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Hair Styling

13.1 Introduction

Hair styling includes setting & styling using some cosmetics and specific hair combing techniques. Curling and straightening are also used for styling the hair.

13.2 Objectives

After reading this lesson you will be able to :

- Style hair in relation to hair texture, density, length & shape of the head.
- Use rollers, hair drier, back-combing, curling & straightening in styling.
- Differentiate between back combing and teasing.
- Appreciate the importance of hair spray lotion and lacquer.
- Acquire skills for formal & casual hair-styles.

13.3 Principles of Design

The principle factors that should be considered when developing a design or hair style for a patron are the following

1. Facial bone structure that form individual characteristics
2. The shape of the head.
3. Hair texture; density and length

4. Hair growth pattern around the hair line

These characteristics establish the requirements necessary to develop and fashion a suitable design for each patron.



Hair Styling Products

2. Cosmetics Used in Setting and Styling

- (a) Setting lotion
- (b) Hair spray

(a) **Setting Lotion** : When we have produced a cohesive or temporary set it come into contact with moisture, which may cause the set to be destroyed. This is why we use setting lotions.

(b) **Hair spray** : This seems an appropriate place to mention hair lacquers because they resemble setting lotions. They are applied to the hair after setting and dressing out. They protect the set from humid air by means of a plastic resin film that can be sprayed onto the hair.

3. Types of Styling

- (a) Roller setting
- (b) Blow drying
- (c) Back combing
- (d) Curling and straightening with curling rod

(a) **Roller Setting** : Rollers are like moulds on which the hair is supported and moulded into particular style. This is advantageous as more tension can be used while putting the hair on rollers, so that longer lasting full styles are produced.

Volume in roller setting : Roller setting is described as on base, half base and off base rollers. On base having the maximum fullness and off base with less volume but maximum mobility to the style.

168 (b) **Blow Drying** : Blow drying literally means drying the hair by

blowing hot or cold air with the help of a hand dryer. The hair may be just plain dried or straightened, curled or styled along with the drying. Setting or styling hair with blow drying is a temporary method lasting from wash to wash as it brings in only a physical change. The hair can be turned inwards and outwards too.

- (c) **Back combing** : This is the most used procedure for producing volume in hair styles. It is known as teasing, backcombing or matting. This procedure is used in short as well as long hair styles. The backcombing for shorter hair is aimed at producing a base and is limited to back combing near the scalp and does not extend beyond two inches of hair from the scalp. On longer hair emphasis is not on the scalp, so in as much as 6" to 9" (inches) of hair may be backcombed.
- (d) **Curling and Straightening with Curling Rod** : The purpose of using iron rods is to produce temporary waves, curls or ringlets on dry hair. They are comparatively faster to work with, but require a lot of patience and practise and skill before using them on a client. They are preferred over roller sets for longer hair and cut down considerably on the time for drying hair under a dryer. They work well for styles where only the end part is turned in or out and are excellent for quick touch ups. The most advantageous feature is that they can be used by the client herself and the styles can be reversed immediately. If you have turned the hair in and the client wants it out, it can be changed immediately unlike roller sets.
- (e) **Making End Curls** – This is only time when a curling iron may be used directly on the ends since the application time is short. In styling long hair, the ends are fed in last because they are porous so they can become dry and get damaged easily. The hair may be turned inward or outwards.

13.4 Backcombing

Some hairstyles require very little volume while others need more, this can, be created by either the amount of hair itself or by the way it is set/blow dried. There are two methods of creating extra volume when dressing the hair:

Notes

- backcombing
- backbrushing

This is pushing the hair back on itself at the root to give a lifted full effect using a comb. Tapered hair is easier to backcomb than clubbed hair as the finer ends are more easily pushed back on themselves. Backcombing is also sometimes used to temporarily straighten over-curly hair.

Backcombing the hair at the roots underneath the hair mesh will give volume while backcombing on top of the mesh will help to blend the hair together and will give an even spread of hair; this is often called teasing.

1. Method when backcombing:

- a. Brush the hair into the shape and direction of the style then decide which area of the head requires extra volume; usually this is on top of the head and crown area but sometimes the whole head will require extra volume.
- b. Start at the top or front of the head and take a narrow section of hair in the direction of the style.
- c. Lift out from the scalp at right angles.
- d. Holding the hair mesh firmly in one hand and the comb in the other, insert the comb into the hair mesh approximately 2- cm away from the scalp.
- e. Always remember to hold the hair firmly while backcombing. Allowing the hair mesh to sag while the comb is pushing back the hair to the roots, prevents the hair being pushed back correctly and will make the style flop.
- f. The size of the section depends upon the density and thickness of the hair and the amount of volume required, but the finished backcombing should not be visible at the front of the mesh as this creates difficulties when smoothing the hair over the backcombing.
- g. If the backcombing does penetrate through to the front of the mesh then the section or hair mesh is too fine.

- i. It is usually only necessary to backcomb the hair at the root area as this is where the lift is needed. Only if extreme height is required by the hairstylist, it is usually necessary to backcomb the hair past the mid-lengths towards the points.
- j. A common fault when backcombing is not pushing the hair right back to the scalp thus creating a padded effect at the mid-lengths instead of the roots. When the hair is smoothed over, the root area remains 'floppy' resulting in no lift what-so-ever.

2. Teasing method

Teasing does not give the same lift to the hair but is used to blend the hair meshes together, thus giving an even spread of hair and a smoother finish to the dressing. It can be used in conjunction with backcombing or on its own.

Larger sections of hair are taken where required and held between the fingers and thumb. The hair is then pushed back on itself on top of the hair mesh while the hair between the fingers is pulled in the direction of the style. When smoothing the hair after teasing, care must be taken to smooth the hair gently so as not to remove all the backcombing.

Backbrushing

This is pushing the hair back on itself either under or on top of the hair mesh to give a lifted effect using the brush.

Backbrushing gives a softer effect than backcombing and is useful for longer hair; backcombing long hair tends to create too much lift and there is the danger of the hair becoming too tangled.

Removal of all backcombing and backbrushing

Clients should always be advised as to how to remove backcombing or backbrushing from their hair correctly. Incorrect removal can be very painful for the client and damaging to the hair.

Commence removal at the nape of the neck, with the wide spaced teeth

of a dressing comb. Always start at the points of the hair and work down towards the roots.

Intext Question 13.1

State whether following statements are True or False.

1. Hair texture, density and length are important factors in deciding hair style.
2. Blow-drying is a permanent method for styling and setting hair.
3. Back combing is pushing the hair back on itself at the roots.
4. Teasing is similar to back combing.
5. Removing back combing and back-brushing is simple and easy.

13.5 Casual hair Style

- (a) French Braid/plait
 - (b) Fish plait
 - (c) Four and five parting plait
- (a) **French Plait** : French braiding can be done anywhere on the head, from one single braid to many small braids. It can be done from front to back or back to front or from side to side or two separate braids starting at the front and coming and going in the centre at the back.
- (b) **Fish plait** : Fish plait is made in the same way as French braid but in this case the strands are taken only from the hair line and thin strands are taken to form a plait.
- (c) **Making Four Parting Plait:**
- (1) Style and comb the hair in front as desired
 - (2) Bring the hair at the nape level
 - (3) Divide it into four equal sections
 - (4) Hold the two sections between the fingers and thumb of the left hand and bring the left stem over the centre.

- (5) Now take the fourth strand from the right corner and bring it below the third stem and take the fourth strand to the centre.
- (6) Again follow the same procedure and remember instead of third strand/stem you have to take the fourth stem down from third stem and add it to the centre.

(d) **Making a Five Stem Braid**

- (1) Follow the same procedure as for the three stem braiding.
- (2) Supporting the hair with the left hand, only half of the right stem hair is brought to go over the centre strand and the rest is joined with the centre strand without going over the strand.
- (3) Half of the hair from the left strand is brought over the centre strand and the remaining half joined from below.
- (4) Continue like this from left to right and right to left alternatively.
- (5) This form of braiding has two advantages
 - (i) It gives a broader plait than the three stem plait.
 - (ii) It takes care of all the small wisps of hair that may stick out from damaged, layered or split hair.

13.6 Formal Style

(1) All types of Rolls and Interlocks on Head

All types of rolls : Let us divide rolls in two categories.

- (a) Even numbers
- (b) Odd numbers

(a) (Even numbers 2,4,6,8,10, 12)

For this category make a pony tail and divide in different parts for example for two rolls and for four rolls, part a pony tail into two/four sections, roll them and pin up with the help of bob pins.

Notes

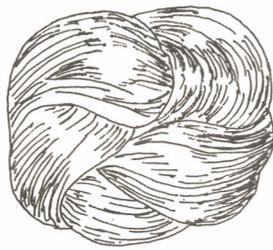
But for 6,8,10,12 and such rolls take out half of partings for example you have to make 8 rolls, divide pony into four sections then take one section, roll half of strand pin up and then remaining hairs are used to make the other roll. This way you can make eight rolls out of four strands.

(c) **Odd Numbers (3,5,7,9,11)**

For example: Make 5 pony tails, one in centre and four on sides with equal distance then roll them.

This way you can make as many rolls you want, taking out sections as required.

(2) **Interlocks on Head**



Even Numbers



Odd Numbers

Interlock on Head

When rolls appear as coming from the other rolls then these are called interlock rolls.

Two Interlocks : For example : Make one pony, make two sections out of it, pin up in a criss-cross way and then roll them.

In this way you can make as many interlocks as you want by pinning the hairs in a criss-cross manner.

6. Elaborate Styles with Braids

- (1) Make a pony tail, take small sections from the right and left corner of the pony and rotate it round the pony alternatively, but leave some hair in the centre for braid.

- (2) While making rolls on head, leave one section from the lower side, and that section can be turned into a braid.

7. Bridal Style with Front Setting

- (1) Take out ear to ear section, twist them and pin it up. (Front Setting)
- (2) If the hair is long enough a knot may be tied where the hair is taken out of a circle. The tail may be wrapped around the knot.
- (3) The hair may be divided into three sections. The centre section is rolled and fixed on itself. The first section is wrapped around and pins fixed to secure the bun.
- (4) The whole hair may be lifted up and pinned against **the crown**. Back comb the under surface of the hair, **smoothen it and roll** the ends in and fix it with pins on the nape hair into a **direct roll**. Spread the hair with the thumb and index finger, smooth the top and spray it.

Decorate hair with Gajras and other hair accessories. Ornaments and flowers may be worn with any of the above styles.

13.7 Setting and blowdrying

Setting hair involves the breaking and reforming of water breakable linkages between the polypeptide chains of hair keratin. Setting can be divided into:

1. wet sets – where the hair is wet before processing and thus water breaks some bonds in the hair. Examples are roller setting, pincurls, finger waving, blow waving and blowdrying.
2. dry sets – where the hair is processed dry by directly applying heat and the moisture already in the hair breaks the cross-linkages. Examples are heated rollers, heated brushes, etc.

Setting lotions make the set last longer by glueing the hair in place. Some contain natural gums, but most modern setting lotions contain a mixture of polyvinylpyrrolidone (PVP) and polyvinyl acetate (PVA).

Intext Questions 13.2

Fill in the blanks

1. _____ plait is similar to French plait but made with thin strands of hair.
2. Use a _____ spaced comb to remove back combing.
3. _____ lotions makes the setting by gluing the hair in place or together.
4. _____ creams contains mineral oils to reduce _____ electricity.

13.8 Dressing hair

Dressing the hair produces the final image of the style and the task is made far easier by using the correct tools. Dressing creams containing mineral oils which coat the hair can be used after brushing to reduce static electricity and replace any oils lost during the shampooing, setting or blowdrying process.

Backcombing and backbrushing are techniques used to produce extra volume and can also help to straighten over-curly hair to some extent. Backcombing/backbrushing at the roots will give lift to the style while backcombing/backbrushing on top of the hair mesh (teasing) is used to 'blend' the hair and eliminate roller marks. Both types of backcombing/backbrushing should be removed from the hair carefully to avoid client discomfort and unnecessary damage to the hair. Any tangling should be removed using the wide teeth of a dressing comb starting at the hair points and working down towards the roots.

Care must be taken to check that the line, balance and shape of the finished style is in proportion to the client's head shape and body size. Remember that the final image is most important and should compliment the client.

The hair may be 'fixed' in place by 'fixing sprays' made from synthetic plastic polymers dissolved in alcohol which leave a plastic coating on the hair, thus protecting it from the effects of atmospheric moisture.

However, care must be taken when using these sprays as they are usually flammable and additional precautions are necessary when using the aerosol sprays as the pressurised can will explode if exposed to excessive heat or sunlight, or if disposed of incorrectly.

How to apply the lacquer

1. Protect the client's eyes and face with a face shield or with the free hand.
2. Aim the spray just above the dressing to allow the lacquer to drop onto the hair. While lacquering the hair, the spray should be moved in the direction of the hairstyle so that any movement of air does not disturb the dressing.
3. Spray the lacquer from a distance of 30 cm (12") so that a fine even spray coats the hair. Spraying the hair too near to the head will saturate only one area and this could wet the hair too much causing it to drop. Alternatively, the lacquer may form 'blobs' on the hair which, when dry, will look like white nodules sticking to the hair.
4. When enough lacquer has been applied to the hair, re-check the dressing carefully and smooth any fly-away hairs with the flat of the hands or the back of the comb.



Hair lacquers are routinely sprayed onto the hair by use of a pressurized aerosol spray can. The basic design of these containers consists of:

- (a) the propellant which produces the pressure inside the container.
- (b) The nozzle which when pressed release the pressure and the can contents are sprayed out as the fine droplets of an aerosol.

After blowdrying

When blowdrying is completed, allow the hair to cool thoroughly and check that the hair is completely dry. Warm hair often gives the illusion of dryness while it is still damp.

**Hair setting and
neatening**

Notes

Comb or brush the hair into the finished style ensuring that the sides are blended into the back and that all partings are straight and clean. Pay particular attention to the nape area to ensure that the shape is pleasing and check the balance of the finished dressing from the front, sides and back of the head, making full use of the mirror.

Apply a fine spray of lacquer or shine and smooth down any fly-away hairs with the back of the comb or palm of the hand.

13.9 What have you learnt

In this lesson you have learnt about the

- use of setting lotions, spray and lacquer in styling.
- difference between the roller and blow setting, curling and straightening.
- technique and the use of back combing and teasing in styling.
- making of formal and casual hair style
- use of cosmetics for dressing the hair.

13.10 Terminal Questions

1. Describe steps involved in making french and fish plait.
2. What is the purpose of curling and straightening rod? Can they be used for making 'end curl'.
3. How will you remove backcombing and backbrushing.
4. Explain bridal style with front setting.

13.11 Answers to Intext Questions

13.1

1. True 2. False 3. True 4. False 5. False

13.2

1. Fish plait 2. wide 3. setting 4. Setting, static