



THURSDAY, DECEMBER 31, 2009

## What's My Hair Type? And How To Care For It?

I'm in NYC at Cafe Sabarsky eating my morning croissant and I just happened to scroll through some comments people have been leaving me on [my youtube](#). The one common question that seems to be on everyone's mind is about "hair types".

*"Viera, what's the difference between all the hair types and how do I know what my hair type is?"*

Well! Since you asked :) (\*\*Channeling my inner librarian\*\*)

Hair types are generally classified into 4 categories: 1,2,3,4 (Simple, hmm? Not quite...)

Within these categories there are subcategories that help to better define the texture...aka "grade" of one's hair. For example: Hair type 1 is straight, while hair type 2 is curly. However hairtype 2a is less curly than 2b, which is far less curly than 4b (which is the curliest of all! lol). So the "1,2,3,4" grading system is hierachal scheme that goes from Straight to curly. Now that we understand the generaly idea of "hair grading", lets move onto the specifics, shall we?

**Hair Type 1:**  
***Straight***



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Hair with no texture or curl patterns.

## Products I Recommend For Type 1 Hair:

- Jessicurl Hair Cleansing Cream
- Jessicurl Aloeba
- John Masters Evening Primrose Shampoo
- John Masters Oranics Lavender & Avocado Intensive Conditioner
- Elucence Moisture Benefits Shampoo
- Elucence Moisture Balancing Conditioner
- Max Green Alchemy Scalp Rescue Shampoo
- Max Green Alchemy Scalp Rescue Conditioner
- Innersense Pure Inspiration Daily Conditioner
- Innersense Pure Inspiration Hair Bath

## Hair Type 2:

### Wavy Hair

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#### TWITTERINGS

Got a photoshoot coming up! I'm going to be wearing my own design from this seasons collection. Super excited! [1 day ago](#)

I'm so tired! Just got back from filming ^^ Now I am going to edit! Maybe I can post this baby by tomorrow...Here's hoping! [2 days ago](#)

Ok loves off to film my first travel video about France! Where should I start? Paris? [3 days ago](#)

Howdy!!!!!!

<http://twitpic.com/1ysgxx> [3 days ago](#)

To all the wonderful papas and papas



2a



2b

Type 2 hair falls between Type 1 (straight hair) and Type 3 (curly hair). An unusual hair type, wavy hair tends to be coarse, with a "S" pattern to it. Meaning, the wave forms throughout the hair in the shape of the letter "S". You will know whether or not your hair is type 2 because it would be wavy and the curl pattern curves in the "S" shape while laying flat against the scalp, instead of standing away from the head the way curly hair does. Type 2s are often confused with Type 3s because it is easy to get curly hair to lay flat and look wavy. However, don't be fooled by this, because anyone with wavy type 2 hair will tell you that you can't get Type 2 hair to look like Type 3 without a lot of work. Why? because wavy hair sticks close to the scalp: even if you cut it in layers, it won't fluff up.

### There are three Type 2 subtypes:

- A- Fine and thin;
- B- Medium-textured;
- C- Thick and coarse.

Type 2A is very easy to handle, relatively easy to straighten or mold into curlier looks. Types 2B and 2C are slightly more resistant to styling and often tend to frizz easily.

**Caring for Type 2 Hair:** Type 2 hair needs lighter products that enhance curls and fights against frizz. After you wash your hair, Let hair air dry or use a diffuser. Once your hair is dry, rub a little pomade into the palm of your hands and smooth over your hair. Please do not use a brush or comb on your dry curls, only finger comb your curls. Also, sleep on a satin pillowcase in order to reduce tangles, frizz and dryness.

Recommended products for type 2 hair--

- Jessicurl Rockin' Ringlets

to be in the world - joyeuse fêtes des Peres!!!! Happy daddy day! 5 days ago

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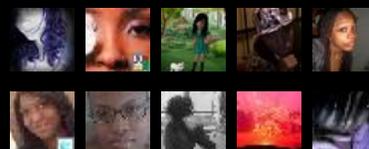


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#### ABOUT ME



**VIERA LUCK**

Beauty guru with a twist of REBEL.

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TIPS FOR A HAPPY, HEALTHY YOU!

- AG Foam Weightless Volumizer
- Curly Hair Solutions Curl Keeper
- Curlisto Bio-Gel Mousse
- AG HairCosmetics Mousse Gel
- John Masters Organics Sweet Orange & Silk Protein Styling Gel
- Batia & Aleeza Bio-Herbal Mineral Styling Gel
- Curlisto Structura Lotion
- Curlisto Control I Gel
- DevaCurl Angell
- Curl Junkie Curl Fuel
- MOP Glisten High Shine Pomade
- MOP C-Curl Defining Cream
- Innersense Quiet Calm Curl Control
- Jessicurl Confident Coils Styling Solution
- Miss Jessie's Quick Curls
- CurlFriends Seduce Pomade
- Max Green Alchemy Scapl Rescue

## Hair Type 3:

### *Curly Hair*



3a



3b



3c

Curly hair has a definite loopy "S" pattern. If you take a strand of hair and stretch it out you will notice the curvy lines, it kind of reminds me of a stretched out slinky. For the most part, curly hair is usually baby soft and very fine in texture. Curly hair isn't as shiny as straight or wavy hair because the hair doesn't have a smooth surface, thus light doesn't reflect off of it so much. When curly hair is wet, it looks straighter than normal. When it dries, it absorbs the water and contracts back to its curliest state. And those of you with type 3 curly hair know all too well that high humidity makes curly hair frizzy!

**There are two subtypes of curly hair-**

Type 3A: hair that is very loosely curled (Julia Robert's or Susan Sarandon-esque) its usually very shiny with big curls. The shorter the hair, the straighter it gets. The longer the hair the more defined the curl!

Type 3B: Is hair with a medium amount of curl, ranging from bouncy



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ringlets to tight corkscrews. It's not unusual to find both subtypes coexisting on the same head. In fact, curly hair usually consists of a combination of textures, with the crown being the curliest part.

Type 3C: AKA " Big Hair!" is hair with tight curls in corkscrews. The curls can be either kinky, or very tightly curled, with lots and lots of strands densely packed together.

**Hair care tips 3a hair:** This hair type needs light moisture and some kind of product geared towards curl definition. After washing your hair, let it air dry or use a diffuser. Once your hair is dry, rub a little pomade into the palm of your hands and smooth over your hair. Avoid using a brush or comb on your dry curls. Sleeping on a satin pillowcase to reduce frizz and dryness!

**Hair care tips 3b hair:** This hair type needs extra moisture and some kind of product geared towards curl definition. After washing your hair, let it air dry or use a diffuser. Once your hair is dry, rub a little pomade into the palm of your hands and smooth over your hair. Avoid using a brush or comb on your dry curls. Sleeping on a satin pillowcase to reduce frizz and dryness!

**Hair Care for Type 3C:** This hair type needs extra moisture and TLC because it can be fragile. Let the hair air dry and do not use a brush or comb. To refresh bed head or fight fuzzy hair line, use a moisturizing hairdress like Miss Jessie's Curly Buttercreme or Jane Carter Solution Nourish & Shine.



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## Recommended Products for Hairtype 3:

### 3A Recommended products:

- Curlisto Structura Lotion
- Curlisto Control II
- AG Recoil
- Batia & Aleeza Herbal Mineral Sculpting Gel
- Innersense Inner Peace Whipped Creme Texturizer

•Innersense Quiet Calm Curl Control

•Curly Hair Solutions Curl Keeper

•DevaCurl MirrorCurls

•Jessicurl Awe Inspiring Spray

•Curlisto Finishing Pomade

•Elucence Volume Designing Foam

[Click here for photos of 3A.](#)

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### For Type 3b hair:

•Curlisto Structura Lotion

•Curlisto Control Gel II

•Curlisto Matte Stay

•AG Hair Cosmetics Re:coil

•Curly Hair Solutions Curl Keeper

•Cutler Curling Cream

•Curly Hair Solutions Tweek

•DevaCare Arc Angell

•John Masters Organics Hair Pomade

•DevaCare Set It Free

•Curlisto Structura Spray

•Batia Aleeza Bio Herbal Mineral Sculpting Gel

[Click here for photos of 3b.](#)

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For Hairtype 3c: I recommend styling creams and

butters!

- HPO Curly Conditioning Styling Pudding
- Curl Junkie CoffeeCoco Curl Creme
- Miss Jessie's Curly Meringue
- Oyin Handmade Whipped Pudding
- MYHoneyChild Type3/Type4 Combo Hair Creme
- Kinky-Curly Curling Custard
- CURLS Souffle
- Blended Beauty Happy Nappy Styles
- CURLS Quenched Curls Moisturizer
- MYHoneyChild Caribbean Hair Activator
- Oyin Handmade Frank Juice
- Kinky Curly Knot Today

## Hair Type 4:



4a



4b

And now for my personal favorite hairtype!

Type 4 hair is typically very tightly coiled, wiry extremely fragile. Like Type 3 hair, Type 4 hair appears to be coarse, but it is all actuality

it quite fine, with lots and lots of thin strands densely packed together. Healthy Type 4 hair won't shine, but it will have a nice sheen. It will be very soft to the touch. Here are a few Type 4 wonders :) Oprah, Whoopi Goldberg and the actress Angela Bassett are all proud type 4 hair(ers) lol.

## Why is type 4 hair so fragile???

Well my lovelies, Type 4 hair has fewer cuticle layers than any other hair type, which means that it has less natural protection from all that damage you inflict upon it when you comb, brush, heat curl, blow-dry and straighten it. The more cuticle layers in a single strand of hair, the more protection it has from damage. Each time you damage your hair — (I.E. fire up that dreadful curling iron, fry it with chemicals) — you break down a cuticle layer, robbing your hair of much-needed moisture!! I can't stress this enough, its like pulling on a rubber band over and over again, eventually it's going to break! Thats why some of you notice that your hair has difficulty growing very long. Every time it gains an inch- combing, brushing and flatironing just strips that away! There are two subtypes of Type 4 hair:

Type 4A: which is tightly coiled hair that, when stretched, has an "S" pattern, much like curly hair. Type 4A tends to have more moisture compared to type B hair. This texture does not exhibit the shine or silkiness of looser type curls, but instead has sheen, and a soft, almost cotton-like feel.

Type 4B, which has a wiry texture. When stretched it has a "Z" pattern, And less of a defined curl pattern.

## But what my hair has been chemically straightened? How I tell which subtype It belongs to?

Well, all you'll need to do is wait until there is least one inch of new growth and then pull at the roots. If you can see a definite curl pattern, then it's an A, if not, then it's a B. C'est simple! With the proper care and technique, type 4 hair is indeed resilient, manageable, durable, growable and easy to control :)

## Hair Care Tips!

This hair type needs alot of moisture! Make sure you use products that will help you to retain moisture. Sleep on a silk or satin pillow and avoid using heat styling tools as much as possible.

## Recommended Products for Type 4 Hair:





:)

I hope this entry has helped some of you. Embrace your natural hair texture and love it! Its what makes you beautiful :)



Stay strong and beautiful!

XOXO

Viera

POSTED BY VIERA LUCK AT 5:04 AM 

LABELS: AFRICAN AMERICAN HAIR, ASIAN HAIR, CAUCASIAN HAIR, COILED HAIR, CURLY HAIR, HAIR CARE, HAIR GRADES, HAIR TYPES, HOW TO GROW LONGER HAIR, KINKY HAIR, LONGER HAIR, STRAIGHT HAIR

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## 2 COMMENTS:

sharon said...



This is a very interesting blog and so i like to visit your blog again and again. Keep it up.

Sharon

[http://www.bukisa.com/articles/267557\\_protect-your-hair-from-hair-fal](http://www.bukisa.com/articles/267557_protect-your-hair-from-hair-fal)

ls

APRIL 10, 2010 3:54 AM

EversBaByGirl said...



My guess: 3C?

JUNE 15, 2010 7:08 PM

## POST A COMMENT

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