



UNIT - 5



Hair Care



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Unit Overview & Description

This unit will provide the student information about the various aspects of Body Care and Wellness.

Knowledge and Skill Outcomes

The following knowledge must be assessed as part of this Unit:

- Shampoo
- Hair Conditioner & Rinses
- Preparation and Procedure for Shampooing & Conditioning
- Henna or Mehendi Application on Head
- Hair Cutting and Styling
- Blow Drying
- Hair Styling and Designing

Resource Material

1. Beauty Therapy the Foundation Level II, Lorraine Nordmann
2. NVQ 2 Hair Dressing ; ISBN 978-0-4354-6202-4
3. Milady's Standard Cosmetology, ISBN-978-15625-3880-2
4. Reagents/Prentice – Hall Text book of Cosmetology by Mary Healy



Learning Outcomes

Session	Topic	Outcomes
1	Introduction to Shampoo, Hair Conditioner and Rinses	<ul style="list-style-type: none">Identify types of shampooIdentify types of conditioner and rinses
2	Shampooing & Conditioning	<ul style="list-style-type: none">Identify material and suppliesIdentify the procedure of shampooing and conditioning
3	Henna or Mehendi Application on Head	<ul style="list-style-type: none">List of Material and supplements used for henna applicationIdentify the procedure of henna or mehendi application on head
4	Hair Cutting Techniques	<ul style="list-style-type: none">Identify various implements and materialsIdentify sectioningIdentify medium length cut
5	Blow Drying	<ul style="list-style-type: none">Identify the blow drying technique
6	Hair Styling and Designing	<ul style="list-style-type: none">List different types of braids on long hair

Assessment Plan: (For the Teachers)

Session	Topic	Assessment Method	Remarks
1	Introduction to Shampoo, Hair Conditioner and Rinses	Exercise: Question & Answer Audio Visual Aids	
2	Shampooing & Conditioning	Exercise: Question & Answer Audio Visual Aids; Practical demonstration by the learner	
3	Henna or Mehendi Application on Head	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
4	Hair Cutting Techniques	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
5	Blow Drying	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
6	Hair Styling and Designing	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	



Session 1: Introduction to Shampoo, Hair Conditioner and Rinses

Shampoo could be any of various liquid or cream preparations of soap or detergent used to wash the hair and scalp. Conditioner is a substance used, often after shampooing, to detangle and improve the condition of the hair. Like shampoo, it is applied to wet hair and then rinsed out after applying. Shampoos are designed to cleanse the hair and scalp by removing oil, dirt, dandruff, dead skin, environmental pollutants and other contaminant particles that gradually build up in the hair. They form the heart of hair care daily routine. A good shampoo does not interfere with the production of sebum or natural oil secretion. Shampoo cannot change the process of overactive oil glands.

History

The word shampoo is derived from the word “Campo” in 1762. Shampoo had originated in Bengal region. It was introduced as head massage and contained alkali, natural oils and fragrance. The modern shampoo was first introduced in 1930 which contains synthetic surfactants.

Washing with shampoo does not dry out hair because an ideal shampoo will not cause drying of hair or scalp or stimulates greasy scalp.

Composition of Shampoo

Shampoo is generally made by combining a surfactant, most often sodium lauryl sulfate and/or sodium laurethsulfate with a co-surfactant, most often cocamidopropylbetaine in water to form a thick, viscous liquid. Other essential ingredients include salt (sodium chloride), which is used to adjust the viscosity, a preservative and fragrance.[9] Other ingredients are generally included in shampoo formulations to maximize the following qualities:

- Pleasing foam
- Easy rinsing
- Minimal skin/eye irritation
- Feels thick and/or creamy
- Pleasant fragrance
- Low toxicity
- Good biodegradability
- Slightly acidic (pH less than 7)
- No damage to hair



Many shampoos are pearlescent. This effect is achieved by addition of tiny flakes of suitable materials, e.g. glycol distearate, chemically derived from stearic acid, which may have either animal or vegetable origins. Glycol distearate is a wax. Many shampoos also include silicone to provide conditioning benefits.

Types of Shampoos

Shampoo contains detergents which remove dirt and grease from hair and can be rinsed off with water.

All shampoos fall into two **categories**:

1. Cleaners – those need a follow up conditioners.
2. Shampoo + Conditioners – these shampoo plays double role of a shampoo and a conditioners most shampoos available are in this category only other special shampoo are as follows:
 - **Daily use Shampoo**- They are very gentle and have low amounts of cleansers and generally contains conditioners.
 - **Dry Shampoo**- They are called powder shampoo as they are applied directly onto the dry hairs and then brushed out. They don't really clean the hair but they are helpful when you can't shampoo hairs because of cold weather, pronged illness, in hurry, or in long travel these shampoo help.
 - **Baby Shampoo**-These are special shampoos for babies who have very fine hairs. These are very mild shampoo preparations.
 - **Shampoo for color treated hairs**- These shampoos are rich in natural oils and moisture so that they can restore water to the hair shaft. They are low in alkalinity. They don't have saturated castor oils so that the color doesn't strip.
 - **Shampoos for permed or processed hairs**- They are rich in moisturizes and protein and are low in alkalinity. They are made for damaged or chemically treated hair as these hair tangles easily; use instant conditioners after each shampooing service.
 - **Medicated Shampoos/Anti-dandruff shampoos** – Apart from regular ingredients for daily use shampoos they contains some special chemicals in ingredients to remove dandruff such azonic. Tar derivatives, anti-bacterial as well as antifungal etc.
 - ♦ **Anti lice Shampoo** – Applied in proper manner they can kill the lice these shampoos contains Gama benzene hexa chloride as permethrin, a carbaryl or melathion etc.



- **pH Balance Shampoo-** These shampoos have pH factor similar to the stains hair, which is between 4.5 to the 5.5. They counteracts the effect of chemicals on the scalp.
- **Herbal Shampoos-** These shampoos are prepared with plant extract and herbs. There natural shampoos are beneficial for all types of hairs. They contain shikakai, amla, trifala etc.
- **Two-in-one Shampoo:** Contains detergent to clean your hair and few drops of conditioner to moisturize your hair. Gives quick results because your hair can be shampooed and conditioned at the same time.
- **Peroxide Shampoo:** This shampoo is used to give hair brightening and highlightingaffect. These shampoos are strong and can lighten the natural color of hair and thus should not be used on regular basis.

Hair Conditioners & Rinses

Natural oil sebum secreted by scalp helps to keep hair glossy, sometimes there oil glands may not produce enough oil in this case conditioning adds brilliance to the hair, especially dry hair can be benefited to get a luminous shine. All types of hair require conditioning Conditioners help the hairs that has been exposed to excess sunlight, bleaching, and faulty diet. Conditioners help to find in moisture and keep the hair smooth & self-conditioning, helps in removing tangles and makes the hair easy to manage conditioners should be applied to freshly shampoo hair that has been blotted by with a towel to remove excess moisture.

HISTORY – For centuries natural oils have been used to condition human hair. This natural product oil is still used today. Modern conditioner was created in 20th century called brilliantine. Conditioners were made with silicon, fatty alcohols and some ammonium compounds. These chemical products allow the benefits of hair conditioner without feeling greasy or heavy hair conditioner is a thicker substance which coats the cuticle of the hair.

Hair Rinse

Hair rinse is the product you use to coat your hair after shampooing & Conditioning. The main aim of Hair rinse is to restore the acid-alkaline balance of the scalp. Hair rinses gives luster and volume to hair. There are two types of hair rinses natural and chemical. Chemical based rinses are available in the market. Some commonly used natural rinses are Natural rinses are Tea Rinse, Lemon Rinse, Beer Rinse, Vinegar Rinse, Chamomile rinse.



Hair Conditioners

When considering the question of how hair conditioner works you first need to know about the structure of hair. Hair, as you may know, is composed of a protein called keratin. This fact is important because keratin has a high percentage of those amino acids which have negative charges sticking out, like the hairs on a nettle.

The next thing you need to know is that most hair conditioners contain positively charged molecules called cationic surfactants. Soap, shampoo, and other cleaners contain surfactants (also called detergents) that are anionic; that is, negatively charged. These cleaners are very effective at removing dirt, but they also remove natural oils and positive charges from the hair.

The positively charged surfactants in hair conditioner are attracted to the negative charges in your hair, and do not rinse out completely with water. When the hair dries, it is coated with a thin film, which adds weight, makes the hair easier to comb, and prevents static electricity from building up and ‘frizzing’ the hair.

Types of Conditioners

Conditioners add brilliance to all types of hairs, especially the dry hairs. Sebum the natural oil secreted by the scalp helps to keep the hair glossy sometimes oil glands may not produce enough oil or other factors may affect the production of sebum

Glossy hair has cuticle scales that lie flat and neatly overlap. In this condition, hair reflects the light. Chemical perming or colouring and rough handling of hairs conspire to lift the cuticle, which allows moisture to be lost from the cortex which in turns make the hair dry and luster less and prone to tangle. Hairs get thinner and breakeasily. To put the shine backandto repair the split ends, it is necessary to use a specific conditioner.

- **Basic Conditioners** – They coat the hair with a fine film temporarily smooth the cuticle and making the hair shiny & soft. They should leave on the scalp for few minutes before rinsing out. They are available for all hair types. The restore body and acid volume to the hairs. They include protein and polymer fibers.
- **Conditioning sprays** – They are used prior to styling and form a protective barrier against the harmful effects of heat. They are also good for reducing static electricity on flyway hairs.
- **Intensive conditioners** – These helps the hair to retain their natural moisture good for split, dry – frizzy or difficult to managed hairs.
- **Leave in Conditioner** – Apply after shampoo but don’t rinse off. These form a barrier around your hair, which reduces damage from heat styling. Available in form of spray, liquid and monssier.



- **Hot oils** – Good for very dry and damaged hairs. They give an intensive, deep nourishing treatment. Olive and Almond oil is good for dry hairs. They coats the hair shaft and repairs a damaged cuticles.
- **Deep Conditioners** – This is used of excessively brittle & broken hairs. They contains large amount of protein and it should be applied over a long time for absorption.
- **Restructurants**- Good for flat hairs which is damaged and lost its elasticity. They penetrate the cortex and helping to repair the inner part of damaged hair.
- **Color/Perm Conditioner** – They are specially designed for chemically treated hairs. Add a protective film around porous areas of hair it helps in preventing colour loss. After perm it helps to stabilize the hair and helps to keep the bounce in curls.
- **Split end treatment/Serum** – They condition the damaged hairs. As an intermediate solution, hair can't be temporarily sealed from the ends. They worked on newly washed hair, they surround the hairs with a microscopic film that leaves the hair shaft smoother.

Review Questions

1. Give one word answer for the following:
 - a) These shampoos are prepared with plant extract and herbs _____ .
 - b) These shampoos are used to give hair brightening and highlighting effect _____ .
 - c) These shampoos can be applied directly on dry hair and then brushed out _____ .
 - d) These conditioners are applied on wet hair after shampoo but are not rinsed off _____ .
2. Explain to the client purpose of using following hair care products:
 - 1) Shampoo _____



2) Rinse

3) Conditioner

3. Suggest a type of shampoo and conditioner for the following:

	Shampoo	Conditioner
a)	05 yr old Babita	
b)	Mrs. Ahuja with chemically treated hair	
c)	15 yr old school going girl with lice problem	
d)	Mr. Gulati suffering from high fever for last 10 days	
e)	Itchy and irritated scalp with split ends	

4. Ms. Nidhi wanted to purchase a good quality shampoo for herself. Explain her the qualities of good shampoo so that she can select a good product.



5. Differentiate between the two:

Conditioner	Rinses
_____	_____
_____	_____
_____	_____
_____	_____

Checklist for Assessment Activity

Use the following checklist to see if you’ve met all the requirements for assessment activity.

PART A

- Explain the history , composition and type of shampoos.
- Explain the history, composition and type of hair conditioner and rinses.

PART B

Discussed in class the following: -

- Benefits of using correct shampoo for the hair.
- Benefits and purpose of using hair conditioners and rinses.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different types of shampoos.		
Able to select right type of shampoo as per the hair condition.		
Able to identify different types of conditioners and rinses.		
Able to select right type of conditioner as per the hair type.		



Session 2: Shampooing & Conditioning

Trolley Setting

This is a preparation of work unit which is based on the type of shampooing and procedure to be followed. This unit is to provide hair shampooing and conditioning service to the client. You will develop the ability to perform a variety of manual hair shampooing techniques using a range of different products and equipments. This unit will also develop your ability to provide after care advice to the clients.

Following are the common list of equipment and material used for shampooing:

Equipment

- Shampoo basin
- Hot and Cold spray unit
- Shampoo chair

Material

- Gloves
- Neck cape
- Towels
- Combs
- Brushes
- Cotton
- Eye pads

Cosmetics

- Shampoo & Conditioner (as required)

Preparation of The Client

Instructions for Draping the Clients

- Wash your hands.
- Ask your client to remove all the jewellery and glasses and secure in safe place.
- Pull the client's hair up into a clip turn the client's shirt colour inward and place a towel lengthwise over the clients shoulders and cross the towel ends in front. You may secure the crossed ends with a clip.



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- Position a plastic cover over the towel and secure it. Pull the back of the cape over the outside of the shampoo chair to prevent wetting the client's clothes.
- Examine the scalp and hair thoroughly before washing. Begin at the ends of the hair and brush the hair to remove any tangles.
- You can use either a front wash basin or backwash basin.



Procedure of Hair Shampooing & Conditioning

- Seat client comfortably.
- Turn ON water and test temperature before applying to client's scalp and wet hair thoroughly.
- Apply appropriate shampoo effectively to the hair using circular movement on the head.
- Turn the water ON and check the temperature before rinsing the first shampoo application.
- Apply second shampoo application using circular movement and continue until hairs lather well and all the hair has been covered. If hairs do not lather well due to excessive build up of a product or grease, you may need to repeat with a third shampoo.





Wet the hair thoroughly



Apply Shampoo

- After rinsing the shampoo thoroughly, apply conditioner and leave for 2-3 minutes or as per the directions given by the manufacturer.
- Thoroughly rinse OFF the conditioner from the scalp and hair.
- Wrap the towel securely to avoid drips.



Massage the Scalp to remove oil & debris and thoroughly rinse off the shampoo

Disposal of Waste Material

There are two kinds of tools commonly used in shampooing & conditioning in salon: non-porous (which can be disinfected and are generally reusable) and porous (which are either one-use only [disposable] items or require specific cleaning protocol). Know what each implement you use is, as it directly affects your ability to comply with state laws and keep clients safe.



Porous items are made of cloth, wood, or other absorbent materials. Porous items include cotton, paper mats, towels, and buffer blocks. Porous items that are damaged or destroyed by cleaning or disinfection procedures are single-use items (disposable) and must be thrown away after one use.

- Porous items of any type (including those that say they can be disinfected) that are contaminated by blood, body fluid, broken skin (skin that is not intact), infections, or unhealthy conditions must be thrown in the trash.
- Towels, chamois, and similar items can be cleaned in a washing machine with regular detergent at the end of each day.

Non-porous items are made of hard materials like metal, plastic, or glass, and include nippers, scissors, combs, metal

- All non-porous tools can be (and must be) disinfected even if they do not contact blood or unhealthy conditions. These are all multi-use items.
- To clean a non-porous item, clean all visible debris then completely immerse the tool for 10 minutes in a disinfectant, bleach solution (1 part bleach to 9 parts water), or 70% or higher isopropyl or ethyl alcohol.
- Other items that are not designed to touch skin, and are used in waterless products such as nail polish, acrylic monomer and powder, or light-cured gels, do not spread germs and do not need to be disinfected. Brushes that are used to remove debris from a shampoo basin, must be properly cleaned and disinfected between each use.

Products	How	Why
Aerosols	Fully empty. Don't bend or pierce container. Place in bin that will not contain hot ashes.	Highly flammable. Gasses may ignite.
Chemical waste	Dilute with water. Wash down basin	Contact with chemicals can be harmful, but are less effective when diluted.
Sharps/Glass	Wrap up any sharps in paper or tissue before disposal in cardboard box.	Sharps and glass can be dangerous if not securely contained.
Recyclable containers	Fully clean and dry containers before clearly marking them	



Safety Practices in Shampooing & Conditioning

- Read and follow manufacturers' instructions for products used in the salon. Labels include information about how to use the product safely, expiration dates, safety precautions to be followed in case of a spill or reaction, and proper disposal. Also, be sure to follow local and state regulations for chemical disposal.
- Have a Material Safety Data Sheet (MSDS) on file in your salon for every product used in the salon that could cause injury or harm. MSDS include important information about reactions, spills, ingredients, and disposal of chemicals. Make certain that the information on the MSDS is read and understood by all salon workers. Most states require MSDS to be available upon request by an inspector, and a fine might be levied for salons that don't have them, so keep MSDS for all of your products in an easily accessible location. Many manufacturers have MSDS on their websites that can be easily downloaded.
- Proper ventilation in salons is essential for client and worker safety and comfort. Make certain that your ventilation system provides fresh air intake as well as exhaustion of stale air. Air control in the salon reduces your exposure to airborne particles and bacteria as well as reduces your inhalation of product vapors, creating a healthier work environment.
- Use a ventilation system that directs airborne debris (like filing dust) away from the breathing zone (the two foot square area between your mouth and nose and your work area) of you and your client. A mask can also be worn for further protection.
- Use a metal trashcan with a lid (a self-closing trashcan is ideal) to reduce vapors from soiled material getting into the salon. This also reduces odor.
- Smoking should never be permitted in a salon, nor should lighted candles be used anywhere. Store all chemicals in closed containers, always away from any sources of heat or ignition.

Precautions and Contra Indications

- The client must be adequately protected from water so clothes should be completely covered by a gown and towels tucked well down at the nape. If a front wash is to be used the client should be given a face cloth to protect their eyes and possibly make up.
- Hairs must be untangles before Shampooing.
- The temperature of the water should be checked on the wrist or the back of the hand before using.



- Correct shampoo should be used for the type of hairs.
- Liquid shampoo should be allowed to run over the back of the hand then the scalp to minimize coldness.
- Cream shampoo should be applied to the palm of the hand before being evenly distributed over the whole head.
- Friction hand massage should be used in circular movements from hairline to crown throughout the whole head.
- Care must be taken to ensure that the hair is thoroughly rinsed after each massage.
- After shampooing hair should be towel dried and untangle away from the face.

Contra-Indications

- Do not use in case of hyper sensitivity from any chemical.
- In case of accidental contact with eyes rinse with plenty of water.
- If shampoo or conditioner gets on your clothes, face or any other part of the body it should be completely washed immediately to prevent skin irritation.
- Stop using the product if any of the following occurs – difficulty in breathing, skin or eye irritation, scalp irritation or redness on the scalp.

Review Questions

1. Fill in the blanks
 - a) Test the _____ of water before wetting client's hair.
 - b) _____ should be applied after the shampooing.
 - c) Shampoo should be applied using _____ movement.
 - d) Porous material used in shampooing is generally _____ type.



2. Prepare a shampoo station for a client, List the following on the table given below:

S. No.	Equipment	Material	Cosmetics
1.			
2.			
3.			

3. True or false:

- a) Before giving any hair treatment, hair and scalp analysis is necessary. (T/F)
- b) Towel should be secured onto the neck cape. (T/F)
- c) Porous items can be used again for different clients. (T/F)
- d) After shampooing hair should be towel dried before detangling them. (T/F)
- e) Temperature of water should be checked before starting the procedure of shampooing. (T/F)
- f) Detangling of hair should be done before proceeding for head wash (T/F)

4. Somya has joined the hair salon recently and is not familiar with the process of shampooing, instruct her as now she should prepare a client and how to proceed for the service.

Preparation of the client _____

Procedure of shampooing/conditioning _____



Checklist for Assessment Activity

Use the following checklist to see if you’ve met all the requirements for assessment activity.

PART A

- Explain the procedure of preparing client for shampooing .
- Explain the procedure of shampooing and conditioning.
- Explain the right method of disposal of porous and non porous items.

PART B

Discussed in class the following: -

- Precautions and reminder to be followed during shampooing and conditioning process.
- Contra indications of shampooing and conditioning.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to prepare client and work station for shampooing.		
Able to give shampooing and conditioning service to the client.		
Able to dispose porous and non porous items after use.		
Able to identify contra indications of shampooing.		

Session 3: Henna or Mehndi Application on Head

Mehndi is a natural plant not a chemical or ink. It grows in a hot temperature. It gives only one colour that is orange – reddish tone. It’s scientific term is Lawsonialneamis. After applying henna to your hair you should give 1-2 weeks break for another hair treatment. About 200-300 gms of Henna powder is needed for an average length of hair every time.



Material and implements used

- Henna
- Towels
- Dye cape
- Double Boiler
- Rubber gloves
- Wide tooth comb
- Clips hairbrush
- Shampoo + Rinse
- Plastic Bowl

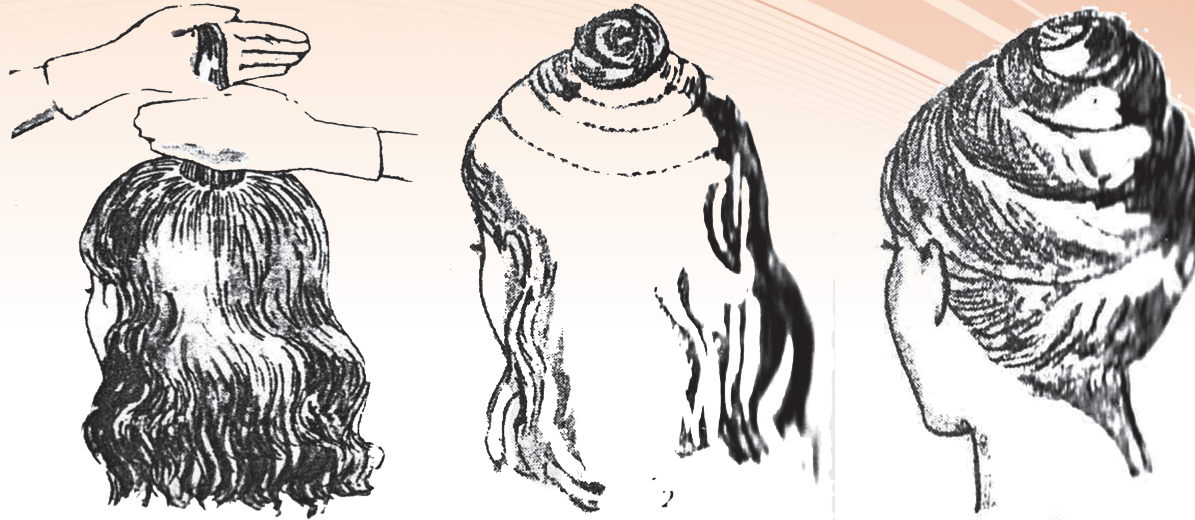
Henna preparation

Preparing the henna, gather the following:

- Towels (use old ones, they will get stained)
- Plastic bowl
- Large spoon for stirring
- Plastic cling wrap
- Acidic liquid such as lemon juice, apple cider vinegar or orange juice (if desired)
- Water (preferably filtered)
- Dry henna powder, enough for your length of hair
- Tint brush
- Disposable latex or vinyl gloves

Place the dry henna powder in the bowl. Add a small amount of the acidic liquid to the powder and enough water to make a paste that is the consistency of yogurt. Stir well to remove lumps. Cover the bowl with plastic wrap and let set until the dye releases from the henna, usually around 12 hours at 70 degrees F (21 degrees C).





Drape towel around shoulders to protect clothing and cover surfaces of the area that you will be in when you apply your henna. Put on the gloves. To apply henna, section hair and apply it to one section at a time until all of your hair is covered, making sure that you get it all the way down to the roots.

After you have your hair covered with the henna, wrap your hair in plastic wrap, then cover it with a shower cap. It's important to keep the henna moist while it is processing. Allow it to remain on the hair for 2 to 4 hours. Rinse out with water. Shampoo and condition, if desired

Tips

- To make removal of the henna easier, use some conditioner. Rinse the henna with water, then work some conditioner in and rinse again. Repeat if necessary.
- To speed up the processing time, use heat, such as a bonnet style hair dryer or a heat cap. For every 30 minutes of heat applied reduce the processing time by 1/2.
- Henna will stain. Make sure to clean up and spills immediately, and wear old clothes when applying.
- If your scalp is sensitive or your hair is normally dry, use orange juice for your acidic liquid, or don't use any acidic liquid at all, just use water.
- If your henna is too bright after 48 hours have passed, you can do another application.
- If your hair color is getting too dark, try applying it to the roots only when you do touch-ups.



Henna Color Choices

The reds are the most used, have the least amount of additives, and- if they are pure are completely safe. The browns and blonds are available too.

Henna does not lighten hair. It won't lift the color, like commercial dyes can do. So you must get a shade that somewhat matches your own, or is darker. Brunettes can easily go red; blonds can go brunette or red. But there's no way a brunette can go blond.

A Few Words of Caution

- Do not use henna over commercially colored hair. It's safest to wait at least 2 months after a commercial dye job, before using henna. Do strand test before applying henna on chemically coloured hair.
- About a week or so before you're planning to henna, use a clarifying shampoo. That will help strip out the old color.
- Be sure you're buying a brand of henna that does not contain metallic salts. These are extremely unhealthy. They may be labeled on the box as compound henna dye, or they may not be listed at all.
- How can you tell if your henna contains metallic salts if they're not listed in the ingredients? If your strand test leaves your hair swatch brittle or dried-out, or if the color "takes" very quickly, that probably means it contains metallic salts. Don't use it.
- Black henna is alright to use as long as it's made with Indigo.

Procedure

- Seat and prepare the client.
- Cover the clients clothing with Dye Cape.
- Mix and heat henna in a double boiler.
- Mix 3 table spoon of henna.
- Two table spoon strong coffee or tea decoction.
- One egg
- 1 Teaspoon ground fenugreek powder.
- ½ tea spoon of coconut oil.
- 1 cup of soaked dried Amla.
- Measure and mix the ingredients until smooth. Blend well shampoo hair.
- Use only one application of shampoo and rinse with water.



Class X: Beauty and Wellness

- Towel Dry, leave hair little moist so the henna will reach the deep surface and action will be faster.
- Protect hands with rubber gloves.
- Comb and part the hair in four sections.
- Apply henna paste.
- Check the henna temperature.
- Use brush or gloved hand for application.
- Start from nape and work upward with making 1 inch partings.
- Work quickly and apply thoroughly so that colouring will be equivalent.
- Leave 1 inch around face line free from henna until rest of hair has started to develop colour.
- Apply henna to face line to avoid discolouration.
- Put cap on to avoid dripping.
- Test the desired shade by judging the time, you can apply steamed towel to faster the action.
- Rinse out henna with water spray.
- Shampoo hair to remove stains from the scalp & set hair in desired style.
- Clean and sterilize equipments and make out record of the clients.

Benefits & Contra indications of Henna**Benefits**

- Henna gives the colour to your hair.
- It makes the hair healthy, strong, thick and silky.
- Henna is considered to be a natural conditioner for hair.
- Henna makes hair manageable and tangle free.
- Henna don't gives any side effect like other chemical hair colours do.
- It helps to control dandruff.

Contra indications

- Although rare but henna reaction may occur, when contacted with skin.
- May give symptoms of itching, redness and even scaly dryness.
- Those with naphthalene sensitivity, or has ever been advised by the physician not to use aspirin and anti-inflammatory drugs should not apply Henna.
- People with traumatic symptoms are advised not to use henna.



Sanitation techniques for shampooing, conditioning & hair care:

- Sweep floors clean after each client service, especially after every shampooing and conditioning service
- Deposit all waste materials in a waste receptacle with a self-closing lid
- Mop floors and vacuum carpets daily.
- Control all types of dust.
- Keep windows, screens, and curtains clean.
- Regularly clean fans, ventilation systems, and humidifiers.
- Keep all work areas well lit.
- Keep rest rooms clean and tidy. Remember to clean bathroom door handles.
- Provide toilet tissue, paper towels, and pump-type liquid soap in the rest room
- Provide disposable drinking cups.
- Avoid touching your face, mouth, or eye areas during services.
- If you drop an implement on the floor, disinfect it before using it again. Properly clean and disinfect all tools and implements after each use and store them in a clean, covered container
- Do not place any tools, combs, rollers, or hairpins in your mouth
- Keep the outside of all containers clean.
- Make sure all containers are properly marked, tightly closed, and properly stored.
- Wear clean, freshly laundered clothing.
- Empty waste receptacles regularly throughout the day.
- Prohibit eating, drinking, and smoking in areas where services are performed
- Never place food in refrigerators used to store salon products.
- Keep the salon free from insects and rodents
- Clean and disinfect all work surfaces, including manicure tables, aesthetic beds, workstations, and chairs, between client services. Clean shampoo bowls and disinfect the neck of the bowl after each client.
- Use only freshly laundered or new disposable linens on clients. Use separate closed containers for soiled linens. Use disposable towels or tissues whenever



possible. Use neck strips or towels to ensure that there is no skin contact shampoo capes. Disinfect all linens during the wash cycle with detergent and bleach.

- Monitor air quality in the salon. Four to ten air changes per hour are recommended for public buildings. Air changes remove suspended particles such as hair spray, nail filings, and microscopic particles

Review Questions

1. True or False
 - a) Strand test should be done before applying Henna on Chemically coloured hair (T/F).
 - b) Natural colour of Henna is orange (red) (T/F)
 - c) Henna cannot be used as natural hair conditioner (T/F)
 - d) Henna should not be applied for sensitive scalp condition (T/F).
2. List the material supplies and implements used for henna application.

3. Prepare a henna mask for a client using 200 gm of henna powder.

4. Write down five benefits of henna application.

1.

2.

3.



4. _____
5. _____
5. Fill in the blanks:
- a) The natural colour of henna is _____ .
 - b) Black henna is alright to use as long as its made with _____ .
 - c) Henna should not contain _____ salts.
 - d) Do not use henna over commercially coloured hair for at least _____ months.
 - e) To speed up the processing time of henna use _____ .

Checklist for Assessment Activity

Use the following checklist to see if you’ve met all the requirements for assessment activity.

PART A

- Explain the procedure of preparing client for henna application on head.
- Explain the process of preparing henna pack.
- Explain procedure of applying henna on head.

PART B

Discussed in class the following: -

- Precautions to be taken while preparing henna.
- Benefits of applying henna pack on hair.
- Contraindications of applying henna.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to prepare client and work station for henna application.		
Able to prepare henna pack.		
Able to apply henna on head.		
Able to identify contra indications of henna application.		



Session 4: Hair Cutting Techniques

A haircut, hairdo, or hairstyle, refers to the styling of hair, usually on the human scalp. The fashioning of hair can be considered an aspect of personal grooming, fashion, and cosmetics.

Hair style is a statement one makes with hair. The way hair is styled has mostly to do with personal taste and hair texture. There are many ways to style hair. The most popular ways to style are by cutting, Blow Drying, and hair styling using Products or letting it dry naturally.

Tools and their Uses



Wide-tooth, tall, barber and styling combs



Types of brushes.

Anyone cutting hair is only as good as his tools. You need to understand the function and characteristics of your tools, how to use them in way that is safe for both yourself and your client, and how to position your body so that your energy and effectiveness are maximized and protected.

Haircutting tools – For best results in haircut use only superior implements from a reliable manufacturer, use them properly, and take good care of them.

- **Haircutting shears** – Mainly used to cut blunt or straight lines in hair. May also be used to “slide cut,” and for other texturizing techniques. The words shears and scissors are sometimes used interchangeably.
- **Thinning shears** – Mainly used to remove bulk from the hair. Sometimes referred to as texturizing shears, tapering shears, or notching shears. Many different types of thinning shears are used today, with varying amounts of teeth in the blades. A general rule of thumb is that the more teeth there are, the less hair is removed. Notching shears are usually designed to remove more, hair with larger teeth set farther apart.

- **Straight razor or razor shaper** – Mainly used when a softer effect is desired on the ends of the hair. Razors can be used to create an entire haircut, to thin hair out, or to texturize in certain areas. Razors come in different shapes and sizes, with or without guards.
- **Clippers** – Mainly used when creating short tapers, short haircuts, fades, and flat tops. Clippers can be used without a guard to “shave” hair right to the scalp, with cutting guards at various lengths, or in the “clipper-over-comb” technique. Two types of clippers available in the market 1) manual, 2) electric.
- **Wide-tooth comb**- Mainly used to detangle hair. Rarely used when performing a haircut.
- **Sectioning clutches**- These come in a variety of shapes, styles, and sizes and can be made of plastic or metal. These comes in large or small sizes.
- **Barber comb**- Mainly used for close tapers in the nape and sides when using the shears-over-comb technique. The narrow end of the comb allows the shears to get very close to the head.
- **Styling or cutting comb**- Also referred to as all-purpose comb, used for most haircutting procedures. It can be 6 to 8 inches (15 to 20 cm) in length and has fine teeth at one end, wider teeth at the other.

Professional hairdressing scissors



Holding The Shears

Properly holding tools is important can help to avoid muscles strain in hands, arms, neck & back.



- Open your right hand (left hand if you are left-handed), and place the ring finger in the finer grip of the still blade and the little finger in the finger brace (tang)
- Place the thumb in the finger grip (thumb grip) of the moving blade.
- Practice opening and closing the shears. Concentrate on moving only your thumb. A great way to get the feel of this is to lay the still blade against the palm or forefinger of your other hand, which holds it still while you move the other blade with your thumb.

Holding the Shears and Comb

During the haircutting process, you will be holding both the comb and the shears at the same time. You may be tempted to put the comb down while cutting, but in the long run this wastes a lot of time. It is best to learn early how to hold both tools during the entire haircutting process.

- **Palming the shears** – Remove your thumb from the thumb grip, leaving your ring and little fingers in the grip and finger rest. Curl your fingers in to “palm” the shears, which keeps them closed while you comb or part the hair. This allows you to hold the comb and the shears at the same time.
- **Tension** – Tension in haircutting is the amount of pressure applied when combing and holding a subsection, created by stretching or pulling the subsection. Tension ranges from minimum to maximum. You control tension with your fingers when you hold the subsection of hair between them. The teeth of the comb also affect tension; greater tension can be achieved with closer and finer teeth. Consistent tension is important for consistent, even results in a haircut. Use maximum tension on straight hair where you want precise lines. With curly or hair, however, a lot of tension will result in the hair shrinking even more than usual when it is dry.



Use of scissor for cutting

The shear, or scissor is the instrument that is used for most hairshaping or haircutting. Shear come in various lengths and weights and differ in the quality of the steel they are made from.

A tapering or thinning shear is used to thin the hair where there is too much bulk. It may also be used to blend in and shape a haircut that has left the hair with stubby, blunt ends. These shears may have notched edges on just one blade or on both of them. They are available with from thirty to forty six teeth. Tapering shears with only one notched blade remove more hair than do shears with double notched blades. This is because hair that fits between the blade notches is not removed when the blades are closed over the hair strand, and there are more notches on a double notched blade. The more teeth the shear has, the finer the thinning.

Sectioning for Haircuts

The purpose of sectioning for a haircut is to determine the actual size of the head. Sectioning is very important because the most important part of any haircut is determining the distribution of hair to the top, the two sides, the crown, and the nape. If you consider that sectioning is done for this reason alone, you will understand why all haircuts require similar sectioning, based on the bone structure of the individual head. Depending on the style you want to achieve, the angles of the cut will vary in direction within the various sections.



Sectioning for the Top

The correct amount of hair to be parted off for the top section. The small protrusions on either side of the head, starting at the center part on the top of the head, run your fingers lightly down the side of your head toward the ear. The top section extends back to the highest point of the head. This highest point is easier to see by making a center part in the hair and then looking at the patron's head from the side.

Sectioning for the Nape

The crown section of hair pinned up out of the way, you have the right amount of hair that belongs in the nape section. To determine the width of the section by placing your fingers behind the ears and feeling for the projection of the end of the temporal bones.



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By using these bones as your guide, the exact amount of the hair for the nape, and it will be centered exactly in the middle of the back of the head.

Sectioning for the Sides

After the top, crown, and nape have been sectioned off, the sides have been outlined. Now see the division between the top section, the crown section, and the nape section. Hair partings within the section are determined by the type of haircut to be given.

For a layered haircut, vertical partings are used within the sections. For a one-length cut, horizontal partings are used. The angle used for each of the partings will vary depending upon the style. The sides and the nape section are parted in the same manner.

Safety in Haircutting

It is absolutely essential for you to keep in mind that when you are cutting hair, accidents can happen. You will be handling sharp tools and instruments, and you must always safeguard yourself and your client by following the proper precautions.

- Always palm the shears and the clippers when combing or parting the hair. This keeps the points of the shears closed and pointed away from the client while combing, which prevents you from cutting yourself or the client. Palming the shears also reduces strain on the index finger and thumb while combing the hair.
- At the time of cutting around the ears or in the case of shorter haircuts, take extra care not to accidentally cut the ear.
- While cutting bangs or any area close to the skin, balance the shears by placing the tip of the index finger of your left hand (right hand if you cut left-handed) on the pivot point. This prevents the client from being accidentally poked with the shears if she moves suddenly. This also helps to balance your shears and cut a cleaner line.
- At the time of working with electric clipper always use a guard. Once you are comfortable with holding, palming, and cutting with the razor, you may practice without a guard, but always let your instructor be your guide.

A Medium-Length Haircut

This type of haircut is perfect for extremely fine hair. It can vary in length from the chinline to just above the shoulders.

Materials & implements

Shampoo apron and towel

Shampoo Comb

Clips Shears Razor





Procedure

1. Drape the patron and shampoo the hair.
2. Determine the basic sections, using the bone structure of the patron's head.
3. Part the hair into four sections for this particular style. Notice that the top section has been divided in the center and that each half of the section has been combined with the side section
4. Part off the lower third of hair in the nape section and clip the rest of the hair up out of your way. The part will extend across the nape from the bones behind each ear.
5. Comb the hair that is hanging down from each side toward the center of the head. Hold your comb vertically from the protrusion of the occipital bone to the hairline to establish the middle of the section.
6. Hold the hair with your fingers, position your shears horizontally, and cut off at the desired length. Notice that the natural inverted curve has perfect proportions from shorter center to longer sides. This is the rest of using the bone structure of the individual head to determine the sections.
7. Comb the hair to the center, using the first cut as a guide. Again cut straight across. The lengths should fall evenly. This helps to create weight and makes fine hair look thicker.



8. Following the outline of the ear, part of strip of hair from nape section to the front hairline.
9. Comb this strip, the guideline hair, back toward the nape section. Use the shears in a horizontal positions and place the hair in the same length as the nape section.
10. Comb down the rest of the side hair and all of the top section to blend in with the guideline just completed.
11. Following the angle of the hairline, part off a narrow strip of hair to use as a guide.
12. Insert the comb parallel to the hairline (with the teeth of the comb toward the face) into this strip of hair. Move the hair toward the face and then down to the angle of the guideline hair.
13. Cut the hair at the same length and angle.
14. Continue cutting the top and side section together using the same narrow, angled, vertical partings as above.
15. Cut the opposite side of the head in the same manner.
16. The finished side should blend evenly with the back, with the top hair the same length as the guideline hair.
17. Part off a curved narrow strip of hair across the bottom of the crown section.
18. Comb this strip of hair toward the center of the head. The hair length and angle should follow the guide established in the nape section.
19. Continue cutting the crown section, using narrow partings and following the established curve.
20. The finished haircut should be the same length from top hair to nape and should follow a continuous line from back to front. This creates the weight necessary to give thinner hair a fuller look.
21. Blow-dry the haircut. In order to get a true reading of the haircut, it best to perform a smooth blow-dry, with very little lift at the scalp.
22. Once the haircut is dry, have the client stand. Check the line in the mirror. You should see an even, horizontal line all the way around the head. This is the time to



clean up any hair at the neckline and to check where the hair falls when dry. Use the wide teeth of the comb to connect the crown area. If this section was left longer during the haircut, Now is the time to connect it into the line.

23. Remove the drape and neck strip from the client and dispose of properly.
24. Brush loose hair from the client's neck and face. Escort the client to the reception area.

Review Questions

1. List hair cutting tools used in the salon:

1. _____ 3. _____ 5. _____
2. _____ 4. _____ 6. _____

2. Fill in the blanks:

- a) _____ shears are mainly used to remove bulk from the hair.
- b) Two types of clippers are available in the market 1) _____ & 2) _____
- c) _____ in hair cutting is the amount of pressure applied when combing and holding a subsection.
- d) The purpose of _____ for hair cut is to determine the actual size of the head.
- e) For a layered hair cut _____ Parting are used within the sections.

3. True or false.

- a) Guard should be used while working with clippers (T/F)
- b) Cutting hair at 0° angle will create weight and makes fine hair look thicker. (T/F)
- c) During hair cutting, one must hold comb in one hand and sheaw in another hand. (T/F)
- d) For one length cut horizontal parting are used (T/F)



4. Short answer question:
- a) Sectioning for the top.

- b) Holding the shears.

- c) Types of hair cutting shears.



Checklist for Assessment Activity

Use the following checklist to see if you’ve met all the requirements for assessment activity.

PART A

- Explain as how to use different hair cutting tools and implements.
- Explain the correct method of holding shears.
- Explain the importance of sectioning and sub sectioning in hair cutting.
- Explain the procedure of giving medium length hair cut.

PART B

Discussed in class the following: -

- Precautions to be taken while giving hair cut.
- Cleaning up of cutting station after hair cut.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to prepare client and work station for hair cut.		
Able to select right tool and implements for hair cutting.		
Able to do sectioning for hair cutting.		
Able to give medium length hair cut to the client.		

Session 5: Blow Drying

Blow drying is the technique of drying and styling damp hair in one operation-has revolutionized the hairstyling world. Today’s women desire hairstyles that require the least time and effort to maintain. The selection of styling tools, techniques, and products must relate to the client’s lifestyle.



Tools for Blow-Dry Styling

The following are the basic tools used for blow-drying techniques.



The Blow Dryer



A blow-dryer is an electrical device designed for drying and styling hair in a single service. Its main parts are a handle, a slotted nozzle, a small fan, a heating element, and speed/heat controls. Some also come with cooling buttons. The temperature control panel helps to produce a steady stream of air at the desired temperature. The blow-dryer's nozzle attachment, or concentrator, is a directional feature that can direct the air stream to any section of the hair more intensely. The diffuser attachment causes the air to flow more softly and helps to accentuate or keep textural definition.



To keep your blow-dryer as safe and effective as possible, make sure that it is always perfectly clean and free of dirt, grease, and hair before using. Dirt or hair in the device could cause extreme heat and hair burn. The air intake at the back of the dryer must be kept clear at all times. If this intake is covered and air cannot pass through freely, the dryer element could burn out.

Combs and Picks

Combs and picks are designed to distribute and part the hair. They come in a wide variety of sizes and shapes to adapt to many styling options. The length and spacing of the teeth may vary from one comb to another. Teeth that are closely spaced remove definition from the curl, thus creating a smooth surface, while widely spaced teeth shape larger sections of hair for more surface texture. Combs with picks at one end lift the hair away from the head.

Brushes

When choosing a styling brush, take into account the texture, length, and styling needs of the hair that you are working with. Brushes come in many sizes, shapes, and materials.

Brushes

- A **classic styling brush** is a half-rounded rubber-based brush with smooth rounded nylon quills, usually in either seven or nine rows. They are heat resistant and antistatic, ideal for smoothing and untangling all types of hair. While they are perfect for blow-drying precision haircuts where not too much volume is desired, they are less suitable for smooth classic shapes with rounded edges. Excellent airflow through the brush is also a feature of the classic styling brush.
- **Paddle brushes**, with their large, flat bases, are well suited for mid-to longer-length hair.
- **Grooming brushes** are generally oval with pure natural bristles or quills of bristle and nylon mix. The nylon bristles stimulate the circulation of blood to the scalp.
- **Vent brushes**, with their ventilated design, are used to speed up the blow-drying process, and are ideal for blow-drying fine hair.
- **Round brushes** come in different diameters. The client's hair should be able to wrap twice around the brush. Round brushes normally have natural bristles. Large



round brushes can be used to lift the hair at the scalp. Some round brushes have metal cylinder bases so that the heat from the blow-dryer is transferred to the metal base, creating a stronger curl.

- **A teasing brush** is a nylon styling brush that has a tail for sectioning, along with a narrow row of bristles. Teasing brushes are perfect for backcombing hair and then smoothing out the hair into a style, using the sides of the bristles.
- **Sectioning clutches.** These clutches are usually metal or plastic and have long prongs to hold wet or dry sections of hair in place. It is important to keep whatever wet hair you are not working on sectioned off in clutches so that the wet hair does not sit over the dry hair, especially when drying long hair.



Roll the hair to the base



Full base section for blow-drying.

Styling Materials

- **Styling lotions.** It is known as “liquid tools”. They give a style more hold and can add shine and curl, or take curl away.
- **Foam or mousse** is a light, airy, whipped styling product that resembles shaves foam. It builds moderate body and volume into the hair. Massage it into damp hair to highlight textural movement, or blow-dry it straight for styles in which body without texture is desired. Foam is good for fine hair because it does not weigh the hair down. It will hold for six to eight hours in dry conditions. Conditioning foams are excellent for drier, more porous hair.
- **Gel** is a thickened styling preparation- firm-bodied and usually clear or transparent- that comes in a tube or bottle and probably has the strongest hold of all products, other than a finishing spritz or spray. It creates the strongest control for slicked or molded styles and distinct texture definition when spread with the fingers. When



brushed out, it creates long-lasting body. Gel that produces the longest hold may overwhelm fine hair because of its high resin level. This is not a concern if fine hair is molded into the lines of the style and does not get brushed through when dry. **Liquid gels or texturizers** are lighter and more viscous, or liquid, in form. They allow for easy styling, defining, and molding. With bushing, they add volume and body to the style. **Straightening gels** relax the hair for a smooth, straight look, with the most hold in dry outdoor conditions, when applied to damp hair that is wavy, curly, or extremely curly and then blow-dried.



Finished style

- **Volumizers** are sprayed into the base of fine, wet hair add volume to the shape, especially at the base
- **Hair spray, or finishing spray**, is applied in the form of a mist to hold a style in position. It is the most widely used hairstyling product. Available in a variety of holding strengths, in both aerosol or nonaerosol sprays, it is useful for all hair types and effective in dry or damp weather.





Hair being diffused

Procedure

Blow-Drying

Implements and Materials

- blow-dryer with attachments
- wide-tooth comb
- styling cape
- styling lotion
- round brush
- neck strip

Preparation for all Hair Types

1. After shampooing, return the client to the seated position and comb out any tangles in the hair. Remove excess moisture from the hair by blotting with a towel.
2. Place a clean neck strip on the client and drape with a cutting or styling cape.





Use of roll on brush-for volume

Blow-Drying for Different Hair Types and Lengths

- Distribute styling product through the hair with your fingers, and comb through with a wide-tooth comb.
- Using the comb, mold the hair into the desired shape while still wet.
- For volume and lift, similar to that which you would get from a roller set, use a small round brush. Apply a mousse or spray volumizer at the base. Section and part the hair according to the size of the curl desired.
- Insert the round brush at the base of the curl. The degree of lift determines the type of volume you will achieve. Using the techniques you have learned in roller setting, dry each section either full base or half base. For maximum lift, insert the brush on



base and direct the hair section up at a 125-degree angle. Roll the hair down to the base with medium tension. Direct the stream of air from the blow-dryer over the curl in a back-and-fourth motion.

- When the section is completely dry, press the cooling button and cool down the section to strengthen the curl formation.
- Release the brush by unwinding the section from the brush. (Pulling it out could cause the hair to get tangled in the brush.) For less lift at the scalp, begin by holding the section at a 90- or 70-degree angle, following the same procedure. Make sure the scalp and hair are completely dry before combing out the style or the shape will not last. Finish with hair spray.

To blow-dry blunt or long layered, straight to wavy hair into a smooth straight style.

- Attach the nozzle or concentrator attachment to the blow-dryer for more controlled styling. Part and section the hair so that only the section you are drying is not in clips. Apply a light gel.
- Using 1-inch subsections, start your first section at the nape of the neck and use a classic styling brush to dry the hair straight and smooth. Place the brush under the first section and hold the hair low.
- Work up to the crown, continuing to take 1-inch sections. On the longer sections toward the top of the crown.
- Continue using the same technique to keep the shape flat and straight, continue using low elevation.
- To direct the fringe away from the face, brush the fringe back and push the hair slightly forward with the brush, creating a curved shaping, place the dryer on a slow setting and point the nozzle toward the brush. The fringe, when dry, will fall away from the face and slightly to the side, for a soft look.



Review Questions

1. Explain the action of various brushes as under.

1.		
2.		
3.		
4.		
5.		

2. Explain the function of following styling products used in blow drying technique.

1.	Styling Lotion	
2.	Mousse	
3.	Gel	
4.	Volumizers	
5.	Hair Spray	



3. True or false:
- a) The degree of lift determine the type of volume you will achieve whole blow drying. (T/F)
 - b) The blow dryers nozzle attachment can direct the air stream to any one section of the hair more intensely. (T/F)
 - c) Removing tangles is not necessary before starting blow drying procedure. (T/F)
 - d) For maximum volume, hair section should be directed up at 125° angle. (T/F)
 - e) Sectioning and sub sectioning is important to get the proper finish. (T/F)
4. Write down the step by step procedure for giving blow drying to medium length hair.

Checklist for Assessment Activity

Use the following checklist to see if you’ve met all the requirements for assessment activity.



PART A

- Explain the technique of blow drying.
- Explain the benefits of blow drying.
- Explain the use of different tools and brushes for blow drying.
- Explain the use of various styling material used in blow drying.

PART B

Discussed in class the following: -

- Precautions to be taken while doing blow drying.
- Selection of right kind of tool and styling product for blow drying.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to prepare client and work station for blow drying.		
Able to select right product and tools for blow drying.		
Able to do sectioning for blow drying.		
Able to give blow drying service on blunt or layered hair cut..		

Session 6: Hair Styling and Designing

Braiding styles can be broadly classified as visible and invisible. A visible braid is a three-strand braid that employs the underhand technique, in which strands of hair are woven under the center strand. An invisible braid or inverted braid. Also a three-strand braid, is produced by overlapping the strands of hair on top of each other.

The following procedures will provide you with an overview of braiding styles commonly done in the salon, starting with the most basic and moving on to more complex styles, including braided extensions.

Invisible Braid

The invisible braid uses an overhand pick-up technique. It can be done on the scalp or off the scalp, with or without extensions. This style is ideal for long hair, but can also be executed successfully on hair that is layered. Layered hair must first be dampened



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slightly and gelled, however, to hold shorter strands in place. Procedure 21 demonstrates one braid down the back of the head.

Rope Braid

The rope braid is made with two strands that are twisted around each other. It can be done on hair that is all one length as well as on long, layered hair. Remember to add to both sides before you twist the right side over the left.

Fishtail Braid

The fishtail braid is a simple two-strand braid in which hair is picked up from the sides and added to the strands as they are crossed over each other. It is best done on dry, nonlayered hair that is at least shoulder length.

Procedure for Invisible Braid

Implements and Materials





- Styling cape
- Rubber band or fabric-covered
- Tail comb
- Neck strip

Preparation

Shampoo and condition the client's hair, then comb and blow-dry. If the client has shampooed at home, brush the hair with a paddle brush.



Procedure

	
1. Take triangular section of hair.	2. Divide hair in three strands and switch all strands on your left hand.
	
3. Gather small section of hair from your right hand side of head and add to right strand.	4. Bring the strand you have just added to, over to the middle and bring the middle strand to the right.





-




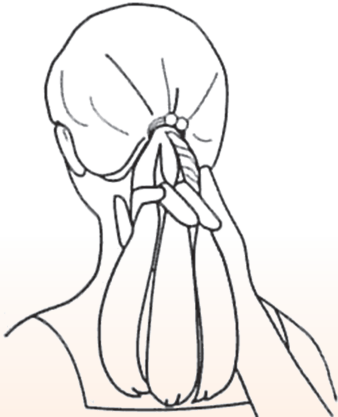
-
- A collage of images related to spa and wellness treatments. It includes hands being treated with a wooden stick, a lit candle, a stack of smooth stones, and a person receiving a facial treatment with a brush. The overall theme is relaxation and self-care.



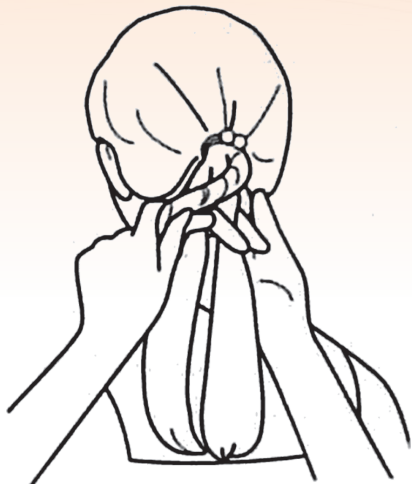
Finished Hair Style (Invisible)

Rope Braid

Procedure

	
1. Separate the ponytails into 3 strands. Hold two strands in left hand and one in right hand.	2. Wind the strand in your right hand around your index finger to the right. Then switch hands so that all 3 strands are in your right hand, separated with your fingers. Hold onto wound strand, so it does not unravel.





3. Bring the wound strand over so it is now on the left. Then switch all 3 strands back to the left hand.



4. Now your right hand can wind the right strand again. Repeat steps 2 and 3 to the end of the ponytail. Do Not release or the rope will unravel!



Procedure for Fishtail Braid

Procedure

1. Take a triangular section from the front. If the client has a fringe, begin behind the fringe. Divide this section into two strands.
2. Cross the right strand over the left strand. Place both strands in the right hand.
3. Pick up a 1-inch section on the left side. Cross this section over the left strand and add it to the right strand.
4. Put both strands in the one hand.
5. Pick up a 1-inch strand. Cross this over the right strand add to the left stand to achieve “X” shape.
6. Repeat step 3 and put both strand in the right hand, moving your hand down toward the nape with each new strand picked up. Secure the hair with rubber band.








Review Questions

1. Name three types of braids:

- 1) _____
- 2) _____
- 3) _____



2. Identify the braids shown below:

3. List the material and supplies required for hair styling and Designing.



Checklist for Assessment Activity

Use the following checklist to see if you’ve met all the requirements for assessment activity.

PART A

- Explain the importance of hairstyling and designing.
- Explain the types of braids.
- Explain the tools and material required for styling the hair.
- Explain the procedure of making braids.

PART B

Discussed in class the following: -

- Selection of right kind of tool and styling product .

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to prepare clientfor styling.		
Able to select right tools forbraiding.		
Able to differentiate between types of braids .		
Able to design hair by the means of all three types of braids.		

Exercise Questions Unit-5

Theory Questions

1. List the qualities of good shampoo.
2. Name the main ingredient of Anti Lice shampoo?
3. Name few commonly used natural rinses!
4. Why conditioner is used after shampooing?
5. List the types of conditioner available in the market.
6. What is the purpose of hair sectioning?
7. Write the various techniques of hair sectioning?



8. What is the role of thinning shear?
9. What are the safety measures taken during a haircut.
10. What is medium length haircut?
11. Write down the tools used for blow-drying.
12. How can you avoid burning the client's scalp during blow-drying?

Practical Questions

1. Demonstrate the procedure of shampooing.
2. Demonstrate the procedure of application of head henna.
3. Demonstrate the procedure of using various styling lotions used in blow-dry styling.
4. Demonstrate blow-drying on blunt cut
5. Demonstrate the medium length cut using 0 degrees elevation

Case study

Ms. Sarita is suffering from dry and split ends condition, what treatment would you suggest for her?



