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## INTRODUCTION

Our Ancestors considered hair to be a source of strength and power and refrained from cutting it; lest it should damage those assets. Over the last few hundred years, hairstyles have reflected the trends in fashion and the economic climate. In some cases, the importance of a person was instantly recognizable from the hairstyle he or she wore. Luckily, today hairstyles no longer indicate their social standings, but as a versatile fashion accessory, it is without parallel.

Many creative techniques like coloring, highlighting, relaxing, perming, extend the hair, etc can substantially change the personality of a person.

This study module is focused on duties of hairdressers, hairdresser's creativity, health and hygiene, cutting techniques chemical treatments, to promote a salon business.



Although we no longer need hair for warmth and protection the way primitive man once did hair still plays an enormous role in how we feel about ourselves. Our hair is one of the most dramatic and beautiful adornments we possess. In terms of color texture and style, hair makes a dramatic, personalized statement about who we are. All successful hair styling services should be grounded on a thorough understanding of the growth, structure and composition of hair. Hair like people comes in a variety of colors, shapes and sizes. The scientific study of hair, its disease, and care is called **Trichology**, which comes from the Greek word **trichos** (hair) and **ology** (the study of). As a cosmetologist, you will need to know as much about hair and how to keep it healthy.

## **THERMAL SETTINGS**

### **Hair Designing Appliances**

#### **Blow Dryer**

Choose a dryer that has a range of heat, speed settings so that the hair can be power dried on high heat, finished on a lower heat and then used with cool air to set the style. Never use a dryer without its filter in place – hair can easily be drawn into the machine.



#### **Diffusers and Nozzles**

Diffuser were intended for drying curly hair slowly in this way encouraging curl formation for scrunched styles. The prongs on the diffuser head also help to increase volume at the root and give lift.

Nozzles fit over the end of the barrel of the hair dryer and are used to give precise direction when styling.



#### **Crimpers**

Consist of two ridged metal plates that produce uniform patterned crimps in straight line in the hair. The hair must be straightened first, either by blow drying or by using flat irons. The crimper is then used to give waves or ripples. Some crimpers have reversible

or dual effect styling plates to give different effects. Brushing crimped hair gives a softer result.



### **Irons**

Are based on the same principle as crimpers but have flat plates to iron out frizz or curl. Use for pressing really curly hair. Irons are designed for occasional not daily use as they work at a high temperature which can cause damage to the hair.



### **Hot Rollers -**









Are available in sets and normally comprise a selection of around 20 small, medium and large rollers with color coded clips to match. The speed at which the rollers heat up varies depending on the type of rollers element. Rollers heat up fastest, wax filled rollers take longer around 15 minutes but they retain their temperature over a longer period. All rollers cool down completely in 30 minutes. Use hot rollers for quick sets, to give curl and body. They are ideal for preparing long hair for dressing.











**Tongs** --Consist a barrel, prong and a depressor groove. The barrel is round the depressor is curved to fit around the barrel when the tong is closed. The thickness of the barrel varies and the size of the tong that is used depends on whether small, medium or large curls are required.



### Tools & Equipment's









TOOLS / EQUIPMENT	USE	MAINTENANCE
<p>Dressing out comb</p> 	Back combing / dressing and teasing hair. Use a section of hair hold between the fingers and back comb.	Wash with warm soapy water. Disinfectant solution UV Cabinet.
<p>Tail comb</p> 	Used for sectioning and back combing.	Wash with warm soapy water. Disinfectant solution UV Cabinet.
<p>Wide tooth comb</p> 	Untangle washed hair before styling. Always comb the hair from points to roots. Section the hair for easy handling.	Wash with warm soapy water. Disinfectant solution UV Cabinet.
<p>Section Clips</p> 	To secure sections of hair in place.	Wash with warm soapy water. Disinfectant solution UV Cabinet.
<p>Denman Brush (flat brush)</p> 	Brushes that have widely spaced, thick bristle are suitable to dry smooth straight styles where the hair is of a sufficient length. Create straight smooth finish for bobs and long hair.	Wash with warm soapy water. Disinfectant solution UV Cabinet.
<p>Dressing out (flat) brush</p> 	To dress and finish a blow dry. Removes roller marks from set hair.	Wash with warm soapy water. Disinfectant solution UV Cabinet.
<p>Small radial brush</p> 	To create root lift, volume and small curls.	Wash with warm soapy water. Disinfectant solution UV Cabinet.
<p>Medium radial brush</p> 	To create root lift and medium size curls and waves.	Wash with warm soapy water. Disinfectant solution UV Cabinet.




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<p>Large radial brush</p> 	<p>To smoothen and straight hair. Create soft waves on long hair.</p>	<p>Wash with warm soapy water. Disinfectant solution UV Cabinet.</p>
<p>Paddle brush</p> 	<p>To dry long hair.</p>	<p>Wash with warm soapy water. Disinfectant solution UV Cabinet.</p>
<p>Vent brush</p> 	<p>To dry hair in enhance the natural movement.</p>	<p>Wash with warm soapy water. Disinfectant solution UV Cabinet.</p>
<p>Hair dryer (hand held) &amp; nozzle</p> 	<p>To dry the hair during a blow dry. Air flow has to be directed to the hair shaft from roots to ends.</p>	<p>Clean the air vent and remove dust and hair. Wipe with a disinfectant wipe.</p>
<p>Diffuser</p> 	<p>To scrunch dry and encourage natural curls to gain shape. Attach diffuser to the hair dryer and place on the hair to dry the curls.</p>	<p>Clean and wipe with Disinfectant.</p>
<p>Hood dryer</p> 	<p>To dry wet sets: Place the Client comfortably under the dryer. Adjust the temperature and the timer prior to starting. Hair should be thoroughly dry.</p>	<p>Clean and wipe with Disinfectant.</p>
<p>Covering net</p> 	<p>To cover the hair set in rollers, to avoid any flyaway hair when drying.</p>	<p>Wash with warm soapy water and dry.</p>
<p>Setting rollers &amp; pins</p> 	<p>To set hair, mostly when damp. Apply the desired setting product and wind from ends to roots. Dry in a hood dryer. Roller pins to secure rollers.</p>	<p>Remove any hair, wash in warm soapy water and dry.</p>



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<p>Velcro rollers</p> 	<p>Ideal for dry hair. Dampen with setting products and wind from ends to root and dry under the hood dryer.</p>	<p>Remove any hair, wash in warm soapy water and dry.</p>
<p>Heated rollers</p> 	<p>To set dry hair. Take clean sections, wrap in rollers and secure with pins provided. The heat of the rollers will pass on to the hair. Remove when cool and style the hair.</p>	<p>Clean the rollers in soapy water and thoroughly dry before placing on the set.</p>
<p>Pin curl clips</p> 	<p>To hold pin curls in place when set.</p>	<p>Clean and wipe with disinfectant.</p>
<p>Hair pins &amp; clips (grips)</p> 	<p>To hold sections of hair in the desired shape when creating the style. They should not be visible.</p>	<p>Disposable.</p>
<p>Hair nets</p> 	<p>To maintain neatness in hair styles.</p>	<p>Disposable.</p>
<p>Curling irons</p> 	<p>To create curls and fullness. Use heat protecting products. Divide the hair into desire sections and wind from root to ends in a methodical manner.</p>	<p>Clean and wipe with disinfectant.</p>
<p>Curling wands</p> 	<p>Create curls on long hair. Wind the hair from roots to ends.</p>	<p>Clean and wipe with disinfectant.</p>
<p>Crimping irons</p> 	<p>Create different crimped designs on dry hair.</p>	<p>Clean and wipe with disinfectant.</p>

<p>Straightening irons</p> 	<p>Smooth and straighten dry hair. Use heat protecting products and comb through. Section the hair in a methodical manner and use with the temperature adjusted to the desired level.</p>	<p>Clean and wipe with disinfectant.</p>
<p>Accessories</p> 	<p>To add glamour and finishes to the style.</p>	<p>Disposable or reusable.</p>
<p>Rubber bands</p> 	<p>Tie sections of hair securely.</p>	<p>Disposable.</p>

### Hair Styling Products

Styling products can be thought of as a “liquid tools.” They give a style more hold and can add shine and curl, or take curl away. Styling products can greatly enhance a style or, if poorly used, can ruin its overall look. That is why it is important to understand how the hair will respond to each type of lotion.

With so many styling products on the market, the stylist must consider several questions before choosing one. First, how long does the style need hold? Under what environmental conditions - dryness, humidity, wind, sun – will the client be wearing the style? You must also consider the type of hair – fine, coarse, straight, curly – when deciding on a product. Heavier products work by causing strands of hair to cling together, adding more pronounced definition, but they can also weigh the hair down especially fine hair. Liquid styling products range from a light to very firm hold. Determine the amount of support desired and choose accordingly.

**Foam** or **mousse** is a light airy, whipped styling product that resembles shaving 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. It will hold for 6 – 8 hours in dry conditions.



**Gel** is a thickened styling preparation – firm- body and usually clear or transparent. 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.



**Volumizers** when spread into the base of fine, wet hair, they add to the shape specially at the base. When the hair is blow-dried a vent brush or round brush is used and the hair

is not stretched too tightly around the brush, even more volume can be achieved. You may want to add light gel or mousse to the rest of the hair for more hold but be careful to avoid the base of the hair when applying.



**Wax** adds considerable weight to the hair by causing strands to join together, showing separation in the hair. Used on dry hair this makes the hair very easy to mold it allows greater manageability but it should be used sparingly on fine hair because of the weight.



**Silicone shiners** add gloss and sheen to the hair while creating textural definition. Non oily silicone shine products are excellent for all hair types either for applying before drying to provide lubrication and protection to the hair while blow-drying, or for finishing at the very end to add extra shine, so they are useful for all hair types.



**Hair spray** is applied in the form of a mist to hold a style in position. It is most widely used hair styling product available in a variety of holding strengths, it is useful for all hair types and effective in dry or damp weather. Finishing spray is used for the firmest possible hold where the style will not be distributed.



## HAIR STYLING





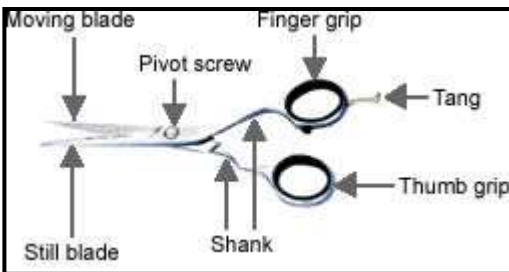


## HAIR CUTTING TOOLS

### Scissors

***Straight edge cutting scissors*** are available in different styles and blade lengths. Usually shorter scissors are used for precision cutting and longer bladed scissors for cutting large amounts of hair. To correctly hold the scissors:

- ✓ Insert third finger into finger grip
- ✓ Insert thumb into thumb grip up to the first joint
- ✓ Place little finger on the tang for control
- ✓ When cutting, the moving blade is controlled by the thumb.



### Thinning / Texturizing Scissors



Excess bulk is removed from the hair by the use of this scissors they are quite similar to hair shaping scissors except that they have one or both blades notched or serrated. The single notched edge cuts more hair. Both thinning scissors and shaping scissors are held in the same way.

**Comb & Scissors**



Whenever it is necessary to use the comb during hair shaping close the blades of scissors, remove thumb from the ring and rest scissors in your palm. Hold the scissors securely with the ring finger. The comb is held with the thumb and fingers. When combing the hair hold comb and scissors in the right hand. When shaping (cutting) to speed up hair shaping, do not lay down.

**Clippers**



Clippers are used for close cut styles and sometimes to finish off a cut.

**Razor**



Razor creates softness, tapering, and internal movement so that the hair moves freely.



## **Choosing the Correct Hair Cut**

### **Assessing the Head and Face**

For instance, there is no point finishing a client's hair only to discover that the shape and proportions of a cut or style do not suit the person, their face shape, facial features or body proportions. Attention to aesthetic suitability must start by 'surveying' the client's head, face and body, taking note of such detail as:

- Height
- Head shape and size
- Face shape and facial dimensions
- Facial features
- Neck length, width and shoulder proportions
- Body contours and proportions

This amount of detail will be essential in order to help you compose and create winning looks.

### *Surveying the canvas*

### **Height**

This relates not only to how tall your client is, but also how tall they appear to be. The ideal female figure is considered to be eight heads tall.

For women, height can be broken down into:

- Short – 5'3" or under
- Medium – 5'4" – 5'5"
- Tall – 5'6" or over

The minimum height for fashion models is 5'8"

Always assess your client's height during the initial consultation stage and don't hesitate to ask them to stand up.

Surveying the client's head, face and body

## ***The Head***

### ***Head shape***

The bones forming the cranium determine the shape of the head. The three important head regions to appreciate are the occipital, temporal and mastoid areas – they influence the shape and curvature of the head. You will need to carefully consider the symmetry of your client's head and cleverly visualize how you can build up or reduce the overall shape to be as close creating the correct proportion. The aim is to control the natural shape of the hair by aesthetically moulding it around the head.

Observe the client in profile, decide where there is flatness or roundness and where the volume of hair needs to be adjusted to create the right balance.

The perfect head shape is evenly balanced. It is in proportion with the body and widens a little at the top. Typical head shape types formed by the outline of the skull are:

- Pointed head shape, hollow nape (A)
- Narrow head, flat back (B)
- Flat top (C)
- Large head (D)
- Wide at the front, flat head at the back, receding base to the skull (E)
- Small head (F)

- ***Head size***

Apparent head size is visual, it is therefore especially important to ensure your hair design is in proportion. You must decide how full or compact the chosen style needs to be. Assess the client's head size in relation to their body proportions.

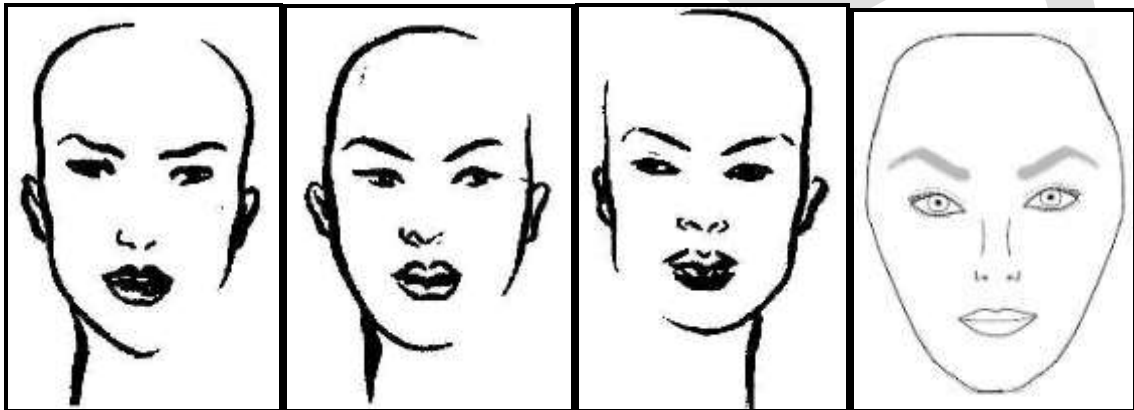
### ***The Face***

Our faces are as much a work of art as they are a wonder of nature. Our faces are individually unique and so are our features, so much so that the ancient Chinese practiced the art of character reading by studying the face. For instance the notion that a high forehead represents intelligence or a square jaw determination; a broad chin ambition; a round chin initiative.

### ***Face shape***

Facial features and expressions are determined by the shape and size of the facial bone structure supporting the muscles and subcutaneous fat tissue. The foundation of face shapes is the bone structure which, as a person loses or gains weight can become more or less pronounced. Conventional facial analysis classifies face shapes or contours into the following categories:

- Square
- Diamond
- Triangular or Heart
- Rectangle
- Oval
- Pear
- Round

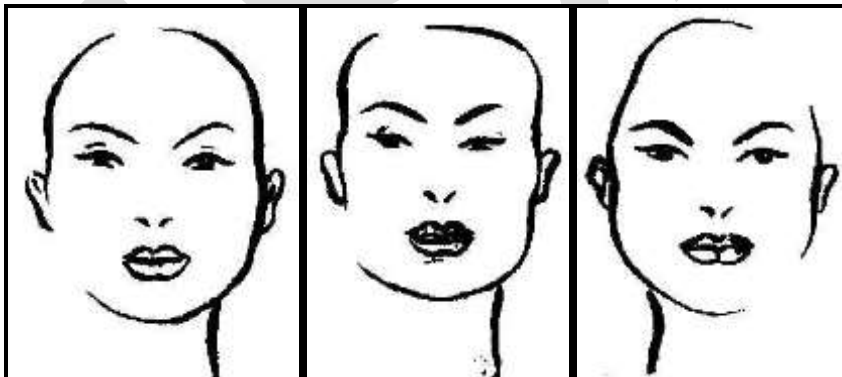


**Heart**

**Oval**

**Rectangle**

**Diamond**



**Round**

**Square**

**Pear**

***Facial shapes and Facial Geometry***

<b>Face shapes</b>	<b>Facial geometry</b>
<b>Oval</b>	About 1.5 times longer than its width across its brow. Forehead is slightly wider than the chin. Considered the 'perfect face shape' – width is in proportion to length. Usually small with delicate features.
<b>Round</b>	About two-thirds as wide as it is long with the distance across the cheeks being the widest part, Round hairline and round chin line
<b>Rectangle</b>	Longer than it is wide with the cheek, jaw and forehead more or less equal.
<b>Pear</b>	Narrow forehead, wide jaw line and chin line.
<b>Diamond</b>	Narrow featured extreme width across the cheekbones and narrow across the chin.
<b>Heart</b>	Wide forehead and narrow across the chin line.
<b>Square</b>	Width-two-thirds or more of the length, Straight hairlines and square jaw line

**Ways to balance different face shapes**

<b>Face shapes</b>	<b>Facial geometry</b>
<b>Oval</b>	To maintain what is considered to be the perfect proportions for a female. If the forehead is slightly wider than across the chin line keep the line narrow.
<b>Round</b>	To create the illusion of length by adding extra height and straight square lines below the jaw line using diagonal lines.
<b>Rectangle</b>	To shorten, creating the illusion of more width than length.
<b>Pear</b>	To create the illusion of width across the forehead. To decrease width across the jaw line.
<b>Diamond</b>	To reduce the width across the cheekbone line.

	To add width across the forehead and jaw line creating the illusion of ovalness to the face.
<b>Heart</b>	To decrease the width across the forehead. To increase the width across the cheek and jawbone.
<b>Square</b>	To rebalance width and length in favour of adding width to the sides between the eyebrows and the lips by creating a fuller shape at the cheekbones and temples.

### **HAIR FACTS**

1. Human are covered all over with hair, except on the palms of hands, soles and lips.
2. Each person's head, carries about 100,000 – 150,000 hair follicles.
3. Baby's head have 1,100 follicles / 2 cm<sup>2</sup>.
4. By age of 25 the number gets reduced to 600 follicles/ 2 cm<sup>2</sup>.
5. By age of 30 -50 it is further reduced to 250-300 follicles/ 2 cm<sup>2</sup>.
6. Hair characteristics are inherited from our parents.

## HAIR DISTRIBUTION

**Vellus**: 1 cm long contains no or minimal pigment. Follicles producing them do not have sebaceous glands. It is fine, soft, downy hair on the cheeks, forehead and nearly all other areas of the body. It helps in the efficient evaporation of perspiration.



**Lanugos**: It develops on the fetus of 3 months. They shed off 4 to 5 weeks before birth, sometimes they continue to be shed even after birth when the vellus hair starts to growth.



**Terminal**: Long hair present on head and body. It protects the scalp against the sun, from injury and adorns the head. This hair also grows in the armpits and pubic areas of both sexes and on the faces of the men. Male hormones however, make a man's facial hair coarser than a woman's



## **Composition of Hair**

Hair is composed chiefly of the protein called Keratin which is found in all horny growths including the nails and the skin. The chemical composition of hair varies with its color. Darker hair has more carbon and less oxygen. The reverse is true for lighter hair.

Average hair is composed of:

- Carbon - 50.65 %
- Oxygen - 20.85 %
- Nitrogen - 17.14 %
- Hydrogen - 6.36 %
- Sulphur - 5.0 %

## **Division of Hair**

Full grown human hair is divided into two principal parts:

- 1. Root**
- 2. Shaft**

1. ***Hair Root:*** Hair root is the part of the hair structure located under the skin surface.
2. ***Hair Shaft:*** Hair shaft is the part of the hair structure, extending above the skin surface

The main structures associated with the hair root are:-

## **Structure of Hair- Root**

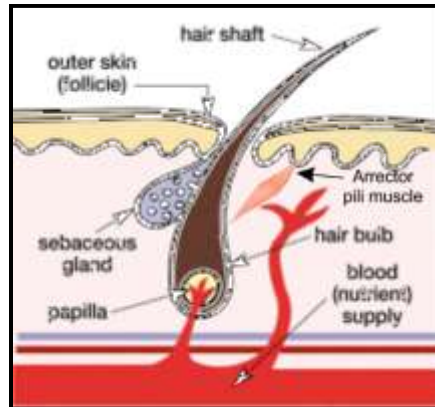
- **The Follicle**
- **The Bulb**
- **The Papilla**
- **Arrector pili muscle**
- **Sebaceous glands**

- Hair grows from a thin tube like space in the skin called, hair ***Follicle.***

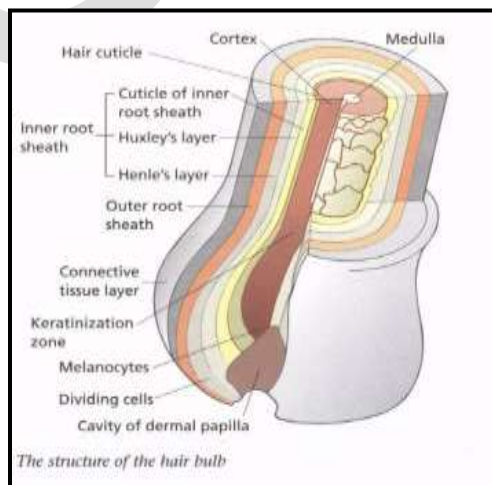


Each hair has its own follicle, which varies in depth depending on its thickness and the location of the skin. One or more oil glands (sebaceous glands) are attached to each hair follicle.

The follicle does not run straight down into the skin or scalp, but is set at an angle so that the hair above the surface flows naturally to one side, this natural flow is sometimes called the "hair stream" or "hair fall".



- At the bottom of the follicles are areas well supplied with nerves and blood vessels that nourish the cellular activity. These are called hair **Papilla**.  
The papilla is a small, cone-shaped elevation located at the bottom of the hair follicle that fits into the hair bulb. The rich blood and nerve supply in the hair papilla contributes to the growth and regeneration of the hair.
- Immediately surrounding each papilla is the germinal matrix which consists of actively forming hair cells.
- As the new hair cells develop the lowest part of the hair is shaped in the hair **Bulb**.

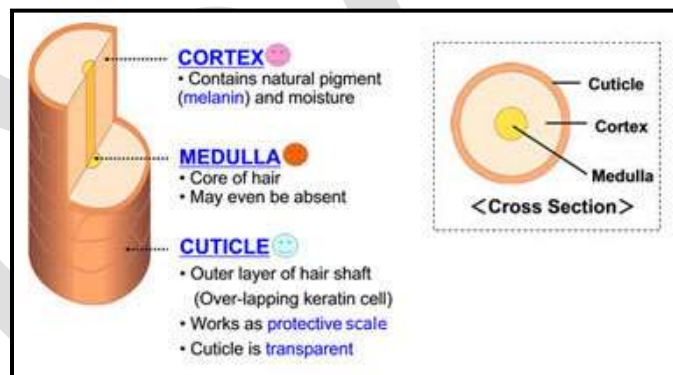


- The cells continue to take shape and form as they push along the follicle until they appear at the skin surface as hair fibers.
- These cells gradually harden and die, the hair is formed of these dead cells, it retains its elasticity due to its chemical structure and keratin content.
- The **arrector pili** are a minute, involuntary muscle fiber in the skin inserted in the base of the hair follicle. Fear or cold cause it to contract, which makes the hair stand up straight, resulting in goose bumps.
- **Sebaceous glands** are the oil glands of the skin connected to the hair follicles. The sebaceous glands secrete an oily substance called sebum which lubricates the hair.

### **Structure of Hair-Shaft**

**Hair Shaft:** Hair shaft is the part of hair structure, extending above the skin surface. The three main layers of the hair shaft are:

- **Cuticle**
- **Cortex**
- **Medulla**

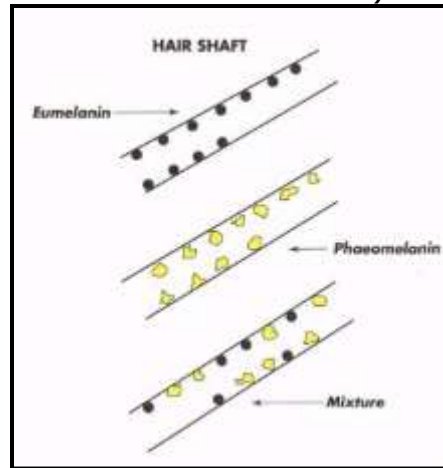


**Cuticle:** - The outermost layer is the cuticle. It is made of 6-10 overlapping layers of long cells. The cells lie on the surface as tiles on roof with free edges directed towards the tip. Scales close to the scalp are smooth & unbroken, while further down the hair, weathering takes place.

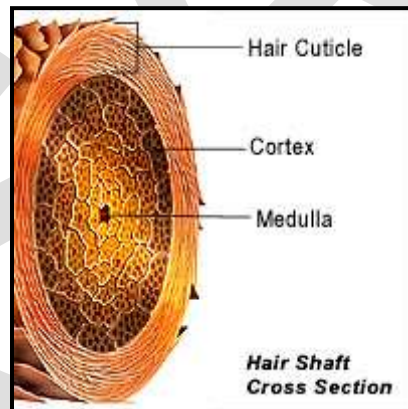
It is the protective layer. Shine is due to this layer; intact cuticle cells are smooth, glossy & reflect light from their surfaces. Cuticle layer is transparent.

**Cortex:** It makes most of the hair shaft. It contains granules of melanin. There are 2 types of melanin:

1. Eumelanin (gives black and brown color to hair)
2. Pheomelanin (gives yellow and red color to hair)



**Medulla:** The diameter of the medulla is greatest in grey and wavy hair, as compared to straight hair. It may sometimes even be absent in straight hair and is completely absent in Vellus hair.

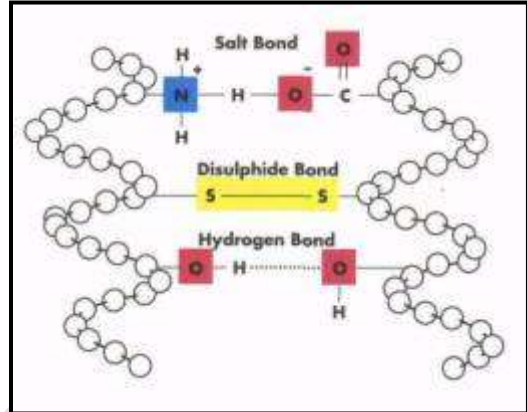


### **Bonds**

2 types of bonds are present:--

**Disulphide linkages:** -- are strong bonds. Only break by chemical treatments.

**Hydrogen bonds**: -- More in numbers. They are weaker than disulphide bonds. Break even when hair is wet.



## Hair Growth Cycle

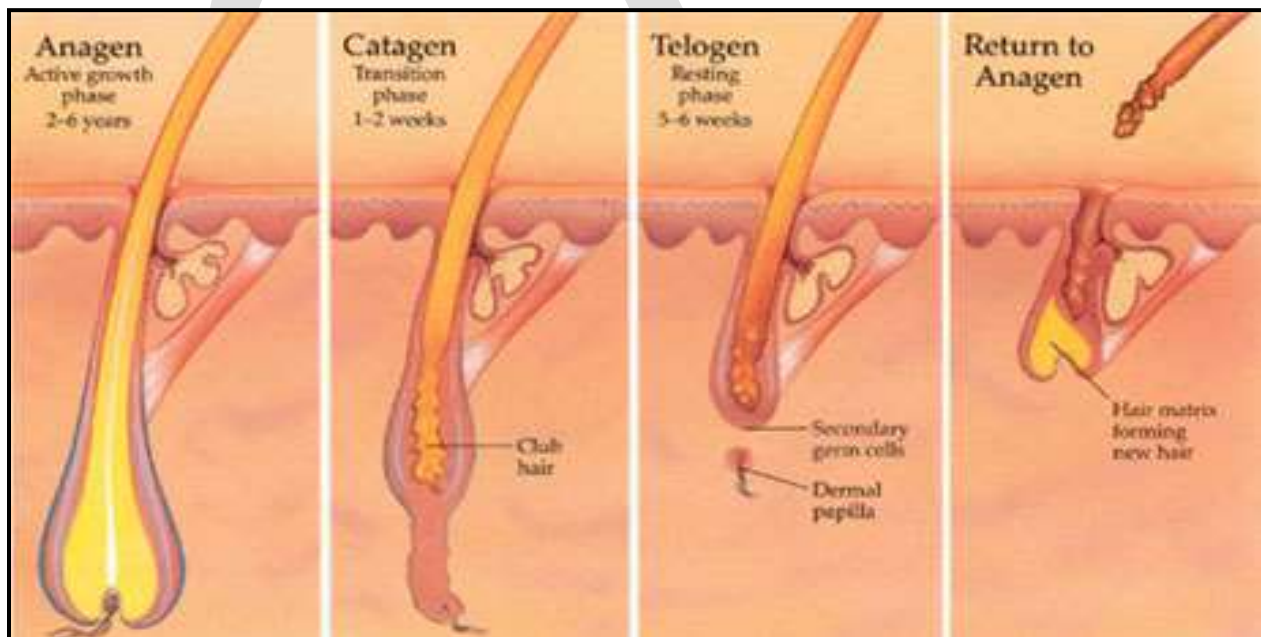
1. Anagen
2. Catagen
3. Telogen

**Anagen**:- Hair begins to grow at this stage. Very active growth is observed in the hair bulb. This lasts for 2-6 years. In older people the hair cycle becomes shorter; follicles gradually give up producing long, strong hair & the hair become thinner and shorter. This results in thinning of hair and may result in baldness. Melanin is made throughout this phase in bulb.

**Catagen**:- It is the intermediate phase lasts for around 2 - 4 weeks. No pigments are made during that time, and the new hair emerges from the same opening at the surface of the skin as the old one, and the hair cycle begins afresh.

The hair length depends on the length of anagen stage, which is genetically determined. As people grow older, the period shortens. Plucking a hair brings forward the next period of hair growth in that follicle.

**Telogen**:- When catagen phase ends, the hair follicle begins a six months phase of resting. During telogen the follicle is shorter approximately, one half to a third of the length of the active follicle.



A new hair shaft forms and grows along side the old hair forcing it to fall out.

## **Hair Shapes**

As hair grows out it assumes the shape, size and curve of the follicle. Hair usually has one of three general shapes:

- **Straight Hair**
- **Wavy Hair**
- **Curly Hair**

**Straight Hair:-** grows from round shaped follicles.

**Wavy Hair:-** grows from oval shaped follicles.

**Curly or Kinky Hair:-** grows from kidney shaped follicles.

## **Factors affecting hair growth:**

1. Anemia slows down growth.
2. Dieting reduces growth.
3. Zinc deficiency causes thinning of hair and hair loss.
4. Steroids reduce growth.

## **Hair Growth Patterns**

The hair movement is the amount of curl or wave within hair lengths. Natural hair fall can be seen on wet, dry hair. Hair growth patterns are:

**Double Crown:-** The client with a double crown will benefit if you leave sufficient length in the hair to cover all the whole area. If it is cut too short the hair will stick up and will not lie flat.

**Nape whorl:-** A nape whorl can occur at either or both sides of the nape. It can make the hair difficult to cut into a straight neckline or tight head hugging graduations –often the hair naturally forms a V shape. Tapered neckline shapes may be more suitable but some times the hair is best left long so that the weight of the hair over falls the nape whorl direction.



**Hair Stream**:- Hair flowing in the same direction is known as the hair stream. It is the result of the follicles sloping in the same direction. Two such streams sloping in opposite directions form a natural parting of hair.

**Cow Lick**:- A cowlick appears at the hair line at the front of the head. It makes cutting a straight fringe difficult, particularly on fine hair, because the hair often forms a natural parting. The strong movement can often be improved by moving the parting over so that the weight over falls the growth pattern.



**Widows Peak**:- The widow's peak growth pattern at the centre of the front hairline. The hair grows upward and forward, forming a strong peak. It is often better to cut the hair into styles that are dressed back from the face as any light fringes will be likely to separate and stick up.

### **Hair analysis**

**Porosity**:- It is the hair's ability to absorb or resist moisture from liquids.



***Porosity Test:*** Rub strands of hair between your figure tips to feel how rough or smooth. If it feels rough ended, supposed to coarse it is likely that the hair is porous.

***Texture:-*** Is the thickness or diameter of the individual hair strand. Hair texture can be classified as coarse, medium or fine and differs from individual to individual. Hair texture can also vary from strand to strand on the same person's head.

***Elasticity:-*** This will determine how much the hair will stretch and return to its original length, overstretched hair will not return to the same length and remains permanently damage.

***Elasticity Test:*** Take a couple of strands of hair between your fingers holding them at the root and the ends. Gently pull the hair between the two point's to see if the hair will stretch and return to its original length (if the hair breaks easily it may indicate that the cortex is damaged and will be unable to sustain any further chemical treatment.)

### **Types of Hair**

To get the best possible results from your hair care routine. You need to choose the correct shampoo and conditioner for your hair type. How to decide which is your type?

#### **Normal Hair**

- It is neither greasy nor dry.
- It has not been permed, straightened or color treated.
- It holds its style well.
- It looks good and healthy most of the time.

You should choose a shampoo and conditioner that are designed for normal hair.

#### **Fine / Greasy Hair**

- It tends to be limp.
- It looks flat and packs volume.
- It is difficult to manage because it does not hold style.
- It soon gets greasy again after shampooing.

Wash hair with good shampoo specially designed for greasy hair and use special conditioner for greasy hair. This would improve the feel of hair that is greasy at roots and dry at the tips, as well as protecting the hair from damage.



**Dry Hair**

- It looks dull
- It feels rough
- It tangles easily
- It is difficult to comb or brush

Use a nourishing shampoo, after shampoo use a good conditioner, deep conditioning is a must.

**Combination Hair**

- Greasy at the roots.
- Shaft is dry.
- Sometime split ends.

Use products that have only a gentle action, try using a shampoo for oily hair and finish by applying a conditioner only from the middle lengths to the ends of the hair.

### Hair Loss

Under normal circumstances we all lose some hair every day. Normal daily hair loss is the natural result of the three phases of the hair's growth cycle. Hair that is shed in the telogen phase is replaced by a new hair, in that same follicle, in the next anagen phase. Although estimates of the rate of hair loss have long been quoted at 100 to 150 hair per day, recent measurements indicate that the average rate of hair loss is closer to 35 to 40 per day.

Hair loss is a relatively new area of research. Scientists believe that approximately 95% of the hair loss seen in men and women is caused by a progressive condition called alopecia. The most common types of alopecia are: Androgenic alopecia, Alopecia areata, Traction alopecia, Postpartum alopecia.

**Androgenic Alopecia**:-- Hair loss can begin as early as the teens and is frequently fully seen by the age of 40. By the age 35 almost 40% of men and women show some degree of hair loss. In androgenic alopecia, a combination of heredity, hormones, and age causes progressive shrinking or miniaturization, of certain scalp follicles. This causes a shortening of the hair's growing cycle. Over time, as the active growth phase becomes shorter the resting phase becomes longer. Eventually there is no growth at all.

In men this is known as male pattern baldness and usually progresses to the familiar horseshoe-shaped fringe of hair. In women, it turns up as a generalized thinning of hair over the entire crown of head.



**Alopecia Areata**:-- This is the sudden loss of hair in round or irregular patches or baldness in spots, and may occur on the scalp and elsewhere on the body.

Alopecia areata is an autoimmune disease that causes the affected hair follicles to be mistakenly attacked by a person's own immune system, with white blood cells stopping the hair growth (anagen) phase. Alopecia areata usually begins with one or more small,

round, smooth bald patches on the scalp and can progress to total scalp hair loss or complete body hair loss (alopecia universalis).

Alopecia areata occurs in males and females of all ages and races and most often begins in child hood. The scalp usually shows no signs of inflammation. Alopecia areata occurs in individuals who have no obvious skin disorder or disease.



**Traction Alopecia**:-- Patchy or diffuse hair loss is sometimes due to repetitive traction on the hair by pulling or twisting. This type of hair loss also occurs after excessive application of chemicals such as perming, or after excessive use of hot combs. This condition is usually reversed once trauma has been stopped.



**Alopecia Postpartum**:--This is temporary hair loss experienced at the conclusion of a pregnancy. For some women, pregnancy seems to disrupt the normal growth cycle of hair, with very little normal hair loss during pregnancy, but sudden and excessive shedding from three to nine months after delivery. Generally return to normal with in one year after the baby is delivered.

**Hair loss Treatment**--: all the treatments that are said to counter hair loss, there are only two products – ***Minoxidil*** and ***Finasteride*** which have been proven to stimulate hair growth and are approved by the FDA for that purpose.

Minoxidil is a topical (applied to the surface of the body) medication that is applied to the scalp twice a day and has been proven to stimulate hair growth. Minoxidil is available for both men and women and comes in two different strengths: 2 % regular and 5 % extra strength. It is not known to have any negative side effects.

Finasteride is an oral prescription exclusively for men and **can be prescribed by a medical practitioner only.**

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## HAIR DISORDER

The following disorders of the hair range from those that are common place and not particularly troublesome to those, that can be far more unusual or distressing.

**Canities**:-- is the technical term for grey (unpigmented) hair. Its immediate cause is the loss of natural pigment in the hair. There are two types:

1. Congenital canities exists at or before birth. It occurs in albinos and occasionally in persons with normal hair. A patchy type of congenital canities may develop either slowly or rapidly, depending upon the cause of the condition.
2. Acquired canities may be due to old age, or onset may occur prematurely in early adult life. Some reasons for acquired canities may be worry, anxiety, nervous strain, prolonged illness or hereditary.



**Ringed hair**:-- is an alternate band of grey and pigmented hair throughout the length of the hair strand.

**Trichoptilosis**:-- is the technical term for split hair ends. *Treatment*: the hair should be well oiled to soften and lubricate the dry ends. The ends also may be removed by cutting.



**TrichorrhexisNodosa**:-- or knotted hair is a dry brittle condition including formation of nodular swellings along the hair shaft. The hair breaks easily and there is a brush like spreading out of the fibers of the broken-off hair along the hair shaft. *Treatment*: softening the hair with conditioners may prove beneficial.

***Fragilitas Crinium***:-- is the technical term for brittle hair. The hair may split at any part of their length. *Treatment*: conditioning hair treatments may be recommended.

***Hairfall***:--

There is a natural balance between the rate at which hair falls & the rate at which new hair grows. Any disturbance in this balance can result in excess hair fall.

***Causes***:

***Trauma***: The result of physical stress on hair is called traction alopecia, caused by tying up the hair tight frequently

**Local scalp infection**: Bacterial viral or fungal infection can cause the hair to fall out of single spot.

**Disease**: Internal disorders & infections are often accompanied by excessive hair loss.

**Chemical or drugs**: Antibiotics & chemical therapies given in serious diseases causes the excessive fall of hair.

**Emotional or Environmental Stress**: With the stress & tension muscles in the scalp & neck constrict, the blood circulation is impeded resulting in suffocation in hair follicles.

**Hormonal imbalances**: Pregnancy, contraception with birth control pills & menopause are the common conditions that induce hormonal changes causing hair fall.

Solution: Regular hair care like anti hair fall shampoo, conditioning & regular sessions of hair spa will help you reduce falling hair. Anything severe should take doctor's advice. (trichologist)

### **Disorder of the Scalp**

***Dandruff***:-- consists of small, white scales that usually appear on the scalp and hair. The medical term for dandruff is ***pityriasis*** (pit-i-REYE-ah-sis). If neglected for long, excessive dandruff can lead to baldness. The nature of dandruff is not clearly defined by the medical authorities although it is generally believed to be of infectious origin. Some authorities hold that it is due to a specific microbe.

A direct cause of dandruff is the excessive shedding of the epithelial cells. Instead of growing to the surface and falling off these, horny scales accumulate on the scalp.

Indirect or associated causes of dandruff are a sluggish condition of the scalp, possibly due to poor circulation, infection, lack of nerve stimulation, uncleanliness. Contributing causes are the use of harsh shampoo. The two principle types of dandruff are:

1.) ***Pityriasiscapitis simplex***: dry type.

2.) ***Pityriasissteatoides***: greasy or waxy type.

***Pityriasiscapitis simplex***: is the technical term for scalp inflammation marked by dry dandruff, thin scales, and an itchy scalp. The scales are usually attached to the scalp in masses or scattered loosely in the hair. Occasionally, the scales are so profuse that they fall to the shoulders.



***Pityriasissteatoides***-- is a scalp inflammation marked by fatty (greasy or waxy) types of dandruff. Greasy or waxy scalp scales mix with sebum and stick to the scalp in patches. Constant itching may cause the person to scratch the scalp if greasy scales are torn off bleeding may result. A client with this condition should be referred to a physician for medical treatment.

Both forms of dandruff are considered contagious and can be spread by the common use of brushes, combs and other personal articles. *Treatment: Anti Dandruff Treatment*

Dandruff is certainly more prevalent during winters. There are two forms of dandruff oily & dry. The dry dandruff appears as loose white flakes & the scalp itches a great deal. The oily dandruff is sticky & yellow in color, making the scalp smell bad.

Causes:

Faulty diet

Emotional tension & stress

Hormonal imbalances (disturbances)

Infection due to disease like fungus

Injury to the scalp.

Unwise or excessive use of hair (cosmetics) Products

Product residue left in hair.

Dry weather

Poor hygiene

**Solution** : To deal with dandruff, the first obvious step is to keep it clean. Wash your hair & scalp frequently with an anti-dandruff shampoo daily or every other day. Massages & daily brushing are extremely helped in treating dandruff. They stimulate the blood circulation to the scalp, promote oil effusion & remove the dead skin cells for exfoliation. Oil massage is helpful before washing your hair for dry dandruff.

**Tinea**--is the medical term for ring worm. It is characterized by itching, scales and sometimes painful circular lesions. Ring worm is caused by fungi. All forms of Tinea are contagious a client with this condition should be referred to a physician for medical treatment.



**Tineacapitis**--is commonly known as ringworm of the scalp. It is characterized by red papules, or spots at the opening of the hair follicles. The patches spread and the hair becomes brittle and lifeless.

**Scabies**-- it is a highly contagious, animal parasitic skin disease caused by the itch mite. Pustules can form from the irritation of the parasites or from scratching the affected areas.

**Pediculoscapitis**-- is the infestation of the hair and scalp with head lice. As these animal parasites feed on the scalp, itching occurs and the scratching that usually results can cause an infection. To kill head lice advise the client to apply larkspur tincture or other similar medication to the entire head and with some germicidal soap.



## HAIR TERMINOLOGY

**A – Line:** Section taken for cutting, reassembling & Capital “A”

**Symmetrical:** Same length on both sides.

**Asymmetrical:** Different length on both sides. Ex.: Asymmetrical bob is longer on one side than the other. It can be drastic or subtle.

**Coarse:** Refers to the diameter of the hair, coarse hair is large in diameter & feels rough to the touch.

**Crown:** The area on top of the head.

**Depth:** Darkness/ lightness of the color

**Face Framing:** Shorter layers around the face that tend to curl under the chin & frame the face

**Fringe:** Also known as “Bangs”. Short hair, cut on top of the face at about the eyebrow level.

**Guide:** The first initial line in the haircut that will be followed through the rest of the haircut

**Keratin:** A fibrous protein forming the main substance of the hair.

**Layers:** They are shorter piece of hair that blend seamlessly into the haircut, adding volume & dimension.

**Nape:** The lower part of the back of the head below the occipital bone.

**Over direct:** When the hair is combed to the complete opposite side of where it should lay before cutting it. This creates volume.

**Virgin Hair:** Hair that has never been processed.

**Other key words like:** Diagonal forward / backward.

Radial Section, Pivot.

## CLIENT CONSULTATION



Consultation is arguably the most important service provided in a hairdressing salon. From the client's point of view, consultation is the process of how they develop a professional bond with their stylist. It is through consultation that the client learns so much about the salon and the stylist's professionalism, individual care and attention. It is a beginning of a service, where the stylist discuss what the client is looking to achieve. A client has the chance to communicate what they like/don't like & the stylist has the chance to tell them their opinion. It is the key to a successful service.

The choice of drying and styling methods will depend on the required finished result. The finished result will depend on the suitable technique, as well as the Client preference. The selection and choice of hair style and technique need to be made by advice given to the client and negotiation with your client during consultation. This should be prior to the beginning of the hairdressing process. Throughout the procedure, Client satisfaction should be reassured.

To ask before hair cutting:

- 1) What service would you like to go for?
- 2) What kind of a cut are you looking out for?
- 3) Ask how much length overall needs to be cut?
- 4) How short would you want to go with front layers?
- 5) When was the last haircut done?
- 6) When was the last shampoo done?
- 7) How much time do you spend with your hair on daily or weekly basis?
- 8) Ask about their profession & then accordingly suggest the hair styles.

To ask before hair colouring:

- 1) What colour are you looking out for?
- 2) Is it root touch up, global, highlight Etc?
- 3) Show the colour guide (Shade guide) to the client & discuss the colour accordingly.
- 4) Fill up the client record card to know the previous colour history of client if any  
i.e.: Is there any chemical treatment done in your hair before. If yes, then what was done? When was it done, how long back?

### ***About You***

Hairdressing is about relationships – the relationships that are created through communication. An ideal profile for an outstanding hairdresser.

- Good communicator
- Interested in people
- Willing to carry on learning
- An ability to empathize
- Prepared to give service
- Confident amongst others
- Highly self-motivated
- Good memory
- Not afraid to be an individual
- Have a variety of interests and personal experience

### **Body language**

We too express our interest attitudes by non-verbal communication through eye contact, posture and general body positioning. So it is very important that we send the right message, particularly when dealing with clients and potential customers.

### **Posture/body position and gestures**

It is a skill that develops over time and once learnt is never forgotten. These forms of communication are only an indication of feelings and emotions. In isolation they may not mean anything at all. However, collectively they can convey a very clear message. Make sure that you send the appropriate signals with a look of being interested, keen, ready to help and positive.

### **Hair and skin tests**

#### ***Strand Test***

A strand test on hair strand colour test is used to assess the resultant colour on a strand or section of hair after colour has been processed and developed. It is carried out as follows:

- Most colouring products just require the time recommended by the manufacturer – check their instructions
- Rub a strand of hair lightly with the back of a comb to remove the surplus tint.
- Check whether the colour remaining is evenly distributed throughout the hair's length. If is even, remove the rest of the tint. If it is uneven, allow processing to continue, if necessary to applying more tints. If any of the hair on the head is not bringing treated, you can compare the evenness of colour in the tinted hair with that in the untinted hair.

#### ***Colour test***

This test is used to assess the suitability of a chosen colour, the amount of processing time required and the final colour result. Apply the tint or bleaching products you propose to use to a cutting of the client's hair and process as recommended.

#### **Test cutting**

In this test a piece of hair cut from the head is processed to check its suitability, the amount of processing required and the timing, before the process is carried out. The test is used for colouring, straightening, relaxing, reducing synthetic colouring, i.e. de-coloring, bleaching and incompatibility.

### ***Test curl***

This test is made on the hair to determine the lotion suitability, the strength, the curler size, the timing of processing and the development. It is used before perming.

### **Curl check or test**

This test is used to assess the development of curl in the perming process. The test is used periodically throughout a perm and for final assessment of the result.

### ***Incompatibility test***

The incompatibility test is therefore used to detect chemicals/elements which could react with hairdressing processes such as colouring and perming. The test is carried out as follows:

- Protect your hands by wearing gloves
- Place a small cutting of hair in a small dish
- Pour into the dish a mixture of 20 parts of 6 percent hydrogen peroxide and one part ammonium thioglycolate.
- Watch for signs of bubbling, heating or discoloration. These indicate that the hair already contains incompatible chemicals.

### **Elasticity test**

This test is carried out on a dry single hair and used to determine how much the hair will stretch and then return to its original position. It is an indicator of the internal condition of the hair's bonded structure and ability to retain moisture.

### ***Porosity test***

This is used to assess the ability of the hair to absorb moisture or liquids – another indicator of condition.

### **The client's influencing features and factors**

Consultation is customized for the client. It is personal and individual on each and every occasion. We therefore have to consider technical and personal image aspects:

- Hair type, hair growth patterns, natural colour, face shape and head shape
- Her personal image, lifestyle and personality
- Amount of time she can give to her hair
- Cutting and final shape of the hair
- Volume or colour which will enhance the style
- Finishing options of blow drying or dressing the hair

### **DRESSESSING THE HEAD AND FACE**

For instance, there is no point finishing a client's hair only to discover that the shape and proportions of a cut or style do not suit the person, their face shape, facial features or body proportions. Attention to aesthetic suitability must start by 'surveying' the client's head, face and body, taking note of such detail as:

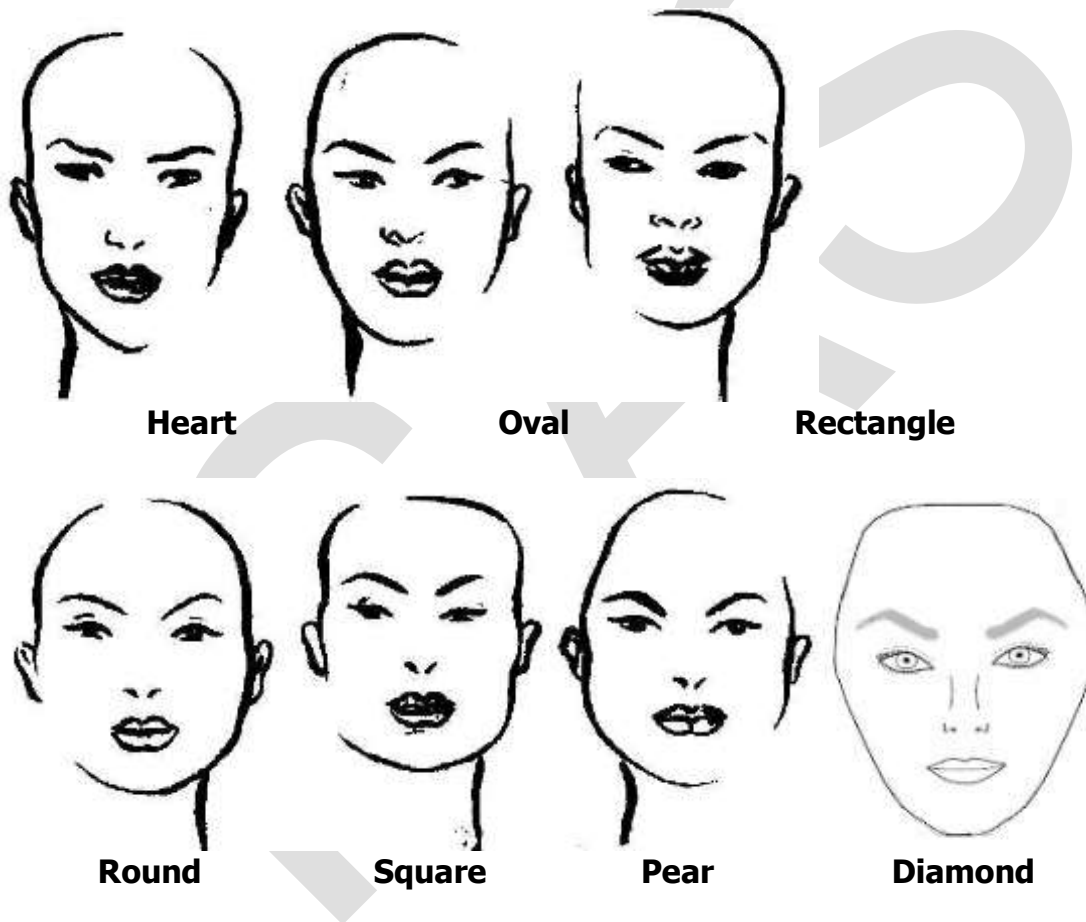
- Head shape and size
- Face shape and facial dimensions
- Facial features
- Neck length, width and shoulder proportions
- Body contours and proportions

This amount of detail will be essential in order to help you compose and create winning looks.

## **Face shape**

Conventional facial analysis classifies face shapes or contours into the following categories:

- Square
- Diamond
- Triangular or Heart
- Rectangle
- Oval
- Pear
- Round



**Facial shapes and facial geometry**

<b><i>Face shapes</i></b>	<b><i>Facial geometry</i></b>
<b>Oval</b>	About one and a half times longer than its width across its brow Forehead is slightly wider than the chin Considered the 'perfect face shape' – width is in proportion to length Usually small with delicate features
<b>Round</b>	About two-thirds as wide as it is long with the distance across the cheeks being the widest part Round hairline and round chin line
<b>Rectangle</b>	Longer than it is wide with the cheek, jaw and forehead more or less equal
<b>Pear</b>	Narrow forehead, wide Jaw line and chin line
<b>Diamond</b>	Narrow featured, extreme width across the cheekbones and narrowness across the chin
<b>Heart</b>	Wide forehead and narrowness across the chin line
<b>Square</b>	Width-two-thirds or more of the length Straight hairlines and square Jaw line



## SHAMPOO & CONDITIONING



As a professional cosmetologist you should make it your goal to become skilled at selecting shampoos the composition and action of which best match the service you will be performing. Select a shampoo according to the condition of the client's hair. Hair can usually be characterized as oily, dry, normal or chemically treated.

### **Chemistry of Water**

Water is of crucial importance in the cosmetology industry because it is used for shampooing mixing solutions and other functions. It is capable of dissolving more substances than any other solvent. Depending on the kinds and amounts of minerals present in water, it can be classified as hard or soft water. You will be able to make a more professional shampoo selection if you know whether the water in your saloon is hard or soft.

**Soft water** is rain water or chemically softened water. It contains small amounts of minerals and therefore allows soap and shampoo to lather freely. For this reason it is preferred for shampooing. **Hard water** contains certain minerals that lessen the ability of soap or shampoo to lather readily. However a chemical process can soften hard water.

### **Chemistry of Shampoo**

To determine which shampoo will leave your clients hair in the best condition for the intended service, you must understand the chemical ingredients regularly found in shampoos.

Water is the main ingredient in all shampoos. Generally it is not just plain water but purified or deionised water. Shampoo contains more water than anything else.

## **Types of Shampoo's**

**Acid Balance Shampoo:**--is one that balances the pH of the skin and hair (4.5-5.5). Any shampoo can be made an acid balance shampoo by the addition of citric, lactic, or phosphoric acid.

**Moisturizing shampoo:**-- is designed to make the hair smooth and shiny to avoid damage to chemically treated hair and to improve the manageability of hair.

**Medicated Shampoo:**-- Contain special chemical or drug that is very effective in reducing dandruff. They are generally quite strong and could affect the color of tinted or lightened hair.

**Clarifying Shampoo:**--contain an acidic ingredient such as cider vinegar to cut through product build up, that can flatten hair. These shampoos should not be used on regular basis. They should be used only when a buildup is evident perhaps once a week depending on how much styling product a client tends to use.

**Balancing Shampoos:**--for oily hair and scalp balancing these shampoos remove excess oil while keeping the hair from drying out.

**Dry or Powder Shampoo:**--Sometimesthe state of a client's health makes a wet shampoo uncomfortable or difficult to manage. In such a case it is advisable to use a dry or powder shampoo. Never give a dry shampoo before performing a chemical service.

**Color Enhancing/Protect Shampoo:**-- Are created by combining the surfactant base with color. They are similar to temporary color rinses as they are attracted to porous hair and give only slight color changes that are removed with plain shampooing. Color shampoos are used to add slight color, some brightness and to eliminate unwanted color tones.

**Conditioners** are special chemicals agents applied to the hair to deposit protein or moisturizer to help restore its strength and give it body or to protect it against possible breakage. Conditioners are a temporary remedy for hair that feels dry and appears damaged. They can only repair damaged hair to a certain extent they cannot heal damaged hair and will not improve the quality of new hair growth.

Conditioners can sometimes give the false impression that the hair has been restored to its original healthy condition. But habitual use can lead to a buildup on the hair, making it heavy and oily. The stylist should know when to choose between a cream rinse, which simply removes tangles and a conditioning treatment which truly repairs damaged hair. Conditioners also known as re-constructors or even hair masks are available in three basic types:

Rinse through, treatments or repairs and leave in.

Most conditioners contain silicon along with moisturizer building ***humectantants***, substances that absorb moisture or promote the retention of moisture.

### **Conditioners affect the hair in different ways:**

A healthy cuticle lies down smoothly and reflects light; give the appearance of shiny hair. Conditioners smooth the cuticles coat the hair shaft to achieve the same effect. So that detangling rinses or cream rinses although they are not as heavy.



### **Types of Conditioners**

***Instant Conditioners:***--Those products that remain on the hair for a very short period to improve the appearance of dry brittle hair. Most conditioners fall in the pH range of 3.5 to 6.0 and restore the pH balance after alkaline treatment.

***Moisturizers:***--heavier and creamier than instant conditioners. Moisturizers also have a longer application time (10 – 20 minutes) and formulated to be more penetrative and to have longer staying power. Some moisturizers involve the application of heat.

Quaternary ammonium compounds are included in the chemical formulation of Moisturizers due to their ability to attach themselves steadfastly to hair fibers and to provide longer lasting protection in comparison to instant conditioners.

***Protein Conditioners:***--are designed to slightly increase hair diameter with a coating action thereby adding body to the hair. They are often referred to as protein treatments and facilitate the hair setting process.

**Material required: --**

1. Shampoo
2. Towels
3. Brush
4. Combs
5. Shampoo cake
6. Bowl
7. Hot and cold running water
8. Conditioner
9. Shampoo station

**Preparation:--**

1. Seat your client at your workstation making sure he/she is comfortable.
2. Consult on which hair service your client will be receiving during this visit.
3. Wash your hands with soap and warm water.
4. Drape the client for shampoo.
5. Place the cape over the towel and fasten at the back so that the cape does not touch the client's skin.
6. Place another towel over the cape and secure in the front.
7. Remove all hair pins and combs from the hair.
8. Ask the client to remove earrings and glasses.
9. Examine the condition of the client's hair and scalps and determine the appropriate shampoo and conditioner to be used.
10. Brush the hair thoroughly.
11. Massage the scalp.

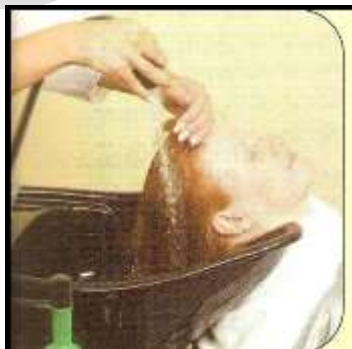


### **Procedure:**

1. Seat the client comfortably at the shampoo station.
2. Supporting the client's head with one hand adjust the cape over the back of the shampoo chair.
3. Adjust the volume and temperature of water, consider client's preference when adjusting the water temperature.
4. Wet the hair thoroughly with luke warm water lift the hair and work it with your free hand to saturate the scalp. When working around the hairline shift your hand to protect the client's face, ears and neck from the water.



5. Apply small quantities of shampoo to the hair beginning at the hairline and working back. Work into a lather using the pads or cushions of the fingers. Do not use fingernails.
6. Remove excess shampoo and lather by squeezing the hair.
7. Rinse hair thoroughly.
8. If required apply shampoo again.
9. Gently squeeze excess water from hair. Apply conditioner avoiding the base of the hair near the scalp.
10. Leave the conditioner on for the recommended time. Some conditioners are left on less than 1 minute and some for 10 – 20 minutes.
11. Rinse the conditioner out thoroughly and finish with a cool water rinse to seal the cuticle.



12. Partially towel- dry.
13. Clean out the shampoo bowl, removing any loose hair.

14. Comb the client's hair beginning with the ends at the nape of the neck.
15. Change the drape if necessary.
16. Style the hair as desired.

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## **BLOW DRY SETTING**



Blow dry styling often referred to as a quick salon service is the technique of drying and styling damp hair in one operation this technique creates the basic structure of hair styles without time consuming setting drying and combing out. It helps to develop soft natural hair styles with free flowing effects.

The styled shape is only temporary though – as the hair gradually absorbs moisture from the atmosphere it returns to its original state.

The selection of styling tools, techniques and products must relate to the clients life style. To do so you must know all about the tool and products available to you.

### **Tools For Blow Dry Styling**

The following are the basic tools for blow drying techniques:--

**Blow-Dryer**:-- A blow dryer is an electrical device designed for drying and styling hair in a single service. The temperature control panel helps to produce a steady stream of air at the desired temperatures.



**Combs and Clips:**-- combs and Clips are designed to distribute and part the hair. They come in a wide variety of sizes and shapes for adaptability to many styling options.



**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.



### **Uses of Hair Brushes:**

- ***A classic styling brush*** is a half-rounded rubber-based brush with smooth round-ended nylon quills, usually in either seven or nine rows. They are heat resistant and anti static, ideal for smoothing or untangling all types of hair. While they are perfect for blow drying when not too much volume is desired.
- ***Paddle brush***, with their large, flat bases are well suited for mid-to-longer length hair. The best designs have bald-tipped nylon pins and staggered pin patterns that do not snag the hair.
- ***Grooming brushes*** are generally oval with pure natural bristles or quills of bristle and nylon mix. They are particularly useful for adding polish and shine to fine or normal hair and are great for combing out updos.
- ***Vent brushes***, with their ventilated design, are used to speed up the blow-drying process, and are ideal for blow-drying fine hair and adding lift at the scalp.
- ***Round brushes*** come in different diameters. Round brushes normally have natural bristles, sometimes with nylon mixed in for better grip. Smaller brushes add more curl, while larger brushes straighten the hair and can also 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. Always use the cooling button on the blow- dryer before releasing the section of hair.



- ***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 back-combing hair and then smoothing out the hair in to the style, using the sides of the bristles.

### **Sectioning Clips**

These clips 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 clips so that the wet hair does not sit over the dry hair, especially when drying long hair.

### **Styling Lotions**

Styling lotions can be thought of as "Liquid tools." They give a style more hold and can add shine and curl, or take curl away. Styling lotions can greatly enhance a style or if poorly used, can ruin its overall look. That is why it is so important to understand how the hair will respond to each type of lotion.

Some styling lotions are as follows:--

- *Mousse*
- *Gel*
- *Volumizers*
- *Wax*
- *Silicone shiners*
- *Finishing spray*

**A checklist for the Principles of Blow Drying**

	<b>This is what you do</b>	<b>This is why you do it</b>
1	The hair is always dried from root to point.	This smoothes the layer of cuticle, making the hair lie flatter and increases the ability of the hair to shine.
2	The nozzle of the dryer should point away from the client's head.	This will avoid any discomfort from burning the scalp or neck.
3	The section or mesh of hair taken should be no deeper than the bristle or teeth section of the brush and no wider than the width of the brush.	Matching the amount of hair to be dried with the bristle or teeth 'footprint' of the brush will always guarantee that you are not trying to handle too much hair.
4	The flat jet of warm air from the nozzle should be parallel with the section being dried.	This ensures that all the hair dries at an even rate.
5	The drier must be kept moving in relation to the lengths of the sections of hair.	This will avoid hot spots and hair damage as a consequence.
6	The hair is dried with an even tension without pulling; the movement, volume or curl is achieved by curving the hair in the direction required.	This ensures that the movement that you create in the hair will be even throughout the hairstyle and will last.
7	Extra curl or movement is achieved by quickly cooling a previously dried section whilst the brush is still in place (i.e., cool-shot drying; most professional hand dryers have this facility).	The cooling action fixes the hair from alpha to beta keratin state, whereas warm hair can still revert back from beta to its original alpha state.

**REMEMBER**

Hair dryers only blow out what they suck in from the other end.  
Always make sure that the filter is attached to the back of the dryer, as this will prevent your client's hair from getting sucked in. This is not only embarrassing for you, it is also dangerous and unpleasant for the clients too.

### **Preparing the Client**

- 1.) After shampooing, return the client to the seated position and comb out any tangles in the hair.
- 2.) Remove excess moisture from the hair by blotting with a towel.
- 3.) Place a clean neck strip on the client and drape with a cutting or styling cape.
- 4.) Escort the client to the styling chair.
- 5.) Before you begin work communicate with your client about her requirements and wishes.
- 6.) Make sure the client understands and agrees with the final effect you are trying to achieve.

### **Procedure of Blow Drying**

1. Shampoo and towel dry the hair.
2. Properly shape the hair.
3. Apply styling lotions.
4. Pre plan the style, start at the crown or top of the head as desired. Section the hair pick up a wide strand and comb through.
5. Roll the hair with the brush making or complete downward turn away from the face until the brush rests on the scalp. Maintain this position and start the blower. Direct the blower very slowly through the curl in a back and front movement, when the hair section is completely dry release the brush with a rounded movement.
6. Allow the hair to cool before removing the brush when warm the hair is soft.
7. Continue making curls in the same manner across the crown and back of the head. Clip each curl as completed.
8. For maximum lift hold the hair section well up, from the scalp, keep the dryer close to the hair but away from the scalp. This should be for short period of time. Hold the dryer about 30 cm from the hair.

### **Blow Dry Styling Dos & Don'ts**

<b>Dos</b>	<b>Don'ts</b>
Do dry off the hair well so that it's moist but not wet before starting the blow-dry.	Don't leave damp towels around the client's shoulders.
Do take small enough sections that you can control and dry evenly throughout.	Don't leave the dryer running whilst you resection the hair.
Do try to direct the flow of air away from the client.	Don't use the top heat setting unless it's really necessary.
Do adjust the chair height so you can reach the top of the client's head without overstretching.	Don't pass the brushes to the client for them to hold in between sectioning.
Do ask the client to adjust their head position if you need to.	Don't try to use the same hand for the brush work on both sides of the head
Do clip out of the way any sections that are not yet being worked on.	Don't over-dry the hair as this will cause permanent damage

### **Scrunch Drying**

1. Prepare the hair for blow drying by removing excess moisture with a towel.
2. Apply mousse.
3. Place the diffuser on the dryer.
4. Run the fingers through the hair and lift it from the scalp. As you lift it grip it firmly. Direct the heated air into your hands just before closing you grip. Hold the hair firmly and continue drying.



5. It is important to follow the shaping process in the mirror.
6. Continue to direct the hot air into the palm of the hand to prevent discomfort. Repeat the process to increase the volume and shape.
7. Work from side-to-side make sure that one section is dry before proceeding to the next.

### **One Length Cut**



**Texture**                      Straight Hair

**Angle**                        0°

**Procedure-**

- Divide the hair into four sections.
- Start from the nape area and take box section.
- Cut the box section at 0° angle taking further subsections.
- Now divide the box section into two parts and taking the guideline from the box sections similarly cut the side sections.
- Follow the same procedure till crown.
- In the front, take the horizontal sections from one side and with the guideline from the back cut at 0°.
- Follow the same procedure on the other side also.

### **Forward Graduation**



#### **Introduction**

This style is best suited on those who have Fine to normal texture & wants hair cut which is less manageable and maintain the length and those who don't want shorter from the front.

#### **Preparation--Material**

- Cutting scissors
- Draping sheet
- Towel
- Spray bottle
- Cutting comb
- Tail comb
- Detangle comb
- Razor
- Blades
- Section clip
- Blow dryer
- Round brushes-3 sizes
- Pedal brush

### **Procedure**

After shampooing and conditioning the hair a central division is taken from the forehead down to the nape

A slightly diagonal forward section is then taken on either side of the centre out to each ear approximately 2" from the hairline. Starting in the middle of this section with the head in an upright natural position the hair is combed down evenly held with the comb and the baseline length determined.

The baseline is then worked from the right side back to the centre.

Then across to the other side. The hair must be combed to its natural fall at all times when cutting the one length line.

One inch deep sections are continued up the back of the head and each section is combed cleanly down held with the comb and the baseline followed.

The next sections are worked up the back from the centre out to the top of each ear and starting in the middle working out to both sides.

Incorporating the side area the next sections are taken from the crown through to the hairline on each side starting in the middle.

The side areas are combed down into the back and the square line continued across.

- Take a thin section from both the side sections from the centre parting.
- Bring it to the level at which client wants to get it short (nose, lip, chin. Neck, shoulder) by holding it horizontally & cut at 0 degree.
- Now divide the above section into two halves & merge this section to side sections as a guideline.
- Now start taking the vertical sections & bring it to the front of the shoulder & hold the section vertically & cut at 45 degree, according to the guideline.
- Again take the next section, hold the section vertically & cut at 45 degree, according to the guideline as we did in the previous section.
- Now hold the complete section together & check by bringing all the sections to front of the shoulder.

- Now start taking the vertical sections & bring it to the front of the shoulder & hold the section vertically & cut at 45 degree, according to the guideline.
- Again take the next section, hold the section vertically & cut at 45 degree, according to the guideline as we did in the previous section.
- Now hold the complete section together & check by bringing all the sections to front of the shoulder.
- Now, start taking the vertical sections starting from the crown to the front hair line , comb it properly, bring it to the front of the shoulder & hold the section vertically & cut at 45 degree by following the guideline.
- Follow this procedure for the rest of the section, by dividing into sub sections & holding it vertically & cut by following the guideline.
- Now, start taking the vertical sections starting from the crown to the front hair line , comb it properly, bring it to the front of the shoulder & hold the section vertically & cut at 45 degree by following the guideline.
- Follow this procedure for the rest of the section, by dividing into sub sections & holding it vertically & cut by following the guideline.
- Blow dry & set the hair properly



### Natural Inversion



1 -After Shampooing and conditioning spray is applied evenly throughout the hair. The baseline at the back is achieved in exactly the same manner as for the one length cutting technique. Starting in the mope the hair is combed down section by section until all of the back area is included

2 & 3 – The baseline is created by determining the length in the middle and working squarely out to both sides.

4 - A central 1 inch section is then taken from the forehead down to the nape.

5 -Starting at the front the existing fringe is ignored and the layering length determined by pulling up to 90 degrees and length to just in front of the crown.

6 & 7 - the crown area is over extended up to maintain length and weight in the baseline of the back.

8 -The next section is taken diagonally back from in front of the crown down into the nape.

9 -This section is over directed into the central layering guideline

10 & 11 - continuing the diagonal sections forward each section is pulled up and into the central layering guideline.

12 -Working forward the next section is taken diagonally to the top of the ear.

13, 14 & 15 -Starting at the top each part of this section is pulled up and into the Centre working down and into the back area

16 & 17 -The rest of the hair on this side is then pulled up and into the Centre following the guideline

18 & 19 - Exactly the same sectioning pattern is then used on the other side of the head working with diagonal sections and pulling everything into the central guideline

20 & 21 - The fringe area is then separated using a triangular shaped section from the Centre out to the recession areas on both sides. Starting in the Centre the length is determined using the bridge of the nose as a guide and point cutting up into the ends of the hair. This line is worked squarely across to the sides.

22 & 23 - The perimeter at the sides is now checked by using a diagonal section on each side to the top of the ears. The line is defined by working up from the baseline to lip level

1 & 2 - Strong mousse is applied by evenly distributing it through hair with the hands

3 & 4 - Starting in the nape the hair is sectioned moving horizontally up the back to the crown. Each section is smoothed and flicked out using a large round brush

5 & 6 Diagonal sections are taken in the front with each section smoothed out and turned under towards the face.

### **Square Layer**



### **Introduction**

This style is best suited on normal texture. This hair cut can be given to those who want more volume & best suited up to shoulder length and above. This hair cut creates more movement if done on straight hair. This is a wash & wear style, which requires low maintenance and good for working women.

### **PreparationMaterial**

- Cuttingscissors
- Texturising scissors
- Draping sheet
- Towel
- Spray bottle
- Cutting comb
- Tail comb
- Detangle comb
- Razor
- Blades
- Section clip
- Hair dryer
- Round brushes-3 sizes
- Paddle brush

### **Procedure**

- Firstly follow the one length procedure to create the baseline.
- Now starting from the front section, use forward graduation cut technique & cut the section at 45 degree by holding it vertically and you will get the guideline from the baseline.
- This guideline is continued up to lip level & cut at 45 degree.
- Now starting from the front section, use forward graduation cut technique & cut the section at 45 degree by holding it vertically and you will get the guideline from the baseline
- This guideline is continued up to lip level & cut at 45 degree.
- Take an inch wide section from centre parting to occipital bone and start at the front ,the graduation line that was cut to lip level is used as a guideline for layering length and cut at 90 degree
- The profile line is worked squarely back to the crown.
- Continue from the crown to the occipital bone area, the hair is over directed up to the crown to maintain length and square base and cut at 90 degree by holding it horizontally.
- A radial section is now taken across the top of the head from ear to ear.
- Starting with the central guide, pie sections are worked around the back using crown as a pivot point at 180 degree, horizontal holding.
- Each section is pulled up to the crown point and worked squarely across. The section sections are worked around to the radial parting on both the left & right sides.
- Entire back section is now and across checked by using horizontal sections and pulling everything up to the square layering point.
- The next section is taken moving forward pulling the hair at 180 degree and blending from the centre across the sides and into the back.
- Now the next section is taken from front hairline and cut in the same at 180 degree blending from the centre across sides and into the back.
- The next section is taken moving forward pulling the hair at 180 degree and blending from the centre across the sides and into the back.
- Now the next section is taken from front hairline and cut in the same at 180 degree blending from the centre across sides and into the back.
- Both sides are now across checked together to ensure balance through the sides.
- This done visually, by pulling all of the hair up to the square layering guideline and cut at 90 degree.
- Blow dry & set the hair properly.

## **Hair coloring**



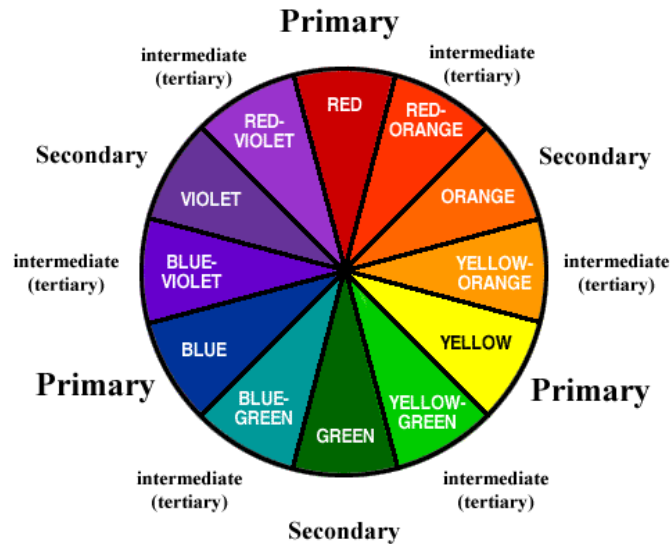
Many people use color to convey their individuality, to enhance their appearance or just to feel better about the way they look, all kinds of natural and artificial materials have been used to color hair.

Hair Coloring is both the science and art of changing the color of hair. Hair coloring includes the process of-

1. Adding artificial pigment to the natural hair color.
2. Adding artificial pigment to previously colored hair.
3. Adding artificial pigment to grey hair.

## **Color Theory (Law of Color)**

It is important to understand the theory of color pigment before one can begin applying hair color to a client's hair. When combining colors you will always get the same result from the same combination. Equal amounts of red and blue mixed together will always make violet, yellow and blue in equal amount make green, red and yellow in equal amount makes orange this system is called The Law of Color as these relationships have been tested over and over and have proven to be true.



### **Primary Colors**

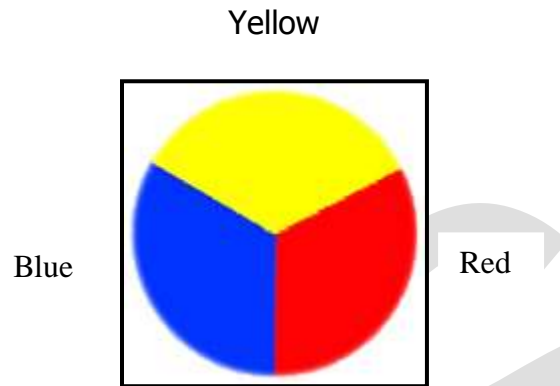
Primary colors are pure (colors that cannot be created by mixing colors together) the primary colors are in order of their dominance- blue, red, yellow. Primary colors are arranged by molecular size or pigment weight (Molecules- two or more atoms chemically joined together the smallest part of a compound) All colors are created from these three primaries, colors with a predominance of blue are cool toned, colors with a predominance of red or yellow are warm toned colors, combinations of primary colors will create various visual results

When the 3 primary colours are mixed in different quantities: shades of brown are made. When 3 primary colorus are mixed in equal quantities: black is made.

**Blue-** Blue is the darkest of the primary colors. When you add blue to your mixture you will make a color darker and cooler in appearance. Blue is the only cool primary and when it is added to any primary, secondary or tertiary color it is dominant.

**Red-** Red is the medium primary color when you add red to your mixture the resulting color will be warmer. Red added to blue based color will cause them to appear lighten. Red added to yellow toned colors will cause them to become darker.

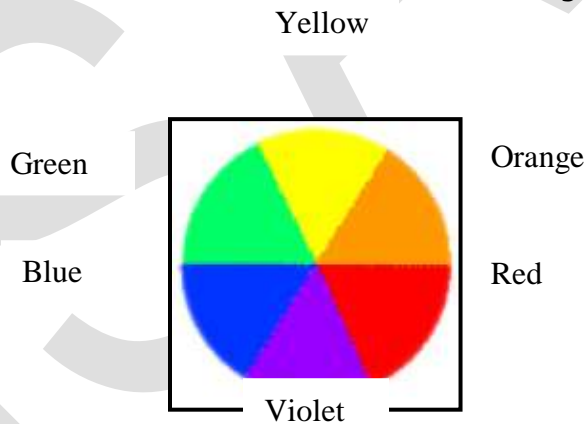
**Yellow-** Yellow is the lightest of the primary colors when you add yellow to your mixture you will make a color lighter and brighter in appearance.



### **Secondary Colors**

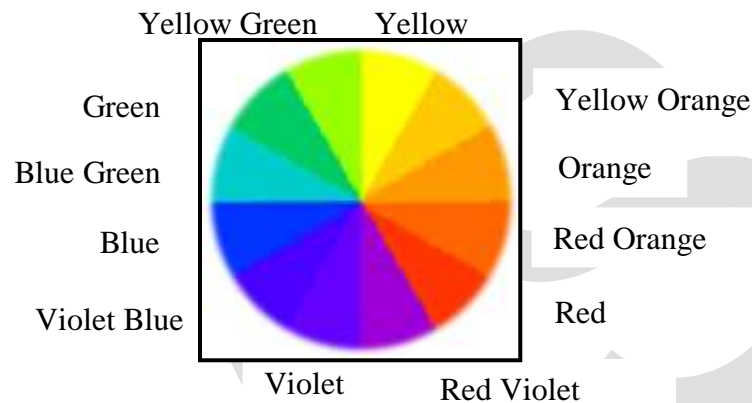
Secondary colors are Green Orange & Violet, they are created by combining two and only two primary colors in equal proportions, eg; green is a combination of blue and yellow.

Orange is a combination of red and yellow, violet is a combination of blue and red. Green and violet both have blue in them so they are cool tones orange has red and yellow so it is warm tone.



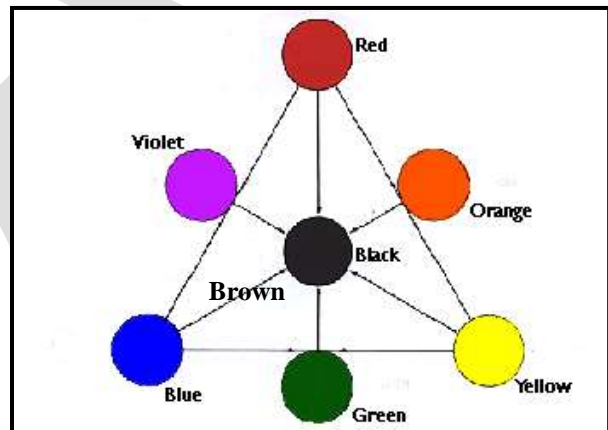
### **Tertiary Colors**

Tertiary colors are created by mixing a primary color with the adjacent secondary color on the color wheel. Blue- green and Blue- violet are cool tones. Red violet is also cool but not as cool as the other two because of the predominance of red; red orange and yellow orange are warm tones. Yellow green is a warm tone but not as warm as the other two because of the presence of blue.



### **Complementary Colors**

Complementary colors are a primary and secondary color positioned opposite each other on the color wheel. Combinations are blue and orange, red and green yellow and violet. These colors neutralize each other for example when mixed in equal amounts red and green neutralize each other orange and blue, and yellow and violet neutralize each other



### **Type of Hair Color**

Hair coloring falls into three main categories –

1. Temporary
2. Semi permanent
3. Permanent.



### ***Temporary Hair Color***



This adds color to the outer layer of the hair since the color remains on the cuticle and does not penetrate into the cortex. Temporary colour pigments are the largest molecules of hair color. It only coats the outside of the strand. There is no development time. It lasts only for one shampoo. Temporary colors are used

1. To temporarily restore faded hair to its natural color.
2. To neutralize the yellowish tinge in white or unpigmented hair.
3. To tone down over lightened hair without creating further chemical damage.
4. To temporarily add color to the hair without changing its condition.

A patch test is usually not necessary for this type of hair color. A wide variety of products are available within this classification: Coloring mascaras, coloring mousses, gels, creams, coloring sprays and color enhancing shampoos.

### ***Semi Permanent Hair Color***



The semi permanent color is formulated to be more lasting than temporary but milder than permanent color, semi permanents contain no bleaching agents and so cannot lighten the hair they merely change its tone. Semi permanent hair color is formulated to last approximately 4-12 shampoos no developer is required. Semi Permeant colour can

blend white hair and deepen colour tones without altering the natural color, since there is no lightening (lifting) action on the hair. Semi permanent hair colors are used to-

1. Enhances natural hair color, this type of color is especially effective on clients whose natural hair color is too light.
2. To refresh faded tints.
3. To add color to 20% or less white hair (unpigmented hair).

Semi-permanent colors are formulated with pigment molecules that are smaller than those of the temporary colors but larger than those of the permanent tints, they have a mild penetrating action that results in a gentle addition of colors in the cortex as well as some coating of the cuticles Patch test is required, applied on towel dry hair.

### ***Permanent Hair Color***

Permanent coloring is a chemical process that works by lifting on the cuticle and penetrating the hair shaft, the cortex then absorbs the new color. Always read the manufacturer's instructions before using permanent color. When mixed with hydrogen peroxide, the ammonia in the colour along with the peroxide will swell the cuticles and allow the colour molecules to enter the cortex. Accurate development time is very important. In this process we use H<sub>2</sub>O<sub>2</sub> and cream hair color. Patch test is required.

### **The Level System of the Hair Color**

A level is the degree of lightness or darkness of a particular color. The name for the natural hair color levels may vary from manufacturer to manufacturer. Therefore it is important to be able to identify the varying degrees of lightness to darkness that distinguishes each level.

The natural hair color levels are:

1. Black
2. Darkest Brown
3. Dark Brown
4. Medium Brown
5. Light Brown
6. Dark Blond
7. Medium Blond
8. Light Blond
9. Very Light Blond
10. Lightest Blond

Level 1, 2 and 3- Are considered dark hair, people with dark hair comprise 75% of the population generally people with dark hair want their hair to stay dark.



### **Skin Tone**



Skin tone can be broken down into four simple categories- olive, red, golden and neutral. It is easiest to observe the natural skin tone by looking at the skin on the neck, close to the clavicle facial and arm skin is often affected by sun exposure.

***Olive-*** skin tones have an underlying tone of gray, green or yellow. Olive toned clients look best in cool or neutral colors if a warm shade is desired, it should be in a darker level.

***Red-*** skin tones have an underlying tone of red brown, red or blue red, red toned clients look best in cool or neutral color warm colors are not recommended for these clients.

***Golden-*** skin tones have an underlying tone of golden brown, gold or peach golden skin tones look best in warm colors the level chosen would be affected by the client's natural level.

***Neutral-*** skin tones are a balance of warm and cool, neutral skin can have an underlying tone of pink and yellow in combination. You will not observe one predominant underlying skin tone. Generally these skin tones are described as ivory, beige or brown skin. Neutral skin tones look well in either warm or cool colors.

### **How Hair Structure Relates To Color**

Every hair color service will affect and be affected by the structure of the hair. Hair is composed of three parts- medulla, cortex, and cuticle. The medulla is the innermost core of the hair shaft. The cortex is the middle layer. The natural color we see in the hair is in this layer. Melanin pigment granules are scattered between the cortex cells. A healthy intact cortex contributes to the elasticity and 80% of the overall strength of the hair. The cuticle is the outer most layer of the hair. It is translucent allowing diffused light to pass through.

Hair texture is described as the diameter of the individual hair strand. The terms coarse, medium, and fine are used to differentiate between large, medium and small diameters.

The pigment of fine textured hair is grouped more tightly together. This tighter grouping will result in darker result on fine hair.

Medium textured hair has a more open grouping of hair pigment. This open grouping will result in a slightly lighter result when depositing color.

Porosity is necessary in the hair for color to deposit properly. In simple terms porosity is the ability of the hair to absorb moisture. Porous hair will accept liquid more readily than non porous hair.

Hair density is the number of hair per square inch on the scalp. Note the variations in density. The dense areas of your client hair will require more color and a more careful application.

Remember for hair color to work effectively each hair shaft must be surrounded by color. Hair length will be a factor in your hair color choice since greater length will require more hair coloring product.

### **Reasons Clients Color Their Hair**

1. To camouflage unpigmented hair
2. Self Image Boost
3. To promote a more desirable appearance.
4. To enhance the hair style design, making it look more finished.
5. To enhance or minimize their features using color to create illusions
6. To eliminate the damaged look of sun lightened hair ends.
7. To improve upon the results of previous color experimentation.

### **Client Consultation**

1. Discuss the client's ideas bout coloring, considering the style and how color may enhance it.
2. Examine the hair natural color level.
3. Refer to the client record card.
4. Decide what sort of coloring to carry out and agree with your client.
5. Advise your client how long the process will take and how much it will cost.
6. Prepare your client with a gown and other coverings.
7. Make sure all clothing is protected.
8. Keep brushing and combing to a minimum as it will make the scalp sensitive to the chemicals you will be using.

### **Basic Rules for Color Selection**

1. Determine the natural category of the hair.
2. Analyze the level present in the hair.
3. Note texture, density and condition of the hair.
4. Discuss with the client the desired end result.
5. If the client wishes to camouflage grey hair you may chose a "deposit only color".

### **Patch Test Procedure**

1. Select a test area behind one ear extending into the hairline or at the inside bend of the elbow.
2. Using mild soap, cleanse an area about the size of a one inch square.
3. Dry the area.
4. Prepare the test solution according to the manufacturer's direction.
5. Apply to the test area undisturbed for 48 hours.
6. Examine the test area.
7. Note the results on the client record card.

A negative skin test will show no sign of inflammation and color may be equally applied.

In extreme reactions, blisters and swelling will be noticeable. A client with these symptoms is allergic & under no circumstances should receive a hair color service.

### **Hydrogen Peroxide**

Hydrogen peroxide is the oxidizing agent most commonly used in hair coloring. An oxidizer is a substance that causes oxygen to combine with another substance such as melanin. As the oxygen and melanin combine the peroxide solution begins to diffuse and lightens the melanin within the hair shaft. This new smaller structure and spread out distribution of the melanin gives hair its light appearance.

Hydrogen peroxide is distributed for cosmetology use under a variety of names such as oxidizer developer, generator. Although scientists identify the different strengths of hydrogen peroxide by percentage, cosmetologists identify the various strengths by volume. Thus 20 volume and 6% H<sub>2</sub>O<sub>2</sub> are the same strength

**Lift:** the lightening action of a hair color or lightening product on the hair's natural pigment.

**Deposit:** describes the color product in terms of its ability to add color pigment to the hair. Color added equals deposit.

### **Selecting the Color**

**European Level System**-Cream or gel colors that are based on the European level system. The lift is determined by the choice of developer For example

<b>Volume</b>	<b>Lift</b>	<b>Deposit</b>
10	One level	Maximum
20	Two level	80%
30	Three level	60%
40	Four level	40%

### **Analyzing the Strength Of H<sub>2</sub>O<sub>2</sub>**

Strength of H <sub>2</sub> O <sub>2</sub>	Percentage of H <sub>2</sub>	Percentage of O <sub>2</sub>
3%	97%	3%
6%	94%	6%
9%	91%	9%
12%	88%	12%

The more lifting ability a hair color has the less depositing ability of the color, always remember to formulate with both lift and deposit in mind to achieve the proper balance for the desired end result. Lift and deposit can further be influenced by varying the volume of H<sub>2</sub>O<sub>2</sub> mixed with the hair color product.

### **Level system of hair color (LO'REAL):**

Level 10	Very Very Light	Level 5	Light Brown
Level 9	Very Light	Level 4	Brown
Level 8	Light Blond	Level 3	Dark Brown
Level 7	Blond	Level 2	Darkest Brown
Level 6	Dark Blond	Level 1	Black

### **Mixing Permanent Colors**

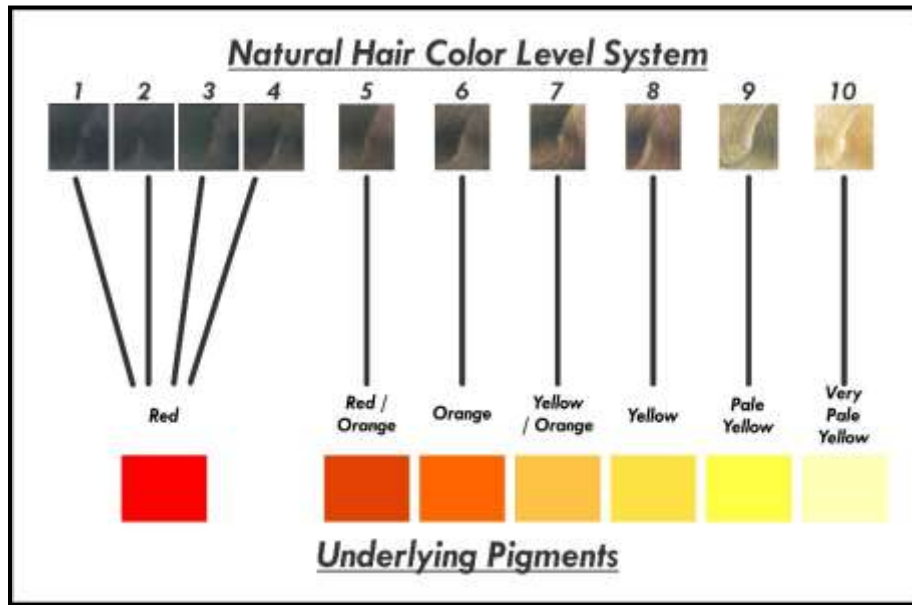
Select the color in the appropriate proportions, Measure and slowly add developer. Stick into mixture using an applicator or brush until thoroughly blended.

For exact color result mixing ratios – 1:1 (Mixing Ratio for Schwarzkopf Color)

For exact color result mixing ratios –1:1.5 (Mixing Ratio for Loreal Color)

For darken result mixing ratios - 2:1

For lighter result mixing ratio is –1:2



**Fashion reflects of LO'REAL:**

Number	Tone	Reflection
.1	Ash	Blue
.2	Irridescent	Violet
.3	Gold	Yellow
.4	Copper	Orange
.5	Mahogany	Reddish Brown
.6	Red	Red
.7	Matt	Green

**Fashion reflects of SCHWARZKOPF:**

Number	Tone	Reflection
-0	Natural	-
-00	Natural Extra	-
-1	Cendre	Pearl
-2	Ash	Blue
-3	Matt	Green
-4	Beige	Brown
-5	Gold	Yellow
-6	Chocolate	Red Brown
-7	Copper	Orange
-8	Red	Red
-9	Violet	Violet



### **Implements and Materials**

- |                   |                                   |
|-------------------|-----------------------------------|
| 1. Towels         | 2. Protective gloves              |
| 3. Brush          | 4. Times                          |
| 5. Selected color | 6. Color chart                    |
| 7. Record card    | 8. Protective cream               |
| 9. Cape           | 10. Comb                          |
| 11. Bowl          | 12. Shampoo                       |
| 13. Cotton        | 14. H <sub>2</sub> O <sub>2</sub> |
| 15. Conditioner   | 16. Section clip                  |
| 17. Cotton wool   |                                   |

### **Preparation of the Client**

1. Patch test.
2. Shampoo the hair.
3. Analyze scalp and hair.
4. Protect client clothing with towel and tint cape.
5. Apply protective cream around the hair line and over ears.

### **Procedure**

1. Part dry hair into four sections.
2. Apply protective cream to hairline and ears.
3. Prepare color formula for bottle or brush application.
4. Begin in the section where color change will be the greatest or where the hair is most resistant, usually the hairline and temple areas. Part off a ¼ inch (0.6 cm) subsection with the applicator.
5. Lift the subsection and apply color to the midshaft area. Stay at least ½ inch (1.25 cm) from the scalp, and do not go through the porous ends.
6. Process according to the strand test results. Check for color development by removing color as described in the strand test procedure.
7. Apply color to the hair at the scalp.
8. Pull the color through onto the hair ends.
9. Lightly rinse with luke warm water. Massage color into a lather and rinse thoroughly.

10. Remove any stains around the hairline with shampoo or stain remover. Use a towel to gently remove stains.
11. Shampoo the hair, Condition as needed.
12. Towel dry and style the hair.

ISAS

## HEAD MASSAGE



Massage has been a major part of medicine for at least 5000 years and of significant importance in western medical traditions for at least 3000 years. It was primarily administered by physicians and was the first and most important of the medical arts.

Ancient Greeks and Romans used massage as their principal means of pain relief and healing.

On the Indian sub-continent massage has been practiced for over three thousand years. Knowledge of massage came to India from China and was based on finding the various points on the body where pressure, rubbing and manipulations were most effective; in India the Ayurvedic term for these points is "marma" points. Records indicate that ancient Hindus, Persians and Egyptians used different forms of massage for many ailments.

Different oils are used at different times of the year according to the season and availability. Warming oils are used in winters and cooling ones in summer. Indians believe that massage preserves the body energy and saves the organism from decay. It is the most powerful method of relaxing and at the same time, rejuvenating the body.

### **Choosing the Oil**

Organic vegetable oils are the best oils to use as they are partially absorbed through the pores of the skin and can work their effect internally as well as externally. Examples of traditional oils are sesame, mustard, almond, coconut, olive and jasmine oil.

***Sesame oils*** highly recommended as good general purpose oil for use in Indian head massage. Sesame oil helps to relieve swellings and muscular pains and also to strengthen and moisturize the skin. Sesame oil is said to be effective in preventing hair from turning grey.

Sesame oil an excellent balancing oil, is used particularly in the summer in India. If sesame oil irritates the scalp olive oil can be used instead.

***Mustard oils*** also very popular especially in North West of India. Mustard oil is hot and sharp and is effective in increasing heat, relieving pains, swelling and helping to relax stiff muscles. As heat is created this oil is particularly recommended for use during the winter.

***Almond Oil*** is light oil suitable for normal hair and normal scalp conditions, and for clients who have dry hair following chemical treatments. It is a good alternative to the heavier olive oil.

***Coconut oil*** has a beautiful aroma and is a pleasure to work with. Traditionally used in the spring because it helps to keep the head cool and is therefore valued in the subcontinent, it is particularly recommended for women. It is a medium to light oil which helps to moisturize the scalp helping hair to become vibrant and alive.

***Olive oils*** rather heavy, strong-smelling oil but can be used on excessively dry hair and scalp.

***Jasmine oil*** is preferred by many Indian women both for its beautiful perfume and for the shine and lustre it gives their hair.

### **ARGAN OIL (unmanageable Hair)**

Argan Oil, often considered to be liquid gold is one of the most expensive oils in the world. Highly effective for damaged, dry, coarse or unmanageable hair and even for rejuvenating the skin; this oil is an important tool for every industry professional. Argan oil is rich in vitamin E, Omega 3 and also contains 9 fatty acids and antioxidants. It is popularly used in many smoothing products but is most beneficial in its natural element.

### **ROSEMARY ESSENTIAL OIL (Premature Graying)**

A great oil for thinning hair is Rosemary Essential Oil. Hair that is thinning tends to accumulate more toxins and dirt. Rosemary oil effectively cleanses this type of hair with causing severe damage. Rosemary oil contains loads of Vitamin B, iron and calcium, Studies prove that rosemary oil prevents premature graying and has been used as a remedy for thinning and brittle hair for thousands of years.

### **EXTRA-VIRGIN OLIVE OIL (Scalp Health)**

For a deep root moisturizing treatment, Extra-Virgin Oil is the best bet. This oil promotes good scalp health and rapid hair growth. Massaging your client's scalp with olive oil improves blood circulation and also fights of existing bacteria, which is crucial for a healthy scalp and hair. Extra Virgin Olive makes hair softer and smoother.

### **JOJOBA OIL (Textured Hair)**

Apart from its benefits for oily skin, Jojoba oil also works wonders for dry or textured hair. It conditions the hair, strengthens the follicles and smoothes out frizz. Jojoba oil can be used as a deep conditioning hair treatment for lustrous hair. For a client with frizzy hair, apply a quarter-size amount on the lengths of clean, damp hair and avoid the roots. Leave it on for 10 to 20 minutes and then rinse for an instant conditioning treatment.

### **AVOCADO OIL (Damaged Hair)**

Avocado oil works best to heal damaged hair and prevent it from future breakage and frizz. Avocado oil is packed with proteins, healthy fats, amino acids and vitamins A, D, E and B6. This rich oil helps in fixing damages in the hair's cuticles therefore strengthening the hair structure.

(Before using any nut oil, you must check with your client that there will be no allergic reactions if you have any doubt about using it, choose alternative oil.)

### **Head Massage Benefits & Manipulations**

Massage is one of the most enjoyable and relaxing activities one can experience it is both physically and mentally relaxing. The therapeutic touch relieves stress and the tension of everyday living. The massage manipulations can have either a stimulating or relaxing effect depending on the technique carried out.

### **Scalp Massage:**

Scalp massage helps stimulate the capillary blood flow, which feeds the hair root and follicle. It will also help to stimulate the production of sebum from sebaceous glands that open into the hair follicle. Scalp massages also relax and soothe your client. There are Hand applied scalp massage, mechanically applied scalp massage.

### **Physical Benefits**

Indian head massage involves the treatment of the upper back, shoulders, arms, hands, neck and scalp. This type of massage can help produce the following effects:

- General relaxation,
- Improved blood circulation,
- Improved lymphatic flow
- Reduced muscular tension
- Regenerated skin
- Softer skin
- Reduced stiffness
- Stimulated nerve endings
- Good for split ends
- Gives lusture to the hair
- Gives strength to the roots of the hair

**Massage movements** the movements performed in Indian head massage are classified in five groups:

- Effleurage
- Petrissage
- Tapotement
- Frictions
- Vibrations

***Effleurage*** is a sweeping, stroking introductory movement. It is performed with the palm of the hand and pads of the fingers, depending on the size of the area to be massaged and the amount of pressure to be applied.

***Petrissage*** movements are deeper strokes, usually applied with the thumbs, the fingers or the heels of the hands. Manipulations include kneading, picking up, wringing, and rolling.

In Petrissage the tissue is firmly picked up and lifted from the underlying structures and then released.

***Tapotement*** movements are used to stimulate and tone the area. Tapotement includes tapping, cupping and hacking. The client must have the necessary muscle mass if this movement is to be performed: without this, tapotement could be very painful and could lead to bruises especially in thin or elderly people. These types of movements should be light and springy and should not cause any discomfort to the client. Tapotement movements should not be performed directly over the spine.

***Frictions*** are movements that cause the skin to rub against deeper underlying structures. They are applied in concentrated areas usually on small areas of the surface tissues.

**Vibrations** are used to relieve fatigue and pain by stimulating the nerves and thereby producing a sedative effect on the area. If performed in one place they are known as **static vibrations** if moving up or down they are known as running vibrations.

**Contra-indications:** it is vital to be familiar with the contra-indications and recognize them. You may identify certain contra-indications whilst examining the client, of which the client is unaware.

The following contra-indications are relevant to Indian head massage. If any of these conditions is present you must not carry out the massage.

- 1.) Any recent head or neck injury.
- 2.) Severe bruising in the treatment area
- 3.) Recent haemorrhage
- 4.) High or low blood pressure
- 5.) Migraine
- 6.) Diabetes
- 7.) A spastic condition
- 8.) Any dysfunction of the nervous system
- 9.) Skin disorders
- 10.) Scalp infections
- 11.) Cuts or abrasions
- 12.) Recent surgery
- 13.) High temperature illness and fever
- 14.) Any infectious disease
- 15.) Intoxication

### **Client Sitting Position**

1. Make sure the client is sitting in upright position on a low backed chair.
2. The spine should be straight and the legs under crossed and the feet flat on the floor. The arms should be relaxed and the hands resting comfortably in the lap.

### **Points to remember**

1. If the massage is intended simply to be relaxing one should avoid heavy pressure. The pressure needs to be firm and the movements slow.
2. On the areas that are tense and where the muscles are tight and contracted, heavy pressure should be avoided. The movements should be slow with a slight pressure applied to try and stretch the muscles.
3. Clients who are overweight will need the pressure to be increased.

4. Clients who are thin and bony will need light pressure otherwise the massage will become painful and uncomfortable. It is always best to invite feedback from the client throughout the treatment.
5. Remember if correct pressure is not applied, the client will not relax and so will not be benefited.

### **Areas to be covered during Head massage**



- 1.) Eyes and forehead
- 2.) Shoulder massage
- 3.) Neck massage
- 4.) Scalp massage
- 5.) Ear massage

### ***Eyes***

First ask the client whether she is using contact lenses or she had cataract operated. Apply nourishing cream around the eyes.

#### **Steps**

1. Circling the eyes with three fingers
2. Vibration under the eyes
3. S and 8 at crow's feet
4. Pinching out eyebrows and ironing out
5. Big S and 8 on eyes
6. Uplifting the eyebrows
7. Vertical and horizontal cupping on eyes with vibration



### ***Forehead***

#### **Steps**

1. Uplifting the forehead with one finger
2. Uplifting the forehead with three fingers
3. Friction with one finger
4. Friction with two fingers
5. Rub the forehead with heel and palm
6. Press the forehead with both hands
7. Patting
8. Cup and iron out and meet at the temples.



### ***Shoulder massage***

#### **Steps**

1. Thumb sweeps
2. Heel rub
3. Thumb pushes
4. Finger pulls
5. Hacking
6. Pick up and hold
7. Smoothing down



### ***Neck***

#### **Steps**

1. Grasp and pull back
2. Thumb pushes
3. Finger pulls
4. Friction under occipital
5. Heel-of hand rub



### ***Scalp massage***

#### Steps

1. Windscreen wiper
2. Whole hand friction
3. Hair ruffling
4. Land and lift
5. Raking the scalp
6. Tabla playing
7. Squeeze and lift
8. Circular temple friction



### ***Ear massage***

#### Steps

1. Circular movements up and round the ear
2. Squeeze round the ear
3. Pull the lobe gently down



### **Aftercare**

Immediately after the treatment the client should be encouraged to sit quietly for a few minutes. Offer a glass of water or some herbal tea. After one hour hot towel treatment and shampoo can be done.

### ***Hot Towel Treatment***

Remove the tangles from the hair once again. Dip towel in hot water, Squeeze out excess water and wrap head. Press the towel and change atleast 3-times.

1. Advice the client to spend the rest of the day as calm and stress free as possible.
2. Encourage the client to avoid alcohol which tends to dehydrate the body
3. Recommend a light diet.

If followed, the client will ensure maximum benefits from the massage.

Client should experience a good night's sleep, have improved concentration, clearer thinking and greater alertness.

## HAIR STYLING





