

"Make sure you have the braids up so that they're not pulling the hairline," she says. Also make sure the braids are not too heavy, which can also "put stress on your hairline," which causes the hairline to recede.

**TWISTS:** Nothing says fun and flirty like twists. One popular style is the flat twist. This style is similar to cornrows, but the hair is twisted instead of braided.

"It's usually styled different ways," explains McDonald. "Some people style it back into ponytails. Some people style it into buns."

Other twist options include free-flowing kinky twists or double-strand twists. Kinky twists are similar to the double-strand twist, but hair is added to your real hair. There are also comb twists and natural twists. The hair is twisted like coils. These are little twists that you see right before people loc their hair, explains McDonald. However, McDonald says this style might not last long if you sweat a lot.

"It just depends on the person and how often she's exercising and how often she's willing to get her hair done," she says.

**RELAXED HAIR:** When it comes to relaxed hair, Richardson Joyner, McDonald and Akbari all agree that a beautiful bun can go a long way.

Akbari suggests that you consider an



Holland Studios Memphis courtesy Lisa Akbari

Lisa Akbari, board-certified trichologist, says it's important for Black women who work out to wash their hair each time they work out.

attachment. Richardson Joyner, who stays physically active "most days of the week," calls this "the workout ponytail."

If you want to secure the attachment, Akbari suggests that you stay away from combs and hair pins, which can damage your hair and scalp. Instead consider using bobby pins or just get one with a drawstring.

If you want something that's different, try good, old-fashioned plaits or twists.

"Most people with relaxed hair think 'I can't wear plaits' or 'I can't wear twists,' but you can," explains Akbari. "You can do nice little twists the night before you go to bed, and then in the morning you'll have nice twists. You can keep the twists up with a headband, and it's very acceptable because now people wear twists a lot—even professional women."

If you opt to use a headband, Akbari recommends that you use a smooth satin material, anything but cotton, which absorbs moisture and can dry the hair.

**PRESSED HAIR:** If your hair is pressed, moisture is challenging.

"The reason why the hair frizzes is that moisture gets under the cuticles, and causes the hair to swell. Once that happens, a pressed look will revert back to its natural state. There's just no way around that," says Akbari.