sisterlock Pilgrimage



Countdown to my 7 year lockversary on July 15, 2010 - January 2010 (Braidout with headwrap) February 2010 (Braidout) March 2010 (Sporting a hat, don't ask me how I squeezed my locks

my locks mature as evenly, small, and consistently beautiful as her have. She has fullness for days; Love the volume! She also has an amazing spirit and is very kind she gave me a poster with an original song she wrote. I will post this in another entry.

I did purchase lock loops. I will give my reviews on them as soon as I use them.



But I did meet (drum roll)



Queen Afua . She is wonderful and actually said she was thinking of



into this little hat...LOL....
13 hours ago

SEARCH THIS BLOG

powered by

SISTERLOCK STATS

Sisterlocks start date:
Memorial Day/May 25, 2007

Initial Install Consultant:
Jacqueline Ashby in Boston

Current Consultant: Julia
Stewart Stackhaus in Atlanta

Sisterlock Count: ~500

Sisterlock Size: micro in
front, small in middle of head
and back.

Retightening Schedule: 5
hours every 6-8 weeks

Initial Install facts:
I started with about 15"-17"
of natural hair
I started without a relaxer.

THE BEAUTIFUL PEOPLE



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MORE OF THE BEST

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- ☆ Beauty Logic
- ☆ Breath of Light
- ☆ Bygbaby
- ☆ Chic Noir
- ☆

☆ Locs Down Under



On
Frequent Hair
Washing: Or the lack
thereof - OK so you
would be aware now
that I have a lock
now, (YAY) but it
really got me thinking
about washing my
hair. As you would
notice in this photo,
when I w...
14 hours ago

☆ Carmen's Blog

16th Install Client -
I'm excited! 16th
Sisterlock installation
client & the first time
I've done three
clients in a month.
How cool is that.
16 hours ago

☆ iRockLocs

Notice Anything
Different? - I am oh
so absolutely in love
with my new blog
design! Anyone who
knows me, knows
that I always do
things BIG! I've
always wanted to
blog, but didn't have
...
1 day ago

☆ Loc Rocker

LocRocker on Clutch
Mag! - I was asked
by Clutch Mag to talk
about one of my
favorite summer
styles. So of course I
talked about
curlsssszzzzz! Click
the photo above to
read the ar...
1 day ago

☆ From There To Hair! - Love, Life & Locks



Angry
Black
Woman?
A
Question
of
Perspective - If
you've been following
me for a while (and
of course if you're

getting Sisterlocks. Wow! She recommended that I do her 21 day program which is similar to the 21 day Martha's Vineyard fast as a treatment for PCOS. Anyhow, I purchased her newest book and received it autographed. I haven't decided what I want to do, but the conference call was tonight. It started an hour late and was very product intensive. I think, since fasting is all natural, one shouldn't need to purchase products from company x or z. I know you need juicers. But what's the difference between buying supplements from the store or a particular group. Thoughts? Anyone have detox tips?

The lovely style I am rocking was created by **Chikodi** (top) and retightened by **Julia** (bottom). I love this style.



The hair show featured an entertaining presentation on natural hair through history starting with Adam and Eve, many vendors that offered one of a kind jewelry and natural products, and of course the competition. I purchased Jamaican Mango & Lime Shine-A-Loc for the gloss factor as well as Jane Carter Solutions Nourish which contains shea butter for my

- Fly
- ☆ Gorgeous Black Woman
- ☆ Honey Brown Sugar
- ☆ Lola Gets Life
- ☆ Make Fetch Happen- my fashion fave
- ☆ Mane and Chic
- ☆ Muze
- ☆ Nappy Me
- ☆ Peajai
- ☆ Pin-ups Don't Wear Flats
- ☆ Queenie Valentine
- ☆ Songs in the Key of Life
- ☆ Soul Bounce
- ☆ The Fashion Bomb
- ☆ The Real Kesh
- ☆ The Satorialist
- ☆ Threadbare
- ☆ Wandering Caravan
- ☆ What About Our Daughters
- ☆ What Would Thembi Do?
- ☆ Xcentric Pryncess
- ☆ Yeah I Said It and What
- ☆ You Know...

one of my 'flesh' friends) - you will know that I like to lark about and make fun of mys...
1 day ago

☆ **Naturally Leslie**
Curly Cuteness! - I am loving these wild and free ringlets on Heidi and Seal's little one. Had to share :-) - How precious! Pic from people.com
1 day ago

☆ **Locks-N-Motion**
Bantu --
---->
Not - Ok for some reason
bantu knots/knot outs are not for me, lol. My bantu-knots did not turn out like I hoped they would. This was my 3rd attempt in all my lo...
1 day ago

4EVER NATURAL



☆ **Me and My Hair**
Decisions, Decisions... - so..... i'm thinking of giving up the red hair. WHAT?! yeah. for a few reasons, but the biggest one is tea tree oil. i recently asked a question on the...
2 days ago

ARCHIVES

- ▶ 2010 (12)
- ▶ 2009 (71)
- ▼ 2008 (121)
 - ▶ December (9)
 - ▶ November (16)
 - ▶ October (21)
 - ▶ September (2)
 - ▶ August (11)
 - ▶ July (3)
 - ▶ June (19)
 - ▶ May (3)
 - ▼ April (6)
 - Atlanta Natural Hair Show 2008
 - Naturally Sophia and the Funky Bunch
 - Where Is My Receipt by Nfared
 - Atlanta Sisterlocks Meet-Up Potluck
 - Erykah Badu and How to Make It in the Music Indust...
 - Naturally, Sophia May Do the Big Chop with the Big...
- ▶ March (7)
- ▶ February (4)

☆ **Comfortable in my Natural State**
o_O - via afro-art-chick
2 days ago

☆ **LoCs2EnVy**
Newest Color -
Yesterday I lightened V's lock tips to white. It is beautiful. She's going for 4 different colors in her hair and once her new growth grows in some more...
2 days ago

☆ **memoirs of a lil nappy headed gal....**
back on the scene... - Hey Everyone, I know it's been a while, but I am back on the scene. I'm completely immersed in life and things are happening so fast that I can barely keep ...

loose ends.

But back to the hair show/competition:
At this years show, 3rd place went to this stylist and model; I think the
stylist's name is Marva.



The 2nd place went to the amazing stylist duo **Thando Kafele** and **Amber**



2 days ago

▶ January (20)

▶ 2007 (107)



- ☆ Ad (1)
- ☆ Alice Walker (1)
- ☆ alopecia (1)
- ☆ Anniversary (5)
- ☆ Apple Cider Vinegar Rinse (1)
- ☆ Art (8)
- ☆ Atlanta on the Cheap (1)
- ☆ Atlanta Sisterlocks Meet-Up (3)
- ☆ Awards (1)
- ☆ Bald (3)
- ☆ Barbies (1)
- ☆ Beach (1)
- ☆ Beauty (49)
- ☆ Big Chop (1)
- ☆ Birthday (1)
- ☆ Blogging (13)
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- ☆ Braids (2)
- ☆ Buddhism (2)
- ☆ Bumble and Bumble (1)
- ☆ Bunching (2)
- ☆ Buy Blacked Owned (3)
- ☆ Celebs (42)
- ☆ Change (8)
- ☆ Cleanliness is Next to Godliness (2)
- ☆ Comedy (3)
- ☆ Commercial (2)
- ☆ Concert (1)
- ☆ Consultants (22)
- ☆ Cornrows (3)
- ☆ Cosmetic Database (1)
- ☆ Do Not Eat (2)
- ☆ Dolls (3)
- ☆ Dr. Cornwell (2)
- ☆ Dreams (1)
- ☆ Dye (10)
- ☆ Erykah Badu (2)
- ☆ Evil (3)
- ☆ Eyeglasses (3)
- ☆ Family (8)
- ☆ FAQ (1)
- ☆ Fashion (23)
- ☆ Fragrance (1)
- ☆ Friends (5)
- ☆ Girls (1)
- ☆ Grooming (4)
- ☆ Growing Out a Cut (1)
- ☆ Hair (123)
- ☆ Hair Accessories (9)
- ☆ Hair Cut (6)
- ☆ Hair Myths (6)
- ☆ Hair Show (18)
- ☆ Hair Sticks (2)
- ☆ Hair Ties (15)
- ☆ Halle Berry (1)
- ☆ Health (9)

☆ **Lady Butterfly's Sisterlock Journey**

Feels good to be back home. - I am so glad to be back home. I just had to post about my re-installation. I am so excited that I finally took every single one of my old sisterlocks out...
4 days ago

☆ **My Au Naturale Hair Journey**

My Product Wish List. Tell me what you think - Aloe Vera Gel Glycerin Coconut Cream Concentrate Shea Butter Miss Jessie's Curly Meringue Miss Jessie's Baby Butter Miss Jessie's Rapid Recovery Oyin Handmad...
4 days ago

☆ **Love & Nappyness**

- I am what time, circumstance, history, have made of me, certainly, but I am also, much more than that. So are we all. -- Baldweezy
5 days ago

☆ **Sisterlock in NJ - Embracing All of Me**



Fresh Faced - Nice and fresh faced, I'm loving my SL's. I still have my twists in that Strandz put in last week and the curls have fell, but I'm definitely going to re...
6 days ago

☆ **ofo's sisterlocks**



crinkle to get BIG hair! - look the long loc down my back... just like bajans. I tell you, they got special fertilizer! loc detail I'm speaking at a Christian conference this ...
6 days ago

☆ **Knaps© - I Love Me**

Natural Hair: Near tragedy - I commend all mothers because I would have been on Fox5 news for child abuse.
1 week ago

☆ **Kittylocks**



But the 1st place went to [NaturalTrend Setters](#). They were a diverse group who showed a model with relaxer for the first time in show history, a model with natural looking extensions, and the trophy winning mane of beautifully styled traditional locks.



Enjoy the slide show! More photos later so stay tuned!

- ☆ Himba (1)
- ☆ I Won (1)
- ☆ Inspiration (38)
- ☆ Interracial (1)
- ☆ Jewelry (6)
- ☆ Jourdana Phillips (1)
- ☆ Lisa Bonet (2)
- ☆ Lockstyle (62)
- ☆ Love (2)
- ☆ Lush Cosmetics (1)
- ☆ Magazine (2)
- ☆ Martin Luther King Jr. (1)
- ☆ Martine (2)
- ☆ Miami (2)
- ☆ Miriam Makeba (1)
- ☆ Models (25)
- ☆ Movies (7)
- ☆ Museum (1)
- ☆ Music (19)
- ☆ My Future President (1)
- ☆ Natural (9)
- ☆ Natural Hair Interview (3)
- ☆ NBAF (1)
- ☆ News (21)
- ☆ Nichelle Nichols (1)
- ☆ Nina Simone (2)
- ☆ Only Sophia (27)
- ☆ Party (1)
- ☆ PCOS (3)
- ☆ Pedicure (1)
- ☆ Piercing (1)
- ☆ Politics (4)
- ☆ Ponytail Holders (1)
- ☆ Products (15)
- ☆ Professionalism (4)
- ☆ Quote (1)
- ☆ Race (27)
- ☆ Recipe (5)
- ☆ Relaxers (1)
- ☆ Restaurant (2)
- ☆ Retightening (14)
- ☆ Shampoo (7)
- ☆ Sisterlock Expenses (1)
- ☆ Sisterlock Styles (51)
- ☆ Sisterlocks (101)
- ☆ Sisterlocks Homecoming (1)
- ☆ Sisterlocks Information (4)
- ☆ Sisterlocks Interview (6)
- ☆ Spirit (3)
- ☆ Spoken Word (1)
- ☆ Tagged (5)
- ☆ The Single Life (6)
- ☆ Tornado (1)
- ☆ Travel (2)
- ☆ trend (1)
- ☆ TV (1)
- ☆ Vacation (1)
- ☆ Vegetarian (10)
- ☆ Voting (1)
- ☆ Wakeema Hollis (1)
- ☆ Weave (5)
- ☆ Wow (8)
- ☆ WTF (8)



Ascot - Hi to you all and thank you all

for your comments. I thought I would post these pictures of me at the races last week. I went to Ascot with 18 other Nubian...

1 week ago



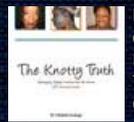
docs locs

Sisterlocks Evolution Remix 4 - Using the Animoto "Fire" theme

1 week ago



Lockin and Poppin



REVIEW of The KNotty Truth - Great

objective review of The KNotty Truth! Click on THIS LINK

1 week ago



All about the hair



Shut your mouth - Now I know my hair

is growing and getting longer because I retigten every 3 to 4 weeks so I know that my hair is growing just from that fact, but the other...

1 week ago



kalia-dewdrop



3.5 Years - This month is my 3.5 year

mark and now i'll take a moment to reflect on my loc journey. *New Set (thicker locs) * I honestly cannot wait until my new se...

1 week ago



Naturally UniQue Sisterlocks!



- Okay so with the freedom of

Sisterlocks there's no need to be a product junkie! But low maintenance hair does not mean no products! We st...

1 week ago



Sister With Sexy

slide ★ Make Your Own ★ View All Images

Filed under [Hair](#), [Hair Show](#), [Health](#), [Lockstyle](#), [Retightening](#), [Sisterlock Styles](#), [Sisterlocks](#) ☆ 22 Shared Feedback

April 24, 2008



Naturally Sophia and the Funky Bunch

Posted by Naturally Sophia



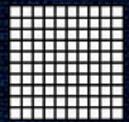
My hair is locking rather largely at the ends especially in the back and middle. I have stopped combing the ends out, but now it's really bunched on the ends in some places on my head. It looks like I have micros at the scalp and big buds at the ends.



I am concerned now about the bunching. Should I comb the ends still? I spoke to a consultant about the bunching when I was only anticipating it, she said that I should know that bunching is a part of the locking process. But is it?

☆ [www.adornbysophia.com](#) (4)
☆ [Zoe Saldana](#) (1)

Locks



Retight and Clean up - As many of you

know our parting grids are an important part of your Sisterlock process. They help in making your locks uniform and easy to style. I just...

1 week ago



ALL NAPTURAL

Coming From Where I'm From - EAOC Collective Blogging Event/Giveaway - EAOC is a global collective of minority artisans who sell on Etsy.com, the leading online marketplace for buying and selling unique arts and crafts and, of...

1 week ago



My Locking Journey is NESSisary



1 Year 5 Months!

Wow...I'm almost at the year and a half mark! Here are pics of my hair at the moment. Can anybody notice how some of the locs are looking more mature ...

1 week ago



new2locs



Just to Clarify - Hi all just to clarify for

some new readers. I do not have sisterlocks. I had someone post a comment on an old post about the grid/parts in my hair. I've n...

1 week ago



Cshan's Journey to SisterLocks



Hello Locked World! - Just dropping in to say

hi. Had my 6 week reti Saturday and my locitian decided to give me an updo. She is trying things out on my hair in prep for my w...

1 week ago



I started to pick up the scissors and cut the buds out, but then I imagined my hair unraveling all over and decided to put them down...also considering I have had the impulse to cut them out, I just have removed the scissors for my view around the house.



But what's a sistah to do? These locks are looking a little too wild and unkempt for the investment I've made. I'm seeking advice especially from the Sisterlock consultants reading. Thoughts?

Filed under [Bunching](#), [Hair](#), [Sisterlocks](#) 15 Shared Feedback

April 23, 2008



Where Is My Receipt by Nfared

Posted by Naturally Sophia

My cousin wrote this piece awhile ago. I wanted to share it with you. Here is the video, the poem starts 4 minutes into it. His intro was just a warm-up to the spoken word piece "Where Is My Receipt?". I hope you enjoy it as much as I do.

☆ **Inside the Life of One of a Kind....**
 "The List" - You guys, I have a list of the qualities and attributes that I want in my future husband...that's normal right?! I started this list like when I was 17. Th...
1 week ago

☆ **Locked and Loving It...My Sisterlocks Journey**



THOSE

ENDS!!!!!!!!!!!!!! - I SO wish I could just take the weed whacker to my hair right now!! My locs officially turned 18 months old on 6/7/10, and they are acting more like a 13-y...
1 week ago

☆ **My hair, My life, This is Me, I Am F-U-C-H-S-I-A.**



The Double Bun - To achieve the double

bun you will need the following: Medium to about Shoulder length locs Basically enough to pull your locs into a decent ponytail or puf...
2 weeks ago

☆ **<3 PEACE, LOVE, & NAMASTE <3**



Once Upon A Time This Was A Beauty

Blog - 4 months 2 weeks.
3 weeks ago

☆ **LocksRevisited**



THIN HAIR ON RIGHT TEMPLE ONLY!!!

- Ok i have a BIG axe to grind! I notice years back that the

Filed under [Art](#), [Race](#), [Spoken Word](#)   0 Shared Feedback

April 23,
2008



Atlanta Sisterlocks Meet-Up Potluck

Posted by Naturally Sophia

The Atlanta Sisterlocks meet-up group had a potluck this weekend. I made [docs locs](#) Trini Macaroni Pie and some great new friends. and [Onyx Cherry](#) were in attendance along with [Amba](#), who was most gracious for allowing us to visit her home.

slide

★ Make Your Own

★ View All Images

Filed under [Hair](#), [Lockstyle](#), [Retightening](#), [Sisterlock Styles](#), [Sisterlocks](#)   3 Shared Feedback

April 17,
2008



Erykah Badu and How to Make It in the Music Industry

Posted by Naturally Sophia

You may have seen this already, but I couldn't resist adding it to the blog. Just as I was searching for an Erykah Badu concert ticket, I came across this. LMAO!

right side of my temple is.....devoid of hair...okay so i exaggerate a little....lets just say ...
3 weeks ago

★ My hair, my life, my way!



11 more to go...One month progress report -

Hey Blog Fam! I have been working it out these days trying to get these pregnancy pounds off of me. I am happy to report that I am 9 lbs since getting seri...
3 weeks ago

★ Brown ButtahFly's Locs

4 Year Lockversary and New Blog - For those of you that are not aware, I have a new blog. You can now find me at <http://www.locks-n-motion.blogspot.com/> You can read about my 4 year lockve...
3 weeks ago

★ Amina's Sisterlocks



It has been a while... - Hey folks, It has

been awhile, but don't punish me, I'm here now, and hopefully I can keep this blogging thing up this time. I graduated from college, a...
3 weeks ago

★ Diva Queen Janel's Loc Blog



Quick Update

Posting... - Hello loc'd divas! No, I haven't forgotten about you all; I just haven't had time to update on the regular like I should be doing. Not a whole lot to repor...
3 weeks ago

★ ~Voyage to Dymanique~



Celebration Hair - This weekend, we said farewell to our Pastor and his wife. He will

be leaving the area and returning back to the states. We had an explosive, fun-filled ...
3 weeks ago

☆ **SISTERLOCKS:
NEW BEGINNING**



Almost
One
Year

Sisterlocked - *Pics were taken 1 day after retight, hence all of the bald spots. For some reason, the zoom on the camera seems to enhance the space between locks.

...
3 weeks ago

☆ **Naturally twisted**



finishing
touches
- I

completely screwed up my last post but this is my friends from cali hair now, and I just finished my hair today so hopefully i can get them up

3 weeks ago

☆ **Maryee's
Sisterlock Journey**

This puppy's got jokes

3 weeks ago

☆ **Kinky Rhonnie's
Spot**



How

Rosemary Can Help Your Hair Grow - by Christiana Roberts
Rosemary is a lovely aromatic herb that has been extensively used in traditional societies as a folk remedy against hair loss. It h...

3 weeks ago

☆ **Earth, Wind, Fire,
& Flow**



Locs @
21
months
- Hey

everybody! Again I'm a week late with my update so here are a few pics of the locs taken on their 21 month birthday. Here we go! [[This is a content ...

4 weeks ago

Filed under [Celebs](#), [Fashion](#), [Music](#), [Weave](#) 
★ 3 Shared Feedback

April 15,
2008



Naturally, Sophia May Do the Big Chop with the Big Move

Posted by Naturally Sophia

I WANT TO CUT IT ALL OFF AND MOVE TO MIAMI!



Hey there blogger land! Lol! I think I want to cut it all off similar to the model here (photo credits to zoomshoes.co.za). Why? you might ask. It just doesn't feel free anymore. I have grown a little weary of always having to explain my hair to admirers and inquirers. In addition, I am tired of the judgment that comes with the hairstyle, both negative and positive. I just want to be free. For instance, I love my Sisterlock sisters but do not agree with many of the predominant views in the locked community in general. People see my hair and assume I am identical in thinking to some persons with locked hair. Maybe I am finally over my hair or realize that I am not my hair. I feel locks in my hair has somehow locked my personality and freedom. This is just a gut feeling! ALTHOUGH I can be impulsive, I don't know that I will get the nerve to grab the scissors.

Oh and the big move? Well, I was asked if I wanted to do yet another position in Miami with my company. The next day, the initial hiring manager told me the first position had never been cancelled but rather delayed until spring. My manager told me it had cancelled. Mistake or strategy? You decide. Anyway, I took my house off the market at the time. I am working on getting it back into real estate listings by tomorrow. Now I think I want to rent it out via Section 8. Not my first instinct, but I am very eager to move. I really don't want to get rid of the property but I want a change in pace. the benefits of taking this job greatly outweigh the cons at this point. Keep me in your prayers please and share your