

Benin and British Heritage:

**A Learning and Engagement
Project**

2014 - 2016



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Hair Braiding

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History of Hair Braiding

Hair braiding has a long history, dating back at least 5000 years. It has been a big part of many cultures all around the world including Asia, Africa, the Americas, Egypt and even Europe. For instance, in Africa, hair braiding can be traced back as far as 3500 B.C. There it was a social event among women. In Europe during the renaissance, the France braiding was used to keep the hair as clean as possible as it wasn't always an option to bathe as often as you might wish. Aztec (central Mexico) women, in the Americas, would take narrow strips of colourful cloth and braid them into their hair then winding the braids around their head. In Egypt, hair braiding was practiced on wigs that Egyptian royalty wore.

Why do women braid their hair?

- It helps with the growth of hair.
- When left unbraided women's hair becomes tangled and dry which leads to breakage.
- It helps in the maintenance easier

Braided Hairstyles



Braided Hairstyles



Braid Step by step



Questions?