



Hair Care

Learning Objectives

On successful completion of this unit the candidate will be able to:

- explore different hair types
- choose the appropriate shampoos and conditioners according to the hair type

Setting the Hair

Every client is likely to have a different hair type, and it is important to know everything about a client's hair prior to the shampooing. People usually have four main hair types. The hair stylist should be able to recognise the hair texture and condition of every client's hair.

Dry Hair

- Dry hair generally lacks shine and feels rough and dry on being touched.

Greasy Hair

- This type of hair looks oily.

Normal Hair

- Normal hair is smooth to touch and is usually healthy and shiny.

Dandruff Affected Hair

- Hair affected by dandruff is generally flaky, dry and, at times, itchy.
- Hair can become dry due to several reasons.
- Too much use of chemicals, such as bleach or colours on the hair.
- Improper use of straightening irons or other heated styling appliances make the hair brittle and dry.
- Exposure of the hair to strong sunlight.

Shampooing and Conditioning the Hair and Scalp

How to prepare the client:

- Use a gown to protect the client's clothing from colouring products.
- Since water spillages or other similar accidents may occur, using a gown is always very important.
- Spread a towel on the shoulders of the client.
- Spread another towel on the front of the client.



- Guide the client and position them at the back wash area. Make any required adjustments to make sure that the client is reclining comfortably.

Shampoos and Conditioners

Every client has a different hair type. Therefore, it is important that they use suitable hair products according to the condition of their hair.

Correct Shampoo

Correct Conditioner

For dry hair:

Oil or cream-based shampoo, such as Coconut shampoo	Leave-in or surface conditioner
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For normal hair:

Rosemary, fruit-based or any other shampoo appropriate for normal hair	Surface conditioner or leave in conditioner
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For greasy hair:

Citrus-based shampoos, such as lime or lemon	Surface conditioner should be used only on the hair's ends.
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For dandruff affected hair:

Antibacterial or medicated shampoos	Hot oil treatments or surface conditioners
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Massage Movements

Effleurage

Effleurage is a massage movement that is used to apply shampoo or conditioner. This smooth-stroking movement begins at the front side of the head, ultimately covering the whole scalp.

Rotary

The rotary massage movement involves rubbing and is used while hair is being shampooed. Finger pads are used to perform this massage movement. The fingers work in small and circular movements on the scalp.

Petrissage

Petrissage is a massage movement used when a hair conditioner is being applied to the hair. It is performed in small circular movements carried out with finger pads. However, it is a much firmer and smaller movement.



How to Shampoo the Hair

Before you start shampooing the hair, always test the water's temperature on the inner side of your wrist or on the back of your hand. You must ensure that the hair is thoroughly wet before applying shampoo.

Squeeze out a small quantity of the shampoo into your palm and bring both hands together to smoothen it. Use effleurage to apply the shampoo. Then use rotary massage movements until the entire head is covered with shampoo and lather starts to form.

Rinse the shampoo very thoroughly. The process should then be repeated once more for a second application of the shampoo.

Remember:

A poorly performed shampoo is quite likely to make your client unhappy, and probably the stylist too.

How to Condition the Hair

- The use of conditioners on the hair adds shine, replaces moisture content in the hair and smoothenes the cuticles.
- Once the shampoo has been rinsed from the hair, all excess water should be squeezed out.
- Choose a suitable conditioner according to the hair type of the client.
- The conditioner will be applied by first using effleurage movements for massage and then the petrissage movement.
- Now rinse the hair very thoroughly to ensure that all the conditioner has been removed from the hair.

Tip:

If any of the towels used on the client becomes wet, it should be changed immediately with a dry one to help the client remain comfortable all through the service.

How to Wrap the Hair

- Take a towel, placing it at the back of the head, below the hair.
- Hold one side of the towel and take it across to the other side.
- Press the towel gently against the hair, removing the excess water.
- Assist the client to come into a sitting position.



Basic Hair Dressing Equipment

Rake comb:

It is used to disentangle the hair.



Tail comb:

It is used to take really straight sections.



Dressing comb:

Used to smooth and blend the hair.

Round brush:

Used to curl hair.



Paddle brush:

To blow dry hair smooth and straight.



Vent brush:

It is used to give the hair a more natural look.



Attachment



Dressing brush



hood dryer



Diffuser



Butterfly clips:

To hold hair you are not working with.



Neck brush



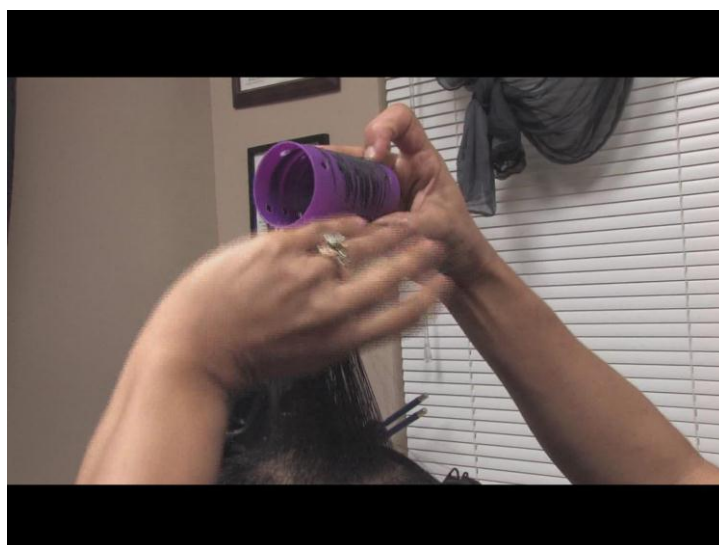
Blow Drying the Hair

Before beginning to blow dry the hair, it is important to divide it into appropriate sections and ensure that the air flow from the blow-dryer is directed down the hair, from the roots to the tips, because this is the direction of the cuticles. The dryer should be moved carefully so that the heat does not burn the client's scalp. Examine every individual section of the hair to see if it is thoroughly dry, and only then move on to the next section. Bring the sections down one by one, ensuring that the sections that have been dried already do not become wet.

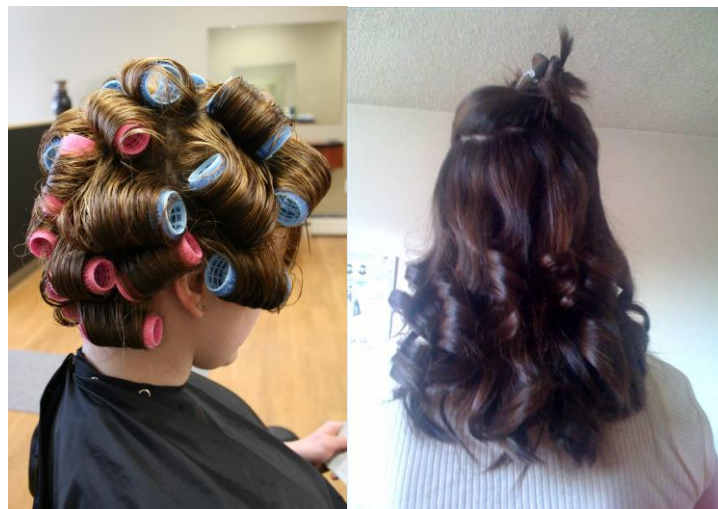
Finger Drying Hair

Finger drying is best done on short or medium length hair. Follow the procedure described for blow drying. The main difference will be that rather than using a hair brush for blow drying the hair, you will use your fingers. Use your fingers to raise the hair from the roots. The air flow must be from the roots towards the tips. As the roots get dried, lift the remaining hair, moulding it in the direction that it is required to fall. Once the procedure has been completed, use a vent brush or run fingers through the hair to create a more textured appearance.

Setting the Hair



Hair setting adds volume, curl or root lift. The size of rollers to be used depends on the client's hair length and how curly the client wants her hair to appear. Large rollers add a soft curl, making them more suitable for use on longer hair. Small rollers are best to be used on short hair as they create small tight curls. In any case, always shampoo and condition the client's hair thoroughly before starting any hair setting procedures.



- Start at the front of the hair line. Take one section of hair which is the same size as the roller that you plan to use.
- Lift the section and comb it properly. Then comb this hair section slightly forward. Place the roller at the end of the hair.
- Roll down the roller carefully.
- Never set the hair like a ladder or in straight lines. Instead, always set it in directional or brick setting.

Directional setting is done if the client requires that the hair should be set in a specific direction.

Brick setting appears like a pattern formed when bricks are laid.

Client's Satisfaction

The client's satisfaction is the most important element of any hair setting service. When you have completed the setting, you must ensure that the client is completely satisfied with your work and happy. You must also show the client the back view of the hair setting.

Suggested Further Reading:

- ✓ *Hair and Hair Care, (1997), edited by Dale H. Johnson*
- ✓ *Hair Care: An Illustrated Dermatologic Handbook, (2005), By Zoe Diana Draelos*