

Hair Basics

At Nylah, we believe that a good understanding of the science and structure of afro hair is essential to healthy hair maintenance.

That being said, here is a healthy hair care guide to help you to understand your hair.

Surrounding
Dermis



Hair
Follicle



Hair
Differences

Hair
Length



For more hair information, visit our website
<https://www.nylahsnaturals.com/>

NYLAH

Hair Follicle

HAIR FACT

The hair strand above the skin has no bio-chemical activity, and so once it protrudes from the scalp it is considered dead.

Hair Shaft

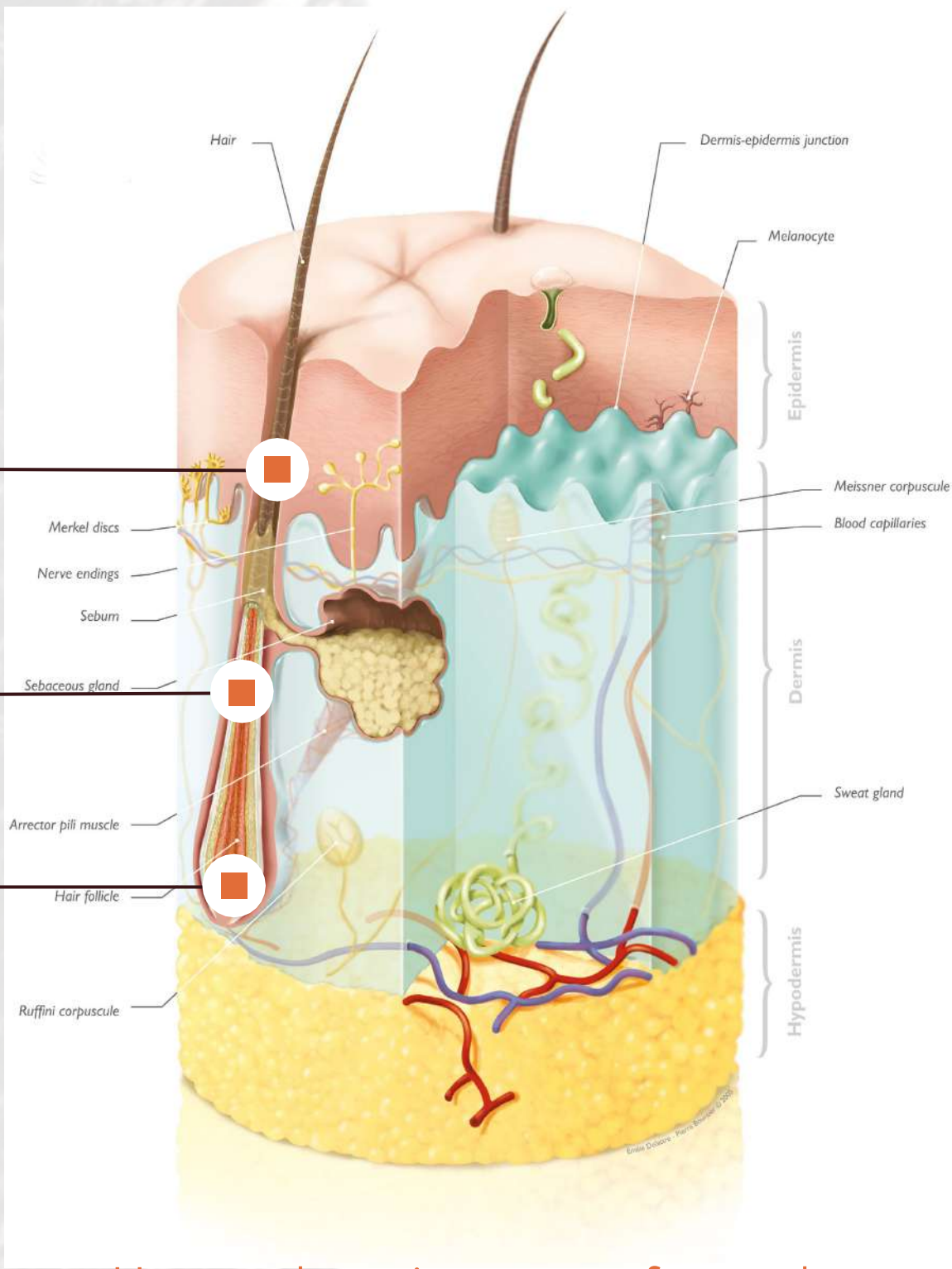
The hair shaft is the fully formed hair that protrudes up through the epidermis and stratum corneum layers.

Root Sheath

Comprised of inner and outer sheaths, the root sheath is rounded in form and cells are soft in character. The cells move outwards into the hair shaft and harden.

Matrix & Papilla

The matrix surrounds the papilla, which is made of connective tissue and a capillary loop. This is where the production of new hair fibres begins.



Here are the main consumer factors the hair follicle will influence...



Strength



Shape



Growth
Cycle



Colour

Surrounding Dermis

HAIR FACT

Next to bone marrow, hair the fastest growing tissue in the human body.

Epidermis

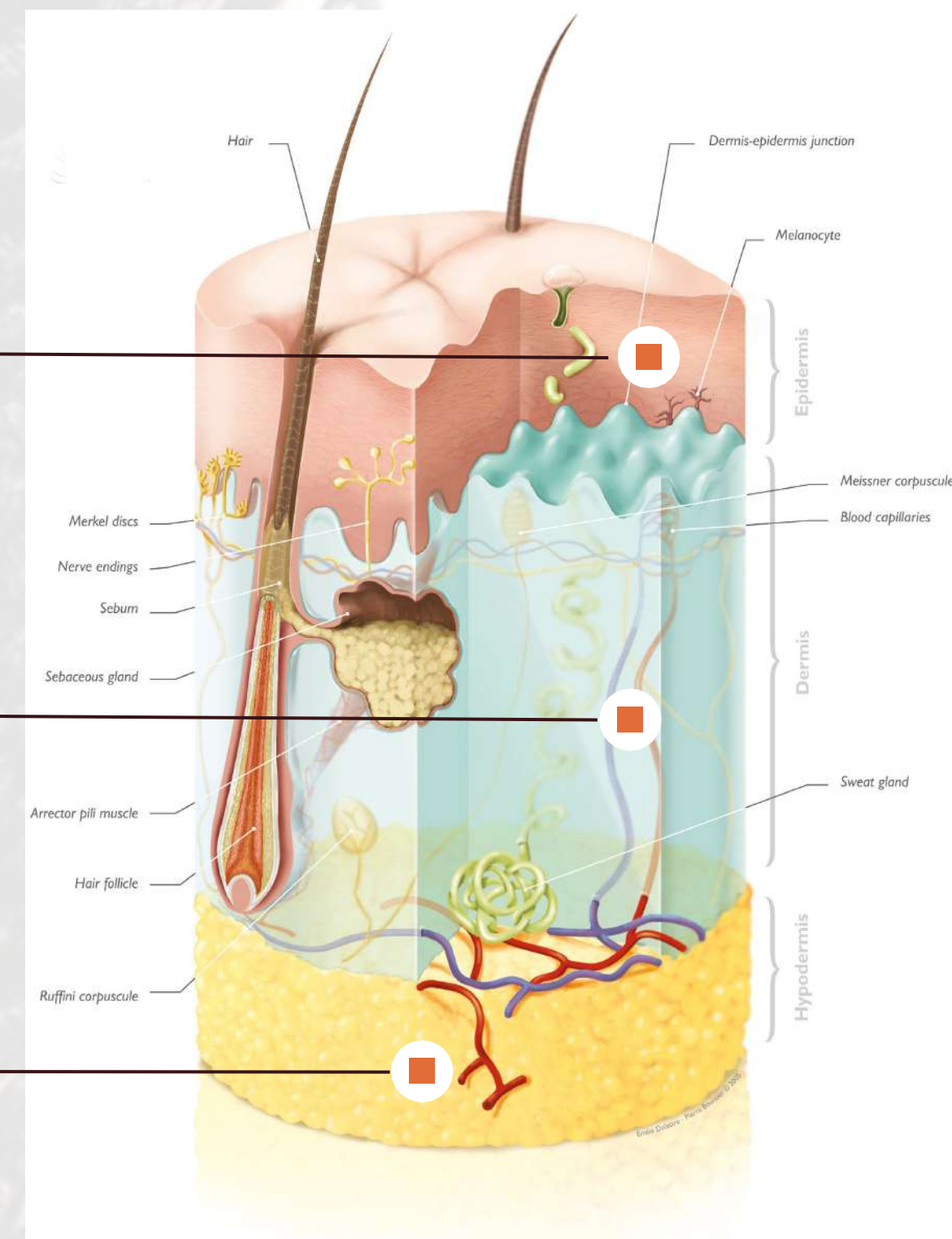
Composed of proliferating basal keratinocytes, the epidermis is the outer most layer of skin and acts as the body's barrier against the environment.

Dermis

Comprising of mostly collagen and elastin and surrounded by an extrafibrillar matrix, the dermis cushions the body from stress and strain.

Hypo-dermis

Hair follicle roots begin within the hypodermis, which is mainly used for fat storage, providing insulation for the body. Collagen and elastin fibres attach this layer to the dermis.



Here are the main consumer factors the surrounding dermis of the hair will influence...



Support



Nutrition




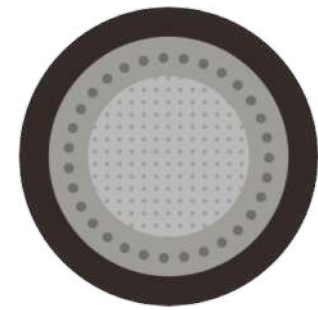

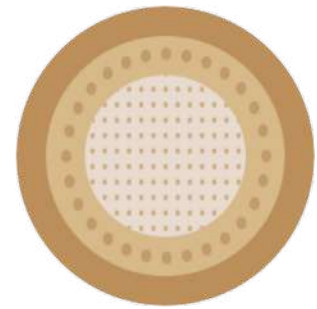

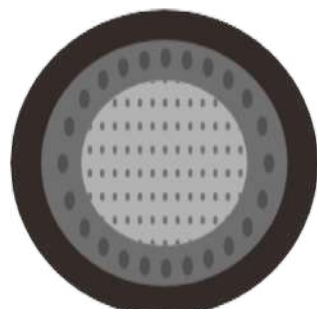
Itchy/
flaky



Hair fall

Hair Differences

The information below highlights the average attributes of different hair types. The fact that hair of different ethnicities has different attributes is a coincidence; for example, the cortical cell distribution in curly hair can be the same regardless of regional origin.

 <p>Asian Straight Hair Paracortical cells (Circular circumference)</p>  <p>Average fibre diameter range 36 – 125 (92 avg.)</p> <p>👉👉👉 Oily</p>	 <p>Caucasian Curly hair, mostly paracortical with some orthocortical cells (oval circumference)</p>  <p>Average fibre diameter range 29 – 95 (70 avg.)</p> <p>👉👉 Dry tooily</p>	 <p>African Very curly hair 50/50 ortho and paracorticle cells (oval or dented circumference)</p>  <p>Average fibre diameter range 46 – 120 (100 avg.)</p> <p>👉 Dry</p>
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HAIR FACT

Hair growth rates vary between hair races. Caucasian hair grows at a rate of about 1.2cm a month, Asian hair has a growth rate of 1.3cm per month and Afro hair has the slowest growth rate, averaging 0.9cm per month.

HAIR FACT

Afro hair has less cuticle layers along the shaft of the hair strand, making it more vulnerable to damage.

Hair Length

HAIR FACT

More than
91%
of hair is protein

Here are the main consumer factors the hair length will influence...

- 
Style
- 
Shine
- 
Strength
- 
Colour

Cuticle
Formed from keratinized cells, the cuticle acts as a protective barrier for the softer inner structure and regulates moisture content of the hair fibre.

Cuticle Lipids
Comprised from fatty acids, ceramides triglycerides and cholesterol, the cuticle lipids coat the hair fibre to keep hair hydrated and in optimum condition.

Cortex
Comprised of long fibrous chains of hard keratin, the cortex makes up the bulk of the hair fibre.

