

# FRAICHE

IT FEELS  
LIKE  
SUMMER

THE STORY OF MY  
AFRO DEVELOPMENT

NOTHING BUT THE  
BEACH

CULTURE CRUSH

BE KIND TO YOUR  
FACE AND EXFOILATE

BEAUTY

# Summer's For Lush Glowing Hair

Oh it's time for the fun in the sun, icy margarita's and beach wave hair looks. The best time of the year to have good hair that glows. During the warmer month's our hair can go through so many transitions. The heat of the sun can dry it out and the best way to keep it nourished is through moisturization and light weight hair oil like Oribe Gold Lust for a lasting sheen and glow. On wash day, after your leave-in conditioner and then use a couple of pumps in the palm of your hands, and massage the lush hair oil in your hair.

Air dry or with a blow-dryer your hair will be ready for the summer heat with a luminous glow for the day.



# Letter From the Editor



## Good, Good Summer

The summer of 2022 should be all about reactivating what felt like long-term co-piloting expedition for two years, it's time to find real adventure. Certainly, many of us have ventured out into the world again, be it around your neighborhood, a city next door or on a plane abroad, respectively.

This summer is about relaxation, reflection and taking a real break. Now more than ever we all should be intently focused on self-care during the warmer months. Our theme for the season is Good, Good Summer. To make light of what we can and to be clear eyed about what is upon us. Now, we are not political entity, you can look at that platform to come by way of our 1965 Woman website, which will be publishing later this summer. What we will talk about is how each of us can have the ability to find summer leisure around us, including the simplicity we may find in our daily lives. Take that trip abroad, go on a road trip (gas is a beast right now- but it's about planning to make it worth it), go to the beach and enjoy because once the summer is over our focus will completely change.

Where our collective focus should be in equally tandem waves to make change and create a better world for the future of ourselves, our family and the children that have yet to come. There are so many changes happening and as we enter this new summer season of 2022, and we want to present you some things to make you feel good. That's why we're all about leisure we're all about leisure and luxury in the guise of self-care and finding indulgence in your everyday life. When I think about summer, I must play Childish Gambino's song "It Feels like Summer," as it instantly makes me feel like I'm on a distant Caribbean Island with ice blue water and white sand beaches, while the sweet scent of coconut, and bamboo fill the air.

There are palm trees swaying along the breeze and the warm sun is beaming down- feeling fabulous a Mara Hoffman swimsuit, rubbing on some heavenly SPF, rocking a Fe Noel cover-up, with some Brothers Vellies sandals while wearing an invokingly soft dab of Fenty parfum. You've got a manicure, pedicure, and hairstyle reminiscent of Patrice Rushen or Stevie Wonder's "Hotter Than July."

Whether you're there with your beau, friends or solo- read that book, indulge in a cold summer potion make this summer all about YOU. And that's what we want to focus on during the warmer months, so get out there, find the leisure and space for self-luxury where you can and come back to Fraïche for as much inspiration for the life you want to live.

Ziggi B.




# THE STORY OF MY AFRO DEVELOPMENT

A watercolor illustration of a woman's face and her afro hair. The hair is rendered in dark brown and black tones, with intricate details of curls and texture. The face is painted in warm, earthy tones of orange, red, and brown, with soft shading on the cheeks and lips. The background is a mix of dark brown and black washes, creating a textured, layered effect.

The subject of hair is so vitally important to me and the community of people around me. That importance was instilled in me as a little girl, from getting my hair washed to straightened by the hot iron comb from my Mother's kitchen stove the night before church on Sunday. It was pivotal to me throughout my adolescence to now as an adult woman. Box braids to sharp bobs, wraps and doo-bies to lengthy extensions, top-knots to big natural curls and waves to bone straight. And, don't even get me started on color. To me, hair expression is everything!

There are some many women like me that feel this same sentiment. Which prompted me to ask my own Mother about her attitude towards her hair growing up. The older I get the more I want to learn about my parents journey as young people. I believe it not only helps me humanize them beyond just being "my parents," it also allows me to tap into their childhood memories. Which, ultimately has helped in cultivating who they've become today. I asked my mom about her hair adventures as a teenager, and she expressed a beautiful and telling story of how she wore her first afro in high school.

I loved it so much that I decided to share her story with Fraiche for a published keepsake and just because I think her story's pretty cool. It's a refreshing take on how young women like her during that era looked at hair as just as important as we see it today. It's so much more than just hair and liked that we have that beautiful sentiment in common even twenty-nine years apart.



**I**t was 1969. I was still in high school, and the Afro was the going hairstyle for Black people. Afros short, medium, large, or super large, it was the do to due. For Black women it was Afro Puffs or an Afro Bun sitting like a queen on the top of your head. Your Mane could be brown, blonde, fire engine red or black as long as it was a 'Fro you were in the in crowd. There's a song that was out, "The in Crowd" by Dobie Gray.

My dilemma was my hair was from a lineage of Black Foot, Cherokee and Cracker! Which made our hair to be straighter than most Blacks, soft and hard to kink up. I was totally devastated: Miss Super Black could not rock a 'Fro. Was not happening. I was at my new High School and saw this fair complexioned sister with a beautiful afro like Angela Davis or Kathleen Cleaver, and I was puzzled by how she was able to get her hair kinky enough to stand firm on its own and survive the wind, rain, and wool hats and remain firm and beautiful.

So, I boldly asked her how she was able to get such a beautiful Afro, she smiled and said, "it sounds risky but the shit works." She said, "write this down... get a cup of Tide soap powder, some vinegar to mix it in the Tide, add a little water to create like a shampoo and wash your hair." Stunned, I said, "is my hair going to fall out?" she said, "I don't know but you see it worked for me and my hair is fine like yours, you have white in you?" I said, with great indignation, "no, only Indian." That's why my hair is considered "good hair". I was determined to wear an afro, so I planned that night. I told my mother I was going to wash my hair and wear an afro, but I did not reveal to her how I was going to get the trending hairstyle.

I fetched the white powder Tide into a plastic bowl that I snuck out of the kitchen, a Tupperware bowl. Lord my mother would kill me if I got caught. We had only one bathroom, so I waited until everyone was done with their bathroom use and quietly went into the bathroom and locked the door. I ran the cold water initially so my mother would think I was brushing my teeth or something before washing my hair. I began to pour the vinegar into the Tide, and it started to bubble and thickened, just like the sister had told me. The solution of Tide & white vinegar became very thick and almost lumpy, so I added some hot water and began to stir it until it became loose enough to apply to my hair like a shampoo.

Now the time had come to apply it to my long sandy brown hair. I took a tablespoon scoop of the solution and spread it across my hair east, west, north, and south from the center and placed the spoon back in the remaining solution. I began to wash my hair like the solution was shampoo - there were no bubbles, no silky shampoo feeling, only my hair forming into what appeared to be lumpy lumps. I RUBBED THE SOLUTION into my scalp for about 10 to 15 minutes and then I rinsed my hair for about 20 minutes with warm water. I threw the towel on my head and quickly exited the bathroom.

I did not blow dry for fear the heat would make my hair go limp. Air dry! When I removed the towel I was super elated and wanted to scream to the entire house that I had a 'Fro. Of course, I did not for fear of what my parents would have possibly done. The next day, I woke early to make certain my Afro stood firm and beautiful before heading to school. It was gorgeous and I knew it. I was called sister and with a huge smile I proudly accepted this term of endearment.

BEAUTY

# ABOUT FACE

*summer skin is in*

# BE KIND TO YOUR FACE & EXFOLIATE

Rosen,  
Super Smoothie  
Cleanser, \$18.00



Yes, it's true the warmer season is about sun and fun, but that doesn't mean your beauty regimen should go on vacation, too. Softly exfoliating your face at least twice a week for a polished fresh glow all summer long. Here's a quick list of some of our favorites soft facial scrubs to try throughout the

Herbivore,  
Amethyst Exfoliating  
Body Scrub, \$44.00



Kiehl's,  
Turmeric & Cranberry  
Seed Energizing  
Radiance Mask,  
\$45.00



Fresh,  
Sugar Face Polish  
Exfoliator, \$64.00



Tatcha,  
The Clarifying Clay  
Mask Exfoliating  
Pore Treatment, \$70.00



Fenty,  
Cookies N Cream  
Whipped Clay  
Detox Face Mask,  
\$32.00



A woman with large, dark, curly hair is sitting on a yellow and white striped beach towel. She is wearing a black and white striped one-piece swimsuit. Her eyes are closed, and she has a serene expression. The background is a bright, sunny beach setting. The text "NOTHING, BUT THE BEACH" is overlaid in the upper right corner in a bold, black, serif font.

**NOTHING,  
BUT THE  
BEACH**



## HUNZA G

Ursula Nile cutout seersucker swimsuit

\$198, Net-A-Porter



## MARA HOFFMAN

Lydia Bikini

\$160 (Top)

\$198 (Bottom), Mara Hoffman



## NORMA KAMALI

Mio one-shoulder mesh-paneled swimsuit

\$265, Net-A-Porter



## JOHANNA ORTIZ

Frisco Bay Bikini

\$195 (Top)

\$210 (Bottom), Moda Operandi



## VERONICA BEARD

Cutout One-Piece Swimsuit

\$248, Nordstrom



## FE NOEL

Simone Spice Gradient

\$158 (Top)

\$98 (Bottom), FeNoel

## JOHANNA ORTIZ

El Palmar. One-Piece Swimsuit

\$395, Moda Operandi



A hand holding a bouquet of white flowers is visible through the slats of vertical blinds. The scene is lit with warm, golden light, creating a dramatic and intimate atmosphere. The blinds are a light, neutral color, and the background behind them is dark.

**Just a tease...  
Stay tuned for more  
from Fraîche,  
Autumn 2022**