

Black beauty

& hair for women who want to look amazing

212
SEASON'S
TOP LOOKS

Boucléme
Celebrating
Their Big 10

LOVING
LIFE
Love Island's
Whitney
Adebayo



FOR MORE STYLES LOG ON TO
www.blackbeautyandhair.com

Love is in
the Hair
Swoon-worthy
hairstyles

QUEEN
MUMS

Regal updos for
Mother's Day

Spring
loaded

5 hair trends to look for in 2024

Health

GOOD FOR YOU

Here's to a healthy and happy New Year...



MIND MATTERS

Has 2024 started a bit huh? We caught up with award-winning author and change agent, Hayley Mulenda for some top tips on nurturing our mental health.

- 1 **Get journalling**
I find this to be a great way to recognise moments of gratitude and process my thoughts and feelings.
- 2 **Talk to someone**
Whether it's a loved one, therapist or a GP, it's so important to share how you are feeling rather than bottling it up. Reach out if you are struggling – people are always there to help you.
- 3 **Utilise resources**
Take time to ground yourself with activities that make you feel good. I practise meditation and affirmation. There are so many great tools to support your mental health, both online and offline. These help me so much and can facilitate vital conversations.
Hayley is ambassador for SilverCloud, a digital mental health therapy available through referral from your GP. For more information visit www.silvercloudhealth.com.

Buh-bye Dry

Want to add some slip between the sheets? Natural Lubricant (£7.50), from intimate skincare company In2Mate, is non-perfumed, pH-balanced and made with 99 per cent plant-based ingredients. It's a nethers' no-brainer.



Bathroom Hack

Post-Chrimbo funds running low? Give your bathroom a cheery update with the new Whitechapel Diffuser (£25), from black-owned scent gurus SoapSmith. Nobody notices our tired tiles when our WC smells this good!

Plant Power

Guidance suggests we should be chowing down on a jaw-aching 30 different plants a week to maintain maximum gut health, so enjoy a little helping hand with Advance Superfood Blends (£21.99 each) from Aduna. Packing over 30 plants into one teeny teaspoon – we've been adding the Super-Greens blend to smoothies and yoghurts for a virtuous brekkie with zero faff.



BLACK TO WORK

Ever 'whitened up' at work? Sadly, you are not alone. According to a study by Black British Voices Research Project, 98 per cent of Black Brits feel they compromise on who they are and how they express themselves in order to fit in the workplace. Surveying over 11,000 black British workers, 88 per cent still experience racial discrimination at work – with efforts by employers often seen as superficial or even making matters worse. 'One interviewee described changing her given name to make it easier for white colleagues to pronounce. Others described feeling their physical appearance made them stand out as different, thus making it harder to feel comfortable at work. These stark examples serve as a reminder of the lived realities of black people in the UK,' says BBVP Ambassador and author Dr. Maggie Semple OBE. 'This report is an opportunity to acknowledge our views and opinions, with the intent of creating a better future for us all.'



FOR STOCKISTS SEE PAGE 82

BEST BEAUTY BUYS – NEW LAUNCHES FROM OUR FAVOURITE BRANDS