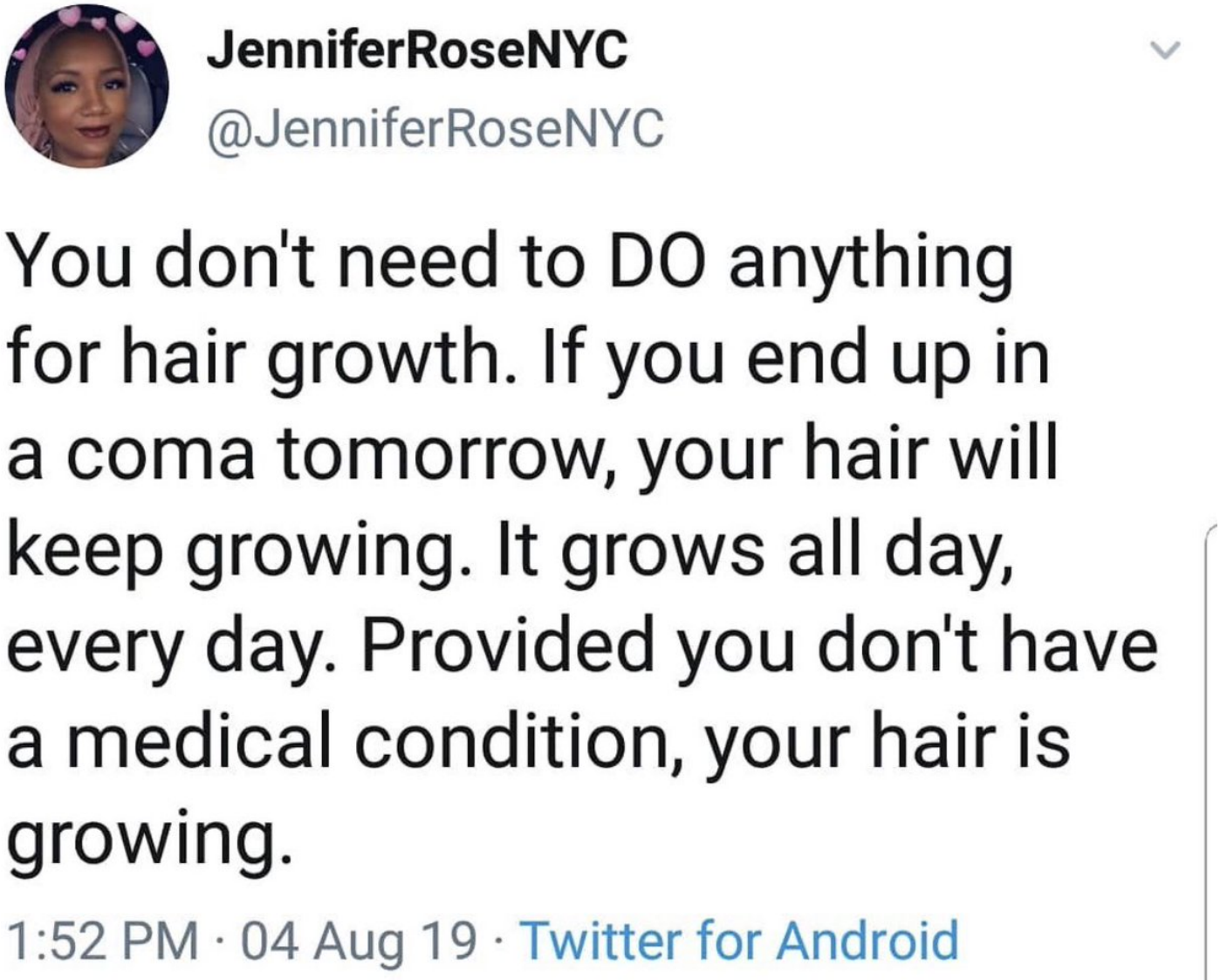
Twitter Thread by JenniferRoseNYC

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I think a lot of you don't have a good idea of how hair growth actually occurs. You can't "make" your hair grow. Braids don't do it. Protective styles don't do it. Drops don't do it. Stylists don't do it. Hair grows. That's what it does. IT LITERALLY GROWS IN THE WOMB.



Hair is metabolic output. Your personal growth rate is based on your metabolism and your genetics. Our hair and nails grow faster in the summer because of increase in physical activity, better caloric intake (Summer foods), and Vitamin D (sun

exposure).

Pregnancy hormones can spur growth rate and improve quality of that new growth. Supplements can increase growth by a measly 15%, but only if person has a poor diet. A clean water who already gets high vitamin intake won't see an increase with supplements.

NOTHING TOPICAL INCREASES GROWTH RATE. NOTHING. NOTHING DONE TO THE HAIR ON THE HEAD CAN MAKE YOUR HAIR GROW. Even infrared or laser treatments affect the follicle BEFORE hair grows.

This is not opinion. This is scientific fact. Cosmetology is the science of hair. It is not up for debate how hair grows just as how digestion occurs is not up for debate. It is what it is.

People make money off convincing you hair growth is something you can change with a product or a hair service. They can't. I CAN'T. I tell clients every day "I don't have growing hands. I have 'I won't fuck up your hair and cut it all off' hands." A good stylist PRESERVES GROWTH.

Black women do NOT have an issue with hair growth or growth rate. Y'all had to get that relaxer retouch every 8 weeks because your new growth was an inch long WHICH IS THE AVERAGE GROWTH FOR A HUMAN. 1/2 an inch a month, 6 inches a year. We are BORN with hair.

Black women have an issue with GROWTH RETENTION due to poor haircare habits, suboptimal hair hygiene and oil-based products that choke the moisture out of hair.

Again, if you want to PRESERVE the growth you are undoubtedly achieving, follow the steps below



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How to have healthy hair:
1. Shampoo and condition OFTEN.
2. Use ONE styling product (gel OR wrap foam)
3. Get trims on time.
4. NO OIL. It dries out the hair by preventing moisture from the environment entering the hair shaft.
5. Cover hair at night.
Thassit.

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