

## UBH Publications

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**From:** ayeola\_roeback  
**Sent:** Saturday, November 27, 2004 11:59 AM  
**To:** ubhpublications1@covad.net  
**Subject:** 365 CHALLENGE

I have been taking the 365 challenge since 09/01/04. It is now 11/27/04. I can honestly say that my hair is unbelievably healthy. I feel so blessed to have come across your web site. My hair has grown a full inch and I am absolutely loving it. I shampoo my hair every 3 days with creme of nature shampoo for dry hair. Then I condition with ubh conditioner & sit under the dryer for 20 minutes. Finally I rinse my hair with cool water and spray on either dew of infusium 23 leave in as a detangler. I find after i rinse the ubh conditioner my hair is extremely tangled I guess this is because of the protein in it which is needed for the hair to rebuild. I do not let me have hair dry because if personally feel wrap my hair and sitting under the dry works best for me. I sit under the dryer for only 15 minutes to take out most of the moisture left from the water and then air dry the rest. After my hair is completely dry I spray on dew and flat iron my hair from root to ends. When I have completely flat ironed my hair let my hair cool for 5 mins & then I apply a little carrot oil moisturizer with contains no mineral oil or petroleum. At night before I go to bed I lightly spray on dew and wrap my hair up. When I wake in the morning I unwrap my hair and apply a little carrot oil to the ends of my hair. I continue this cycle daily until it is time for my hair to be shampooed. I just wanted to say that I loved your book. It was the most informative and believable book on black hair care I have ever read. I am currently a cosmetology student. I have always had a love affair with hair. Like most of the Black women in America I was misinformed with bad hair techniques. I am so glad that you came up with the moisture balance system. I love you for it. I will continue to keep in touch. I too plan to have six inches of growth within one year.

Thank you,  
Ayeola Davis