

# “Coloring With Care”

## Official Sisterlocks Class Manual

Produced for Sisterlocks In collaboration with

**Michelle Bryant**

Sisterlocks Master Trainer

National Training Supervisor

Sections of this manual excerpted from  
The Guide to Success for Sisterlocks Consultants  
By Michelle Bryant  
Sisterlocks National Training Supervisor

First printing: 6/2011  
By Sisterlocks Publishing

No part of this publication or the images therein may be copied or duplicated in any form or by any means without the written permission of Sisterlocks.

Sisterlocks Publishing  
Copyright 2011 - All Rights Reserved

# TABLE OF CONTENTS

Tips for Those Who Wants to Color Their Sisterlocks .....	Page 4
General Tips for Getting the Best Results with your Hair Coloring Choices .....	Page 6
Can I color my hair? .....	7
Coloring and Relaxers .....	7
Some Things to Watch Out For When Coloring Locks.....	7
Various types of Hair Color .....	8
Pop Quiz .....	Page 10
Test Your General Knowledge About Hair Coloring .....	Page 11

## DISCLAIMER

**Wearing natural hair is a commitment and being natural, no matter which style you chose, is a choice that can impact every part of your life. Saying goodbye to chemicals and heat is easier for some than others. Saying goodbye to hair dye is sometimes an even more difficult decision to make. Even though many hair dye formulas have been proven to cause serious health issues, from allergic reactions to cancer, the fact is that if a person colors their hair it can be as serious an addiction as any other beauty product addiction. It's not always necessary to say goodbye to color but rarely do chemicals have a positive effect on our hair or our bodies.**

# Tips For Those Who Want To Color Their Sisterlocks and Natural Hair

## DISCLAIMER

Wearing natural hair is a commitment and being natural, no matter which style you chose, is a choice that can impact every part of your life. Saying goodbye to chemicals and heat is easier for some than others. Saying goodbye to hair dye is sometimes an even more difficult decision to make. Even though many hair dye formulas have been proven to cause serious health issues, from allergic reactions to cancer, the fact is that if a person colors their hair it can be as serious an addiction as any other beauty product addiction. It's not always necessary to say goodbye to color but rarely do chemicals have a positive effect on our hair or our bodies.

There are many reasons why our women color their hair, from fashion accents, to covering the gray. Techniques vary according to the desired effect. These photos show a few coloring options: Bleaching, Highlights, Darkening, Overall lightening and color.



**(left) Bleaching the hair to lighten it requires the harshest coloring techniques.** Extreme care should be taken to keep the hair moisturized and strong. **Special attention should be paid to the ends because over time there is a strong possibility that these may break off.**

There are times when over-processed bleached hair can melt completely off the head into the hands or the sink.



**(right) Many opt for color highlights only.**

With this coloring choice there is no danger of harm to the scalp and less danger of allergic reactions to harmful chemicals.



**(left) Coloring is commonly used to cover gray.** This approach can also be done as safely as possible by avoiding the harshest coloring formulas, applying products correctly, moisturizing regularly and using the **Sisterlocks Reconstructor** on a regular basis to **strengthen and fortify the hair strands.**

One of the most common reason for coloring is simply to enhance the appearance with soft complimentary hues and shades. For example, certain colors might bring out desired qualities in skin tone and eye color.



There are those times when you just want to flaunt your bold and unique style and personality! Signature colors of all kinds are available to help you accomplish this.



## Here are some General Tips for Getting the Best Results with your Hair Coloring Choices

**NOTE:** If Consultants/Trainee is not licensed to provide coloring as a service, we encourage them to work closely with a professional who can provide these services. BAs should explain the pros and cons of coloring Sisterlocks to the cosmetologists they work. Collaborations should include teaching Cosmetologists about shampooing techniques for Sisterlocks, when and when not to trim the locks, and that grooming the locks is the Consultant's responsibility.

- **Working with licensed professionals is the best way to ensure that you will achieve the desired results with your hair coloring. Dying the hair is a professional skill and trained colorists have the best understanding of how the chemicals in coloring products react with the hair. If you're not a licensed cosmetologist your best course of action is to find one who will work with you to provide these services. If your colorist is not familiar with Sisterlocks (or natural hair), educate this person as to how to care for locks (i.e. shampooing, conditioning, separating, etc.) The information in this section will help you in that process.**
- **Always do an assessment before coloring your hair.** Whenever possible, consult with a coloring specialist who can explain the pros and cons of applying color to the locks. A coloring specialist should be able to offer a consultation for this purpose.
- **For Sisterlocks, coloring should be done prior to the locking session. There is a period of time (at least through the settling in phase of locking) where this process can't be repeated. This period can last from several weeks to 6-months or more, depending on the texture of the hair and how quickly it passes through the phases of the locking process. Sisterlocks should be stable and no longer slipping before applying coloring.**
- Each time the color application is repeated there is the potential for a "blow-out" (severe unraveling, bunching, etc.) of the locks. Color is a chemical that must be completely rinsed from the hair. (The water actually helps to stop the action of the chemical process.) This flushing can disrupt the locking process, especially on new locks. **NOTE:** This extreme rinsing, to stop the action of the chemical, is another main reason why coloring new locks not advisable.



is

- Clients who color their hair will often need to use a deep conditioner such as the Sisterlocks Reconstructor – and sometimes use it as a leave-in to strengthen the hair strands and keep the ends of the hair from breaking off. **NOTE:** Always recommend using Sisterlocks products to maintain the integrity of the locks before, during and after the coloring process.

## Can I color my hair?

Clients will often ask this question and there is no blanket answer. Whether a client uses hair dye and how damaging it will be, depends on the condition of the client's hair prior to coloring and how their hair reacts after the chemical has been applied. Clients considering coloring should always consider using the least damaging techniques. **Note:** The Consultant should always advise as to the appropriate timing for coloring. After the settling in phase, when there's no apparent damage to the locks, i.e. breakage, bunching, etc. because coloring will make these problems worse.)



## Coloring and Relaxers

Most of the products we use on our bodies contain some type of chemical. Prior to administering chemical services, **Cosmetologists are required to perform a skin/patch test on a client to be certain there are no adverse reactions to those chemicals.** In reality, these tests, which would tell if there are reactions to the chemicals such as facial swelling, allergies, difficulty breathing or hair loss, are rarely performed. **When asked, most women who have worn relaxers or color for years, state they have never had a patch test prior to a chemical services.** Some have worn relaxer *and* color, which is usually a prescription for disaster. Performing these services at the same time is forbidden and a Cosmetologist who values their reputation as a professional would never apply relaxer and color on the same day. **NOTE:** A patch test, like the *Sisterlocks sample locks*, is a step that should never be skipped. Stress this to your client, whether you perform the service or someone else. The patch test prior to coloring will give a preview of how much slippage, bunching or breakage may be caused by coloring the hair.

**Wearing natural hair and color is challenging but can be even more so with permanent natural hair styles such as locks and Sisterlocks.** With braids, twists and other transitional natural hair styles the hair can be taken out of the style to have the chemical treatment performed, allowing the hair to be rinsed thoroughly to stop the action of the chemical.

## Some Things To Watch Out For When Coloring Locks:

- **A strong rinse (a heavy flow of water) on locks and Sisterlocks can severely affect the integrity of the locks** sometimes causing them to unravel completely.
- **Usually, hair color is followed by deep conditioning, as well. For new Sisterlocks is NOT advised.** Sisterlocks wearers are advised to avoid conditioning products until the locks have settled-in. Applying conditioning be-

fore this **may cause even more unraveling or a 'blow-out'** – which is severe end unraveling. Bunching can also occur because the ends will sometimes fold back into the lock, especially if the curl pattern is deep. **NOTE:** Explain to clients that these "blow outs" can mean lengthy maintenance sessions. Repeated blow outs may prove cost prohibitive to repair and will detract from the integrity of the locks

- **Locking involves the hair shedding and matting around itself. Allowing foreign substances such as hair dye, to get trapped inside the lock during this process can be detrimental to the integrity of the locks, long term.** This build-up can harden inside the lock and could cause the hair to look and perform very differently than it would had it not been colored.

- Applying hair dye to a normal head of healthy locks may not be a problem initially, but the repeated application of the chemical is where the problems can come in. **Overlapping color can cause breakage similar to that caused by overlapping relaxer applications. NOTE: Repeated the coloring process will cause more damage and, as stated above, can be costly and sometimes irreparable.**

## Various Types of Hair Color

It's best to avoid hair color, but this is not an option for many people. There are different levels of products on the market, and some are less harmful than others. The following is a breakdown of what the products do and the pros and cons associated with each. Making an informed decision can help minimize exposure to harsh chemicals and their side effects.

**The available options listed range from mild to severe in their effect on the hair:**

- henna,
- cellophane,
- semi-permanent,
- permanent and
- bleach.



Because a product is considered 'mild' or 'safe' mean it's without risk of side effect. Even the so- 'safe' at-home products can contain the chemical Paraphenylenediamine or PPD, which is used to darken the color and can cause severe allergic reaction. doesn't called

Temporary hair colors, such as henna and cellophanes, commonly rinse out after the hair is shampooed and only coat the hair shaft. Temporary hair color doesn't penetrate the cuticle\* unless the hair is damaged. The range of color choices is usually limited with henna and cellophane.

Semi-permanent color goes deeper into the hair shaft and lasts between 4-5



shampoos. Semi-permanent color contains PPD's. It can not lighten hair and when darkening the hair, will usually not completely color gray hair. This usually leads a person with gray hair or who wants to lighten their hair only 2 options: permanent color or bleach.

Permanent hair color will not shampoo out. It takes several steps to deposit this color deeper into the layers of the hair. This process requires the application of ammonia and peroxide. These strip the melanin from the hair and deposit the new color there



Hair lightening is accomplished with bleach which completely strips all the natural color from the hair while raising the cuticle to deposit the new color beneath the surface of the hair shaft. This multi-step process is very damaging to both natural and processed hair.

**The damaging effect of hair color - especially permanent color and bleach - usually leads to mild-to-severe breakage along the temple and nape edges of the scalp. It can also cause the hair shafts to be brittle and break from the scalp, sometimes by merely touching the hair. Deep conditioning treatments (like the Sisterlocks Reconstructor) can be used to combat this.**

These are some of the reasons why only skilled professionals should offer these coloring services and never without a patch test. Please consider these facts before deciding on the appropriate hair coloring products. Always opt for the 'safer' options whenever possible. Whatever the option, make sure to keep the hair conditioned, and use the chemicals as conservatively as possible.

## POP QUIZ

**A.** Which is not a popular reason to color:

- 1.) To color gray, compliment skin tone or eye color
- 2.) To help achieve optimum condition of the hair
- 3.) Flaunt your unique style

**B.** When you want to color your hair it is best to:

- 1.) Do it yourself
- 2.) Try a few methods until you get it right
- 3.) Find a color specialist to color your hair for you

**C.** When working with a colorist who is not familiar with Sisterlocks you should:

- 1.) Explain how to shampoo locks correctly
- 2.) Introduce them to your Consultant so s/he can discuss important ways to maintain the integrity of your locks, i.e., how to shampoo, Sisterlocks products, etc.
- 3.) Have them apply the color and let your Consultant rinse it out

**D.** A patch test should be done to:

- 1.) See the final color and decide if you want it
- 2.) Allow time to decide if you want to color or not
- 3.) Find out if you'll have any allergic reactions to the chemical

**E.** Rinsing thoroughly to stop the action of the chemical when you color can:

- 1.) Feel really good to the scalp
- 2.) Cause a "blow out" if the locks are not mature
- 3.) Cause locks to fall out from the scalp

**F.** If you decide to color your hair you may need to:

- 1.) Explain that it's not your natural color
- 2.) Coordinate your wardrobe to match your hair
- 3.) Use a deep conditioner, such as Sisterlocks Reconstructor to strengthen the hair and counteract damage

**G.** On Sisterlocks, color should be applied:

- 1.) Immediately after installation
- 2.) Prior to the locking session and the process should not be repeated until locks have sufficiently settled in
- 3.) As often as you feel necessary to adequately cover your gray

**H.** Following a hair color application on Sisterlocks you should:

- 1.) Rinse thoroughly to stop the action of the color
- 2.) Use a deep conditioner such as the Sisterlocks Reconstructor to strengthen the hair and avoid breakage
- 3.) Both 1 and 2 above

- I. Applying hair color too often or overlapping can:**
- 1.) Not be a problem as long as you rinse thoroughly
  - 2.) Cause breakage and damaged ends similar to damage caused by overlapping chemical relaxers.
  - 3.) Encourage the hair to grow
- J. Which is the 'safer' choice to use to color the hair?**
- 1.) Henna or Cellophane
  - 2.) Permanent dye
  - 3.) Bleach

## **Test Your General Knowledge About Hair Coloring**

**1. There are four types of hair dye. Which is used most often?**

- A. Gradual
- B. Temporary
- C. Semi-permanent
- D. Permanent

**2. Which type can do the most damage to hair?**

- A. Gradual
- B. Temporary
- C. Semi-permanent
- D. Permanent

**3. Bleaching your hair will make it fall out and create bald spots.**

- A. True
- B. False

**4. To minimize damage to your hair, how long should you wait between colorings?**

- A. At least 1 week
- B. At least 2 weeks
- C. At least 3 weeks
- D. At least 4 weeks

**5. Which of the following can damage color-treated hair?**

- A. Exposure to water
- B. Exposure to sunlight
- C. Both of the above

D. Neither of the above

**6. You should use the same products to color your eyebrows to match your hair.**

- A True
- B False

**7. You may want to adjust your hair color as you age to avoid looking pale or washed-out.**

- A. True
- B. False

**8. If your hair is more than 50% gray and you're not happy with the new you, which type of hair coloring may work best to cover it?**

- A. Gradual
- B. Temporary
- C. Semi-permanent
- D. Permanent

**9. What percentage of women over age 18 use some type of hair color?**

- C · About 10%
- D · About 20%
- E · More than 30%

**10. What percentage of men over 40 use some type of dye on their hair?**

- F · About 5%
- G · About 10%
- H · About 30%
- I · About 50%

**11. How many different chemicals are used in the various types of hair dye?**

- More than 2,000
- More than 3,000
- More than 4,000
- More than 5,000

**12. To find out if you're allergic to the chemicals in a specific hair dye, you should ...**

- A · Color only the ends of your hair, then wait two hours
- B · Put a bit of dye on your elbow two days before coloring your hair

C · Smell the dye and see if it triggers a coughing fit

**13. Which of the following is a natural dye made from a plant?**

- A · Elderberry
- B · Henna
- C · Lemon Verbena

**14. Henna typically produces hues of what color?**

- A · Black
- B · Brown
- C · Yellow

**15. Which of the following types of hair coloring agents may contain lead acetate, which is classified as a “probable human carcinogen”?**

- A · Gradual
- B · Temporary
- C · Semi-permanent
- D · Permanent

**16. A pooled analysis indicates that women who began using hair dye before what year may have a slightly increased risk of non-Hodgkin's lymphoma compared with women who have never used hair dye?**

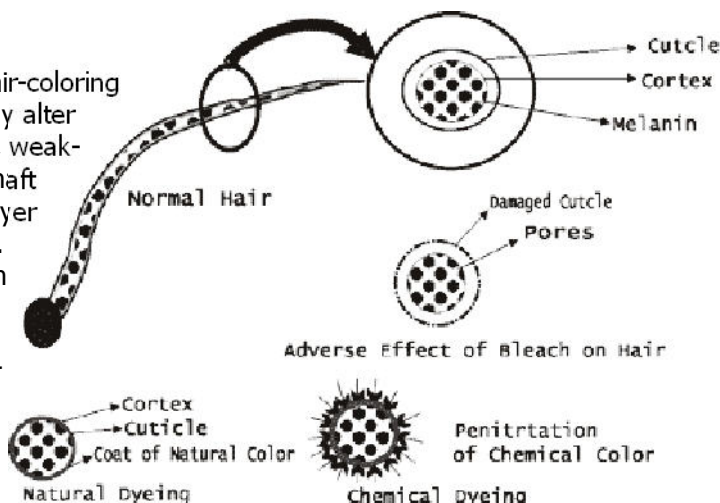
- A · 1975
- B · 1980
- C · 1985
- D · 1990

**17. Research indicates that it's most likely safe to color your hair when you're pregnant.**

- True
- False

1. Permanent hair coloring agents, which don't wash out, make up about 80% of the market. Gradual (or progressive) hair dye is applied over a period of time to achieve a desired shade, temporary color can be washed out in the next shampooing, and semi-permanent agents stay through multiple washings.

2. Permanent hair-coloring agents chemically alter and bind to hair, weakening the hair shaft and making it dryer and more brittle. This damage can be minimized by using conditioning shampoos or conditioners that contain silicone.



3. Bleaching your hair (such as with hydrogen peroxide) removes color, leaving it white or yellowish white. This process shouldn't make your hair fall out in large patches, but it can make the hair dry and brittle, just as dyeing it can. However, new hair growth isn't affected by the bleach, so it will be healthy. (Image courtesy of Ama Herbal Laboratories PVT. Ltd.)

4. Frequent color changes may cause irreversible damage to your hair, including split ends and dry "weathering." To avoid this, wait at least four weeks between colorings. To maintain the color change affected by permanent hair color, you only need to re-dye the hair when new hair grows and the roots begin to show. Hair on the scalp grows about 0.3 mm to 0.4 mm per day, so it would grow only 8.5 mm to 11 mm (a little more than a third of an inch) in four weeks.

5. Damage to color-treated hair can be prevented by limiting exposure to water and sunlight. Hair can become dry with frequent washing, and sunlight can cause fading.

6. Products used for coloring the hair on your head should never be used on eyebrows (or eyelashes) because the dyes can cause serious reactions when put in direct contact with the eye. The FDA prohibits the use of hair dyes on eyebrows or eyelashes, even in salons. In general, you shouldn't try to match the color of your eyebrows to your hair color, but if you'd like to

darken them, you can use an eyebrow pencil or a powder or gel specifically made for eyebrows.

7. Our skin becomes more transparent as we age, so hair that's too dark can make you look pale and hair that's too light can wash out your complexion. For a natural look, some experts recommend that brunettes go one shade lighter than their base color and blondes go one shade darker.

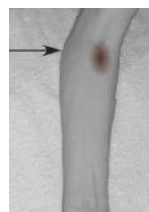
8. Permanent hair coloring generally works best to color hair that is more than 50% gray. Gray hair has reduced pigment (the substance that gives your hair color); the permanent hair coloring process removes the pigment from your natural hair so when the artificial color is added to both the gray hair and the natural hair, you get a uniform, more natural look.

9. More than a third of women over 18 use some type of hair dye. The motivation for coloring hair is different for each individual and can include a desire to make a fashion statement or add some excitement to life or cover gray hair.

10. About 10% of men over age 40 use some type of coloring on their hair.

11. More than 5,000 different chemicals are used in various hair coloring products. The chemicals used depend on the type of coloring agent and the color change that's desired.

12. Before coloring your hair, the FDA recommends rubbing a bit of the dye on the inside of your elbow or behind your ear and waiting two days to see if a rash develops. This is called a patch test, and you should do one each time you color your hair to make sure you're not allergic to that specific dye.



13. Henna is a natural dye made from the leaves and roots of the mignonette tree. It's a semi-permanent coloring agent.

14. Henna typically produces a brown, orange-brown, or reddish-brown tint, though other ingredients can be added to it to produce other colors, such as black and blue.



15. Gradual, or progressive, hair dyes are typically used by men to color gray hair. Some of these gradual rinses contain lead acetate, which is classified as a "probable human carcinogen," based on lab tests on animals. However, the FDA says these products -- which carry a warning about lead acetate -- can be used safely. Be sure to follow the product's instructions carefully and keep the products away from kids.

16. A pooled analysis of four studies showed that women who started using hair dye before 1980 may be at increased risk of non-Hodgkin lymphoma than those who had not dyed their hair. Manufacturers changed the formulas for their dye products in the mid to late 1970's, but the research does not prove that hair coloring agents were to blame.

17. The American Congress of Obstetricians and Gynecologists says little dye is absorbed through the skin, so dying your hair during pregnancy is "most likely safe." However, the American Academy of Family Physicians recommends avoiding exposure to hair dye and treatments during the first three months of pregnancy as a precaution. If you're pregnant and concerned about coloring your hair, you may want to consider highlights instead because fewer chemicals are involved.

**These ingredients have been banned  
by the FDA and the EU for use in hair coloring:**

- \* 6-Methoxy-2,3-Pyridinediamine and its HCl salt
- \* 2,3-Naphthalenediol
- \* 2,4-Diaminodiphenylamine
- \* 2,6-Bis(2-Hydroxyethoxy)-3,5-Pyridinediamine
- \* 2-Methoxymethyl-p-Aminophenol
- \* 4,5-Diamino-1-Methylpyrazole and its HCl salt
- \* 4,5-Diamino-1-((4-Chlorophenyl)Methyl)-1H-Pyrazole Sulfate
- \* 4-Chloro-2-Aminophenol
- \* 4-Hydroxyindole
- \* 4-Methoxytoluene-2,5-Diamine and its HCl salt
- \* 5-Amino-4-Fluoro-2-Methylphenol Sulfate
- \* N,N-Diethyl-m-Aminophenol
- \* N,N-Dimethyl-2,6-Pyridinediamine and its HCl salt
- \* N-Cyclopentyl-m-Aminophenol
- \* N-(2-Methoxyethyl)-p-phenylenediamine and its HCl salt
- \* 2,4-Diamino-5-methylphenetol and its HCl salt
- \* 1,7-Naphthalenediol
- \* 3,4-Diaminobenzoic acid
- \* 2-Aminomethyl-p-aminophenol and its HCl salt
- \* Solvent Red 1 (CI 12150)
- \* Acid Orange 24 (CI 20170)
- \* Acid Red 73 (CI 27290)

Ref: <http://www.naturalnews.com/022575.html#ixzz1Iwl6DvIQ> AND  
<http://www.care2.com/greenliving/toxic-hair-dye-ingredients.html#ixzz1PHiDpOCi>