

## Why is your hair so dry?

Written by Rhonda Stroman O'Neal  
Wednesday, 30 January 2013 00:00

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Rhonda Stroman O'Neal was born and raised here in Houston, Texas. She is one of the leading hairstylist and grooming expert to the stars. Her work has appeared on television and films such as Gangster Squad, Dreamgirls, Pirates of the Caribbean, NCIS :LA, Modern Family, Don't Trust the B in Apt. 23, and many others. She has been a personal hairstylist to our very own Solange Knowles, Condaleeza Rice, Shaun Robinson, Garcelle Beauvais, Roshumba and many others. With over 30 years of experience, Rhonda began her beauty career here in Houston at her mother's salon, Mrs. B's Beauty Salon in the Hiram Clark area, at the age of 17. At the age of 21, Rhonda opened the first black salon on FM 2234 in Missouri City called The Hair Masters.

In her own words, Rhonda will be bringing to the Forward Times readers each week the world of beauty from Hollywood. You will receive the best hair and makeup tips from one of the premier hairstylist of Hollywood.

## Why is your hair so dry?

Why is your hair so dry and what to do ?

Dull texture and breakage are signs of your hair needs help. If you brush too hard, get your hair colored or use heat-styling tools, there's a god chance your locks won't be as healthy as they could be. What to do ? Be extra gentle with hair when it's wet, as that's when it's most fragile. Shampoo and condition carefully, pat it dry (rather than rub it), and use a comb on damp hair or a paddle brush. Also, limit heat-styling to a few times a week instead of everyday.

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### My Suggestions Of The Week:

Macadamia Natural Oil Treatment

Paddle Brush

One of the fun parts about working in television and film is that you get to meet some really cool people and one of the cool people that I had the pleasure of working with for nearly 2 years was one of our very own hometown girls by the name of Solange Knowles, Beyonce's little sister. We had a blast ! Here's some of the beautiful hairstyles I had the pleasure of doing on her.{jcomments on}