YEAR 3

HAIRDRESSING



BARBERING

TEACHER GUIDE

BARBERING **Content YEAR 3**

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Note to the teacher

Activities

1. Activities are done in extra class time or given as homework marks are allocated as theory
2. Activities Memorandums are provided

Practical

1. There are three practical lessons that done in one term 25% of a practical lesson x 3 makes up the 75% of the report mark per term.
2. Practical lessons provided in the **Teacher Guide**.
3. Copies made for the number of learners in class. (*that each learner have their own*)
4. The practical lesson done at any given time after the theory completed.
5. Evidence is kept in the learner portfolio of evidence (POE)
6. Skills test completed end of each term 1,2 and 3 and marks are kept for term 4 practical mark

Chapter 1
Preparing for work



Unit 1: Daily salon maintenance

LEARNING OBJECTIVE:

When you have finished this chapter, you should:

- Know the job roles that people within the hair industry
- Know the working patterns of people working within the sector
- Know the career opportunities available to you in the future
- Understand the services associated with hairdressing and barbering

KEY TERMS:

Beard/Moustache Trimming Cutting Salon Blow-Drying

Setting Hair Up Colour Correction Highlights Shaving Colouring

Lightening Perming Shampooing Consultation Relaxing

Styling Lotion Botox Hair Shaft Cuticle Layer

Cortex Layer Hair Extensions Facial hair Thermal styling

CAREERS:

- Cleaner at a salon
- Receptionist
- Shampooist
- Operator
- Stylist
- Colour Technician
- Junior hairdresser
- Hairdresser
- Supervisor
- Manager
- Salon owner
- Hairdressing consultants
- Image and deportment advisor
- Retail consultants
- Store merchandiser
- Stylist on board a Cruise Liner
- Field technician
- Teacher
- Trichologist (hair doctor)
- Salon owner
- Assistant Hairdresser

SKILLS DEVELOPMENT

- Organisational skills
- Decision making
  Social skills
- Communication skill
- (*verbal and non-verbal)*
- Teamwork Skills
- Respect
- Integrity
- Positive attitude

ENTREPRENEURSHIP:

- Selling products
- Promotional day
- Promote new services
- Offer of updated techniques

Introduction to preparing for work

A visit to our favourite hair or beauty salon is something that we all look forward to, whether for a regular appointment or a special occasion making us look and feel fantastic, we take for granted that our hairdresser will adhere to the highest standards of health, safety and hygiene. That not only means maintaining their own personal hygiene, but also doing their part to keep their salon safe and hygienically clean, so clients leave with nothing more than a healthy glow**.**

Unit 1: Daily salon maintenance

From styling hair and haircuts to permanent wave and colouring service, hair stylists of all types have a considerably 'hands-on' approach to their jobs. Which means that the potential for skin-to-skin cross-contamination, as well as infection from contaminated equipment or surfaces is high – unless of course, effective health, hygiene and cleanliness practices in hair salons are in place and followed by all staff.

Where are the health and safety risks in hairdressing and beauty salons?

From chemicals used within treatments, to bacteria from the skin or substances such as nail filings, skin particles and hair clippings, the potential risks to health and safety in hair and beauty salons are numerous. Areas that employees should be particularly aware of include:

- **Skin-to-skin contact**:
- . Hairdressers should wash and dry their hands thoroughly before and after each client or treatment. Where possible, wear disposable gloves, to reduce the risk of contact dermatitis during wet working, such as hairdressing. Any obvious cuts or abrasions on the skin covered

- **Tools and equipment:**
- To prevent-cross contamination, clean tools and equipment for every client, from fresh towels to hygienic scissors or sterile spatulas. Use appropriate cleaning products to clean and disinfect your equipment – such as surgical spirit with a minimum concentration of 70% alcohol, an autoclave, or a liquid or spray disinfectant used as directed.

- **Work surfaces:**

Viruses and common bacteria can live on surfaces for over 24 hours. Regular cleaning and disinfecting of salon surfaces, including couch beds and workstations, minimises the risk of infection. You can also use towels and disposable paper coverings to help contain any substances or prevent skin-to-skin contact with surfaces.

- **Product containers:**
  Never use fingers to dispense products from jars or pots, as this can cause bacteria to form and cross-contamination to take place. Instead, a sterile spatula or tool used to dispense only the amount required for the treatment.
- **Floors:**

Floors regularly swept throughout the day and mopped with a commercial floor cleaner at closing. To prevent the spread of infection (such as verrucae or athlete's foot), at no time should clients be permitted to walk barefoot in the premises, except in showers, saunas and steam rooms, or when laying on the couch or laying/ standing in the sunbed.

Hair Salon Cleaning Checklist



Have you found yourself to look around it recently only to realize it is time some tidying up and cleaning around the salon? When it comes to cleaning any hair salon, the first thing you will need on hand is a quality hair salon-cleaning checklist that is ready to go and help get the job done right. To help ensure your salon cleaned from top to bottom without a single spot missed, we have put together this hair salon-cleaning checklist to help you!

NOTE TO THE TEACHER

Activity 1

Name three things you would do every day

ACTIVITY 1 MEMORANDUM

- Cleaning
- Washing towels and capes
- Tiding up

Hair Salon Cleaning Checklist

- ✓ Sweep all hair from underneath and around all salon hair stations.
- ✓ Sweep and mop all floors throughout the entire salon.
- ✓ Wipe down and sanitize all salon chairs.
- ✓ Windex all salon and hair station mirrors.
- ✓ Wipe down and tidy up the reception desk and entire reception area.
- ✓ Deep clean and sanitize all hair styling equipment and tools.
- ✓ Wipe down and sanitize all tables, counters, and surfaces.
- ✓ Windex the front salon shop windows.
- ✓ Throw out and empty all trash bins done daily.
- ✓ Replace all paper products throughout the salon daily, this includes, but is not limited to: toilet paper in restrooms, tissue, paper towels, etc.
- ✓ Deep clean all restrooms in the salon, this includes, but is not limited to:
    - Sweeping and mopping bathroom floors
    - Windex bathroom mirrors
    - Clean and sanitize all toilets
    - Replace all restroom paper products and toiletries: toilet paper, paper towels, soap, etc.
    - Wipe down and sanitize ALL bathroom surfaces:
    - Sinks, faucets, and faucet handles
    - Toilet paper and paper towel dispensers/holders
    - Door handles
    - Bathroom stalls
    - Bathroom counters Etc.

- ✓ Tidy up the hair salon customer waiting area, which includes, but is not limited to:
    - Sweeping and mopping all hard floors
    - Vacuuming and cleaning of any area rugs and/or carpet in the waiting area
    - Tidying up and stacking neatly all magazines, books, etc. you may have provided to guests while they wait
    - Wiping down and sanitizing all chairs, tables, and surfaces in the waiting area
- ✓ Dust all salon surfaces.

Although all items on a salon-cleaning checklist are going to vary from salon to salon, a general list of cleaning tasks to go by .a Hair salon that's not only looks nice, but that is kept clean on a consistent, daily basis, is essential to the success of any salon. This is not important for success only, but also considered more important and vital to the health and safety of your employees, as well as your customers than one would think.

CHAPTER 2
HEALTH SAFETY AND HYGIENE



Unit :1 Covid-19
Unit :2 Dressing and behaving professionally
Unit 3 Maintain effective and safe methods when performing technical services

LEARNING OBJECTIVES:

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- Image and deportment advisor
- Retail consultants
- Store merchandiser
- Stylist on board a Cruise Liner
- Field technician
- Teacher
- Trichologist (hair doctor)
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- Assistant Hairdresser

SKILLS DEVELOPMENT:

- Organisational skills
- Decision making Social skills
- Communication skill
- (*verbal and non-verbal)*
- Teamwork Skills
- Respect

ENTREPRENEURSHIP:

- Selling products
- Promotional day
- Promote new services
- Offer of updated techniques

Introduction to Health and safety

The ways in which you and your work colleagues go about daily duties have a direct effect upon the general health and safety of every one with in the workplace. poor hygiene or preparation not thinking for others or cleaning up properly and not noticing potential hazards an all have a disastrous impact on the safety and wellbeing of others

You should be able to both identify and reduce risks within the working environment and these two factors addressed in this chapter. It looks at the types of hazards that you might find in your work and the second looks at how you should go about eliminating them.

Unit 1 Covid 19

“CO” stands foe corona, “VI” for virus, and “D” for disease. Formerly, this disease referred to as “2019 novel corona virus” or “2019-nCoV”.
The COVID-19 virus is a new virus linked to the same family of viruses as Severe Acute Respiratory Syndrome (SARS) and some types of common colds.

What is covid?
The 2019–20 corona virus pandemic is an ongoing pandemic of corona virus disease 2019 (COVID-19) caused by severe acute respiratory syndrome corona virus 2 (SARS-CoV-2).

What are the symptoms of the corona virus?

- Common symptoms:
- Fever
- Dry cough
- Tiredness
- Less common symptoms:
- Aches and pains
- Sore throat
- Diarrhoea
- Conjunctivitis
- Headache
- Loss of taste or smell
- A rash on skin, or discolouration of fingers or toes



Virus transmit ion

- Current evidence suggests that transmission of SARS-CoV-2 occurs primarily between people through direct, indirect, or close contact with infected people through infected secretions such as saliva and respiratory secretions, or through their respiratory droplets, expelled when an infected person coughs, sneezes, talks or sings.

Prevented

- Clean your hands often. Use soap and water, or an alcohol-based hand rub.
- Maintain a safe distance from anyone who is coughing or sneezing.
- Wear a mask when physical distancing is not possible.
- Don’t touch your eyes, nose or mouth.
- Cover your nose and mouth with your bent elbow or a tissue when you cough or sneeze.
- Stay home if you feel unwell.
- If you have a fever, cough and difficulty breathing, seek medical attention.

Unit :2 Dressing and behaving professionally

Personal appearance

The effort we put in to get ready for work reflects our pride in our work and that we care about what we do. Sometimes we have to wear things that we would not wear if we had personal choice, but professional standards and salon image must come first.



Clothes Work wear should be practical and easy to maintain. Clothes should be easy to clean and iron if necessary and made of suitable fabrics. They should not be tight and restrictive which would make working harder and more tiring they may also make you perspire and increase body odour

Shoes Hairdressers and barbers should wear flat or low-heeled shoes that enclose the feet (cover the toes) we spend most of our feet so comfortable shoes will help prevent backache

Hair As hair professionals our hair is an advertisement for our skill in the salon if your hair is a mess think about how that will affect your client's confidence in you. Your hair should always look good and well styled to reflect the salon image your hair should always be clean tidy and representative of the place where you work

Make –up if you wear make up to work make sure that you check with your salon supervisor to see what is acceptable and appropriate

Nails You should have similar length short neatly manicured nails.

Jewellery Wear only a minimum of jewellery while you are working. It can harbour germs and tangle in their hair**.**

Personal health hygiene and behaviour

Hands and nails make sure your hands are very clean. Dirty hands are not only unattractive but also spread germs and could cross-infect your clients. Your hands are very important they are the way you earn a living so look after them. Keep your nails clean especially underneath and try to keep them neatly manicured and not too long. Check them regularly for any disorders.



Always wash your hands before work after using the toilet and coughing or sneezing. This will reduce the risk of spreading infection to others. Use moisturizing creams regularly to help replace the moisture lost by constant washing. When you shampoo for example, it may be helpful to apply moisturizing cream. If the skin on your hands dries out, it cracks and make sores. This may prevent you from working until it heals.

Some people may suffer from dermatitis from exposure to all the chemicals used in the profession. If your hands continue to be, sore and do not heal consult your doctor in some cases a person's sensitivity could mean that they have to give up their job

Body The body has sweat glands all over its surface that are used to help control the body temperature by secreting moisture out on to the surface of the skin when you are hot This provides a good breeding ground for bacteria which in turn causes body deodorants antiperspirants or similar.

Mouth Unpleasant breath can be offensive to others by all sorts of things we have eaten like onions or garlic which are usually temporary by smoking stomach upsets or other problems such as pieces of food that are stuck between teeth and then decay. As you will be working very close to the client, you easily not smoke at all when you are duty



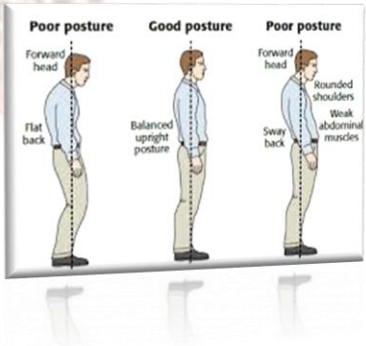
Feet Like our hands our feet are important because we do most of our work standing, we have looked at the sort of shoes we wear and must make sure they fit properly. You should also wash your feet regularly some people sweat a lot and this can be cause foot odour. Keep your toenails short so that they do not become painful during long periods of standing during the day

Personal wellbeing to work successfully as a hairdresser or a barber you will need energy and stamina. Having a good health routine will give you that energy and stamina. The first aspect of that routine would be a well-balanced diet one that is healthy and nutritious You should take regular exercise perhaps try playing sport or dancing You should also get sufficient sleep and relaxation to help you recover from the stresses of the working day

Good posture is necessary as hair professionals we stand for long periods. Always stand with the back straight your feet apart and your weight evenly distributed on both legs. Never stand with all your weight on one leg and pelvis tilted, you will get backache and over a long period causes varicose veins.

The care and attention you pay to how you present yourself for work is very important to your success and progress. Whatever job you do make sure you look the part. Being thorough about your personal hygiene will ensure that you do not cause offence to anyone else either to your clients or your colleagues. It can be embarrassing to be told you have a hygiene problem the best way to avoid this is to make sure you do not have to be told

Personal behaviour the salon or barbershop is professional environment and you are on show. The way that you react to others and resect you, show will be apparent by not only what you say but also how you say it. Treat others with a mutual professional resect regardless of what you think or would like to say. Always conduct your work in a safe professional manner never fool around as his could put others at risk by your actions or negligence



Maintain effective and safe methods of working when cutting hair



Your salon will have a procedure of gowning and protecting client from spillage or hair clippings. Methods for preparing tools and equipment and the expectation for personal standards in relation to technical ability and hygiene.

Make sure that the gown is on properly and fastened around the neck. It should cover and protect their clothes and come up high enough to cover collars and necklines.
Don't make the fastening to tight but it should be close enough at least to protect the client's clothes and stop hair clipping from going down their neck which is both uncomfortable whilst they are in the salon and irritating if they are returning to work or doing these things for the rest of the day.

Make sure the hair is clean



You cannot cut hair well if it is loaded with hairspray or it has product build-up. If the client uses a lot of finishing products on their hair, make sure that this thoroughly washed out before you start. The quality of the finish that you can achieve upon the hair directly related to the freedom needed to complete the job without the hair locking together with grease and gum. The hair should comb easily and freely during sectioning so that you can achieve the correct holding angles and cutting angles without tangles and binding.

Adjust the working position and height

Client positioning has a lot to do with your safety too. If a client is slouched in the chair, they are a danger not only to themselves but to you too as they put unnecessary pressure on the spine and you will not be able to start up properly causing fatigue or risk of injury from poor posture.

Salon chairs designed with comfort and safety in mind your client should be seated with their back flat against the back of the chair their legs uncrossed and the chair at a height comfortable for you to work. You need to be able to get to all parts of the head. Do not be afraid of asking the client to sit up. It is in their best interest too!

Preparing the tools and equipment

Get you own scissors, clippers, combs and sectioning clips ready beforehand that it doesn't mean as the clients arrives in the chair from the basin! You must be repaired your tools and equipment must be hygienically clean sanitised and safe to use. Remove your combs from the Barbicide or steriliser rinsed, dried, and put neatly at to your workstation



Preventing infection



A warm humid salon can offer a perfect home for disease- caring bacteria. If they can find food in the form of dust and dirt, they reproduce rapidly. Good ventilation however provides a circulation air current that will help to prevent their growth.
Therefore, it is important to keep the salon clean dry and well aired at all times

Sterilisation means to destroy all living organisms.
Different devices use different sterilisation methods based on the use of *heat, radiation or chemicals*.

- **Ultraviolet radiation** - Is a cabinet that has ultraviolet light in and sterilise with the heat it produces
- **Chemical sterilisation / disinfectants** - This is the most effective form of salon disinfectant is achieved by a total immersion of the contaminated implements into a jar of fluid such as Barbicide or Savlon
- **Autoclave –** The autoclave provides a very efficient way of sterilising using heat.



Any used materials should be disposed of and not left out the side failure to do so is unprofessional and present a health hazard to others. You need to work in an orderly environment you need to have the materials that you need at hand and the equipment that you want to use in position and ready for action.
Keep an eye on the clock you must remember that you need to be working to time and that means providing the service in a commercially acceptable time.



Maintain effective and safe methods of working when relaxing

Salon procedures for preparing the workstation and client

- Assemble all material before starting the relaxing process
- After seating the client ask her to remove her earrings and necklace
- Look for any scalp problems or sicknesses
- Place a clean towel over her shoulders, then the cape
- Fold the towel in the collar

Adhere to safety precautions for a relaxing service

- Use a pair of gloves
- Select relaxer strength according to the hair texture, results of hair and scalp analysis Apply barrier cream according to manufacturer's instructions
- Do not use heat it will open pores of the hair and cause scalp irritation
- Use a protective base e.g. (barrier cream)
- Apply relaxer away from the base of the hair (near scalp) the natural heat speeds up the process
- Apply last to the ends of the hair as it is porous

Health and safety

In all relaxing processes you must take great care to prevent damage to your client's hair or skin. You must ensure that the client is adequately protected throughout







Topic: Customer Services

Chapter 3 Consultation and advice



Unit 1: Factors influencing services
Unit 2: Identify what the client wants
Unit 3: Analyse the hair, skin and scalp

LEARNING OBJECTIVES:

When you have finished this chapter, you should:

- ★ Know the job roles that people within the hair industry
- ★ Know the working patterns of people working within the sector
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Gents facials Thermal styling

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- ★ Stylist
- ★ Colour Technician
- ★ Junior hairdresser
- ★ Hairdresser
- ★ Supervisor
- ★ Manager
- ★ Salon owner
- ★ Hairdressing consultants
- ★ Image and deportment advisor
- ★ Retail consultants
- ★ Store merchandiser
- ★ Stylist on board a Cruise Liner
- ★ Field technician
- ★ Teacher
- ★ Trichologist (hair doctor)
- ★ Salon owner
- ★ Assistant Hairdresser

SKILLS DEVELOPMENT:

- ★ Organisational skills
- ★ Decision making Social skills
- ★ Communication skill
- ★ (*verbal and non-verbal)*
- ★ Teamwork Skills
- ★ Respect
- ★ Integrity
- ★ Positive attitude
- · Enthusiasm

ENTREPRENEURSHIP

- ★ Selling products
- ★ Promotional day
- ★ Promote new services
- ★ Offer of updated techniques

Introduction Consultation and advise

Consultation is arguably the most important service provided in hairdressing salon
This where you sit down with your client and discuss what will be done and your result will be the plan to follow for the services that is provided

TERM1

Unit 1 Factors influencing services

The client's physical features and their lifestyle have important impact on their choice of styling. Their face and head shape may not be suitable for what they have in mind. Similar if their job or leisure activities constrain the option available to them then you will need to point these aspects out

The basic rule for styling and face shapes suitable are:



- Face shape
- Lifestyle personality and age
- Hair growth patterns

Face shapes

- An oval shaped face suits any hairstyle
- Round shaped face needs height to compensate for the width
- Long shaped face needs width to compensate for the extra length
- Square shaped face need rounder styled edges to soften jawlines
- Triangular shaped face needs height to compensate for the width and soft lines at the jawline

Lifestyle personality and age

Life style is a considering factor as client type of lifestyle have a big role in choosing the right style. For instants if a client has a sporty life style you would guide her to a short upbeat style easy to maintain as if the client is in a professional position, you will guide her in a more conservative style

Hair growth patterns

Hair growth patterns refers to the direction in which it protrudes from the scalp
Natural hair fall seen on wet or dry hair and strong direction growth will have major impact on the lie of the hair when it is styled. It is essential that it taken into account during consultation.

- Double grown
- Nape whole
- Cowlick
- Widow's peak

Activity 1 Identify the face shapes

Activity 2 Draw the suitable style for the face shape

Note to the teacher

Activity 1 and 2 worksheets are provided on the next page

Activity 1 **FACIAL SHAPES** **YEAR 3**

Surname Name _____ **Date** _____

Identify facial shapes

 **1.**	 **2.**	 **3.**
 **4.**	 **5.**	 **6.**

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

Activity 1 **FACIAL SHAPES** **YEAR 3**

MEMORANDUM

Identify facial shapes

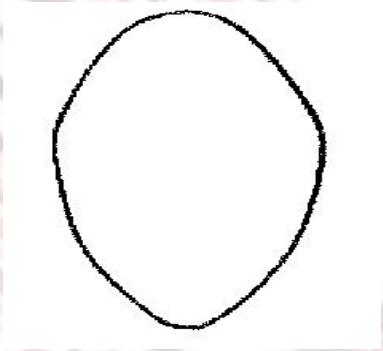
1. 	2. 	3. 
4. 	5. 	6. 

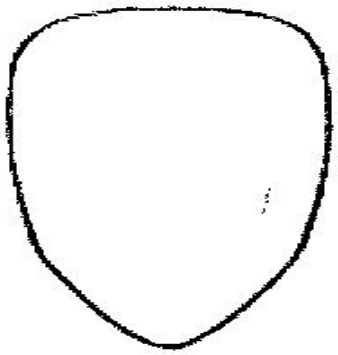
1. **Square**
2. **Diamond**
3. **Long**
4. **Rectangle**
5. **Round**
6. **Oval**

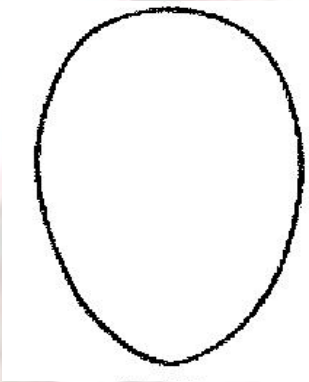
Activity 2 **FACIAL SHAPES** **YEAR 3**

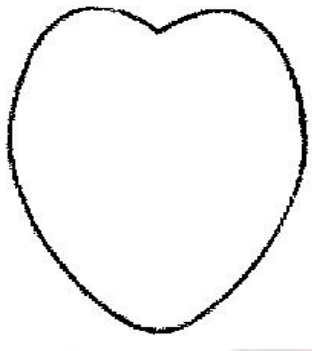
Surname Name _____ **Date** _____

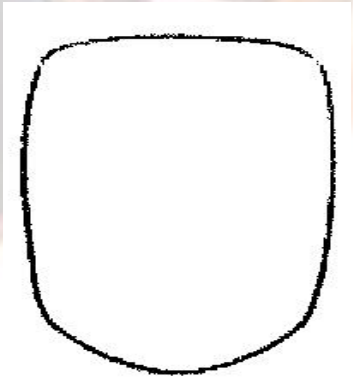
Draw suitable hairstyles for the facial shapes.

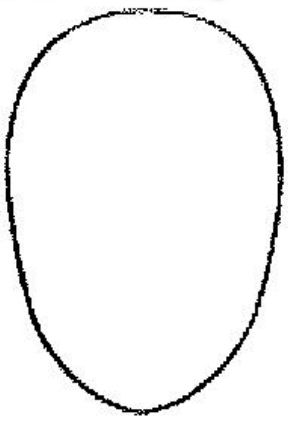












Term 2

Unit 2 Identify what the client wants



Hairdressing is about professional relationships build over time and through good communications. So, in consultation use your communication skills to find out what the client wants in a clear and mutually understood way. It is not that client's wants to mislead us it is more to do with the fact that most people find explaining an idea very difficult.
Most people have no self-visualization. This means that they have not an ability to imagine what a style would look like on them and be a huge problem for those trying to give advice. Seeing what the clients are seeing is everything so you have to find a way of seeing through their eyes.



Asking questions to find out what the client wants
The main types of questions styles are:

Open questions – These are good to use if you want to gain more in-depth information from the client they start with 'who" "what" "when" "why"

- What products do you use on your hair?
- When did you last wash your hair?
- How often do you use the straitening irons on your hair?



Close questions – These are useful for a quick "Yes "or a "No"

- Have you coloured your hair before?
- Would you like me to help you in your lunch hour?
- Are you against moving your parting to the other side?

Feeling questions – These questions focus upon the client

- How do you feel about cutting your hair short?
- How do you feel about a total colour change?

Choice questions – Leading questions

- Would you prefer a leave in conditioner of one to rinse out?
- Shall we see if there is time to day to do all services or split them up?
- Where do you like to wear your parting?



Activity 3 For discussion

Discuss with your class how different client personalities will affect the style and method of consultation. Discuss also how you can vary the consultation delivery to ensure that a mutually outcome is

Whatever pattern of questioning you choose to use you must make sure:

- ★ You identify influencing factors
- ★ The client understands what you are saying
- ★ You allow the client to consider the options provided
- ★ You urge the client to give you as much information possible
- ★ You listen here and understand the client request
- ★ You confirm what you hear before moving on to the next step of styling.

Using visual aids in consultation

Visual aids are important role as

Pictures they can speak a thousand words the term is an old overworked cliché but very true. Pictures convey aspects of hairstyles or effects that are very difficult to put into words. They cut straight through technical jargon and establish a basis for things that you and the client can see and confirm. Picture are immensely important visual aid and another form of language that hairdressers understand very well. One reason for this is hairdressers understanding of *shape proportion and balance.* Stylist, are trained in looking into pictures to see more than just an overall image. You see things like volume distribution where hair needs shaping in certain way and how colour can influence an overall effect.



Colour charts colour charts are extremely useful for hairdressers. However, they are not always a very helpful visual aid for the client. We treat others, as we would want to be treated. Clients have very little ability for self –visualization but that is why they are asking you for your opinions and advice.
Colour charts tend to have very small samples of coloured wefts. Unless you can help the client visualize the



- Amount and placement of colour
- Colour intensity
- Density and saturation of colour

Activity 4 Body talk

What would be the visible signs of someone who?

1. Is defensive

2.Show no interest?

3. Seems confused

4. Want to know more about you're in salon promotions

NOTE TO THE TEACHER

Activity 3 MEMORANDUM

This is a discussion you can have in class

Activity 4

1. Is defensive – she wound respond and frown body languish will be off putting
2. Show no interest? – Client wound make eye contact and change the conversation
3. Seems confused - Client will ask questions and body languish will be rest less
4. Want to know more about you're in salon promotions – client will be friendly and interested in what happens around her

Unit 3 Analyse the hair, skin and scalp

All successful salon services must begin with a thorough analysis of the condition of the client's scalp and client's hair type.
Knowing the client's scalp condition and the client's hair type allows you to prepare and make decisions.
Because different types of hair react differently to the same service, it is essential that a thorough analysis performed before all salon services.
Hair analysis is an observation using the senses of sight, touch, hearing, and smell. You need to brush and separate the hair in several directions in different areas over the head so that you can look for any signs that will either limit or change the options available for the client.
The four most important factors to consider in hair analysis are texture, density, porosity, and elasticity. Other factors that you should also be aware of are growth pattern and dryness versus oiliness.

You are looking for anything that could affect your decisions and this could relate to:

★ **Hair texture** is the *thickness* or diameter of the individual hair strand. Hair texture is c*oarse, medium, or fine* and can vary from strand to strand on the same person's head. Hair from different areas of the head to have different textures.
Hair in the nape (back of the neck), crown, temples, and front hairline of the same person may have different textures.

Coarse hair texture has the largest diameter. It is stronger than fine hair, for the same reason that a thick rope is stronger than a thin rope. It is often more resistant to processing than medium or fine hair, so it usually requires more processing when you are applying products such as hair lighteners, hair colours, permanent waving solutions, and chemical hair relaxers.

Medium hair texture is the most common texture. Medium hair does not pose any special problems or concerns.

Fine hair has the smallest diameter and is more fragile, easier to process, and more susceptible to damage from chemical services than coarse or medium hair as with hair cuticle analysis, hair texture can be determined by feeling a single dry strand between the fingers. Take an individual strand from four different areas of the head—front hairline, temple, crown, and nape—and hold each strand securely with one hand while feeling it with the thumb and forefinger of the other hand. With a little practice, you will be able to feel the difference between coarse, medium, and fine hair diameters.

★ **Hair density** measures the number of individual hair strands on 1square inch (2.5 square centimetres) of scalp. It indicates how many hairs there are on a person's head.

Hair density described as low, medium, or high (also known as thin, medium, or thick/dense).

Hair density is different from hair texture—individuals with the same hair texture can have different densities. Some individuals may have coarse hair texture (each hair has a large diameter), but low hair density (a low number of hairs on the head).

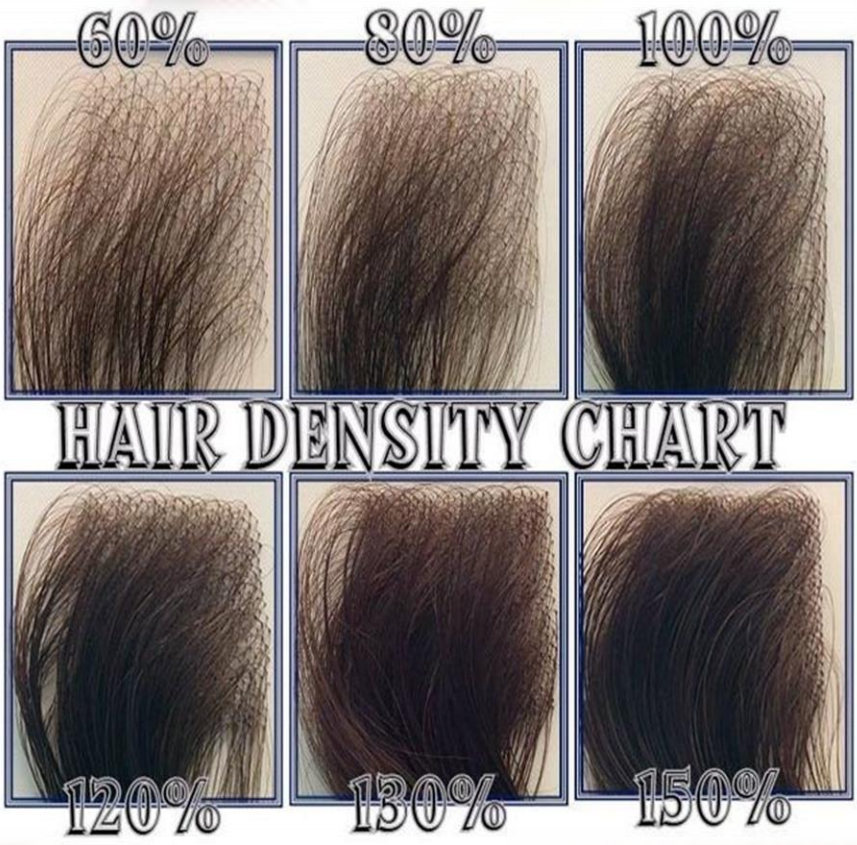
Others may have fine hair texture (each hair has a small diameter), but high hair density (a high number of hairs on the head). The average hair density is about 2,200 hairs per 1 square inch. Hair with high density (thick or dense hair) has more hairs per 1 square inch, and hair with low density (thin hair) has fewer hairs per 1 square inch.

The average head of hair contains about 100,000 individual hair strands.

The number of hairs on the head generally varies with the colour of the hair.

Blond hair usually have the highest density, and people with red hair end to have the lowest.

★



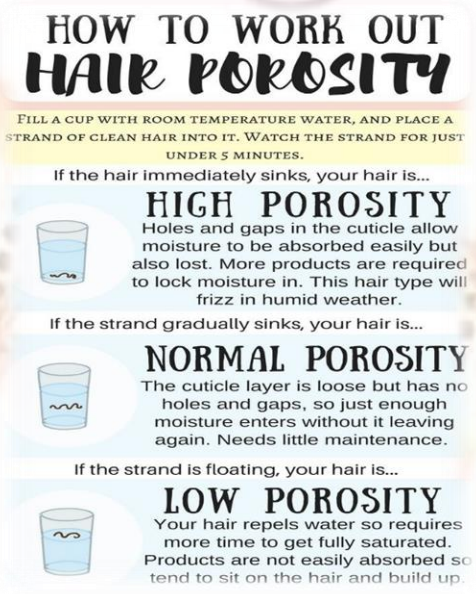


★ **Hair porosity** is the ability of the hair to absorb moisture.
The degree of porosity related to the condition of the cuticle layer.

Healthy hair with a compact cuticle layer is naturally resistant to being penetrated by moisture and is referred to as **hydrophobic**
Porous hair has a raised cuticle layer that easily absorbs moisture (hydrophilic**)**

Hair with *low* porosity is resistant. Chemical services performed on hair with low porosity require a more alkaline solution than those on hair with high porosity. Alkaline solutions raise the cuticle and permit uniform saturation and processing on resistant hair. Hair with average porosity is normal.
Chemical services performed on this type of hair will usually process as expected, according to the texture.
Hair with *high* porosity is considered overly porous hair and is often the result of previous over processing
Overly porous hair is damaged, dry, fragile, and brittle. Chemical services performed on overly porous hair require less alkaline solutions with a lower pH, which help prevent additional over processing and damage.
The texture of the hair can be an indication of its porosity.

Although coarse hair normally has a low porosity and is resistant to chemical services, in some cases coarse hair will have high porosity, perhaps as the result of previous chemical services. You can check porosity on dry hair by taking a strand of several hairs from four different areas of the head (front hairline, temple, crown, and nape). Hold the strand securely with one hand while sliding the thumb and forefinger of the other hand from the end to the scalp. If the hair feels smooth and the cuticle is compact, dense, and hard, it is resistant. If you can feel a slight roughness, it is porous. If the hair feels very rough, dry, or breaks, it is highly porous and may have been over processed



★ **Hair elasticity** is the ability of the hair to stretch and return to its original length without breaking.

Hair elasticity is an indication of the strength of the side bonds that hold the hair's individual fibres in place.

Wet hair with normal elasticity will stretch up to 50 percent of its original length and return to that same length without breaking. Dry hair stretches about 20 percent of its length.

Hair with low elasticity is brittle and breaks easily. It may not be able to hold the curl from wet setting, thermal styling, or permanent waving.

Hair with low elasticity is the result of weak side bonds that usually are a result of over processing.

Chemical services performed on hair with low elasticity require a milder solution with a lower pH to minimize further damage and prevent additional over processing.

Check elasticity on wet hair by taking an individual strand from four different areas of the head (front hairline, temple, crown, and nape). Hold a single strand of wet hair securely and try to pull it apart If the hair stretches and returns to its original length without breaking, it has normal elasticity. If the hair breaks easily or fails to return to its original length, it has low elasticity.



NOTE TO THE TEACHER

Activity 5

Do this activity with a partner and analyse each other's hair and scalp

ACTIVITY 5 CONSULTATION FORM ARE PROVIDED ON THE NEXT PAGE

ANALYSIS SHEET

Surname Name _____ **Date** _____

Face, Scalp and Hair Analysis (Tick the correct one)						
Facial shape	Long	Square	Round	Oval	Diamond	Triangle
Conditioning of Scalp	Dry	Oily	Flaky	Normal		
Conditioning of Hair	Very dry	Dry	Normal			
Porosity of Hair	Very porous	Porous	Non porous			
Elasticity of Hair	Good	Moderate	Poor			
Hair texture	Fine	Medium	Coarse			

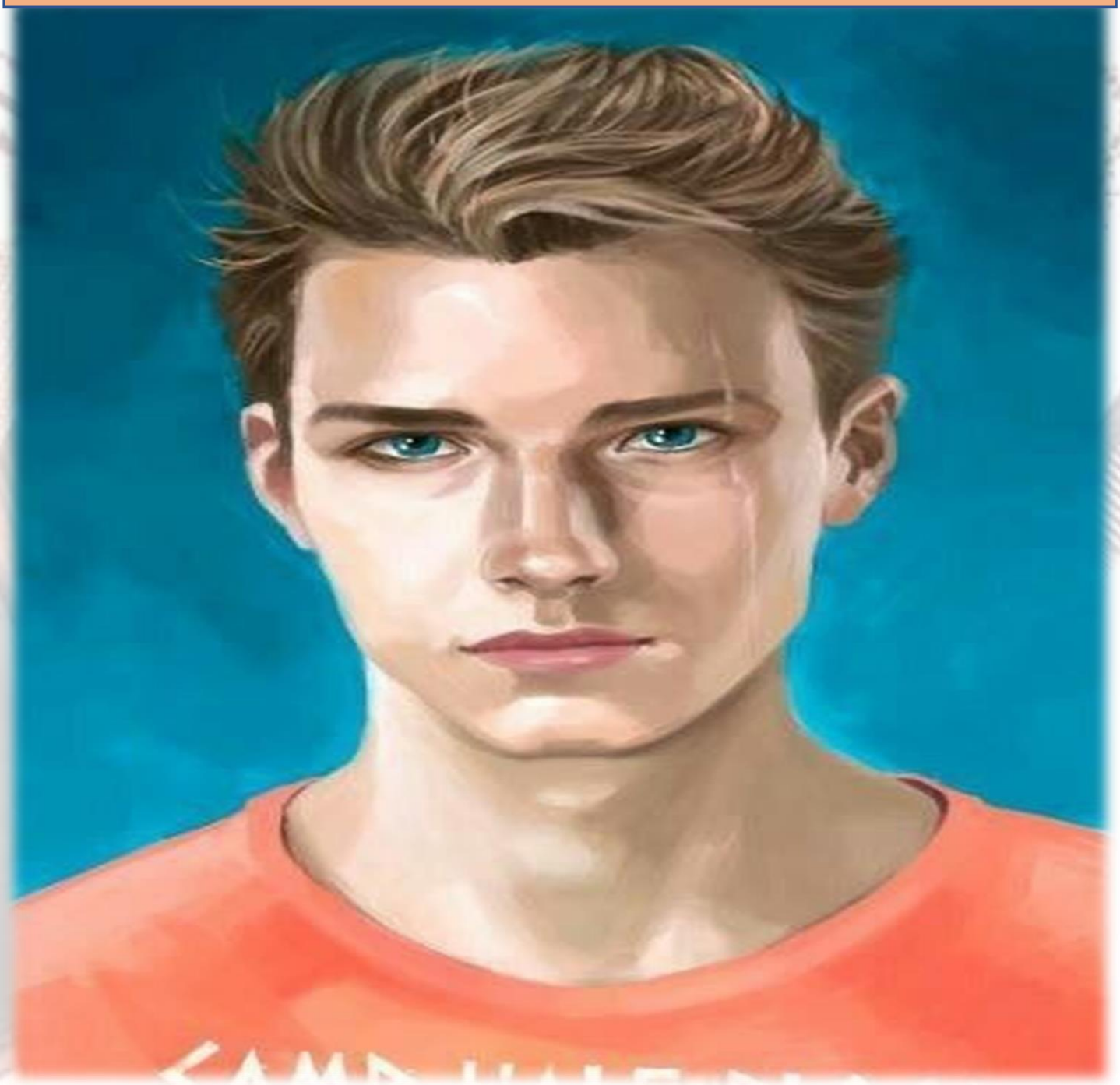
Explain your current home care routine			
Treatment	**Product use**	**How often**	**Remarks**
Shampoo			
Conditioner			
Special treatment			
Heat: drier, flat iron, hot rollers, hot brush, tongs.			

Lifestyle :	
Personality:	
Age:	

Contra Indications	
Indications	**Comments**
Open cuts and abrasions	
Any diseases or disorders	
Raised nodules	
Moles or warts	
Recent scare tissue	

Describe resent style:	
Describe new style :	

Chapter 4
Anatomy of hair and skin



Unit 1: Basic of chemistry
Unit 2: Physical properties of the hair
Unit 3: Physical properties of the skin

LEARNING OBJECTIVES:

When you have finished this chapter, you should:

- Know the job roles that people within the hair industry
- Know the working patterns of people working within the sector
- Know the career opportunities available to you in the future
- Understand the services associated with hairdressing and barbering

KEY TERMS:

Beard/Moustache Trimming Cutting Salon Blow-Drying

Setting Hair Up Colour Correction Highlights Shaving Colouring

Lightening Perming Shampooing Consultation Relaxing

Styling Lotion Botox Hair Shaft Cuticle Layer

Gents Facial Thermal styling

Cortex Layer Hair Extensions

CAREERS:

- Cleaner at a salon
- Receptionist
- Shampooist
- Operator
- Stylist
- Colour Technician
- Junior hairdresser
- Hairdresser
- Supervisor
- Manager
- Salon owner
- Hairdressing consultants
- Image and deportment advisor
- Retail consultants
- Store merchandiser
- Stylist on board a Cruise Liner
- Field technician
- Teacher
- Trichologist (hair doctor)
- Salon owner
- Assistant Hairdresser

SKILLS DEVELOPMENT:

- Organisational skills
- Decision making
  Social skills
- Communication skill
- (*verbal and non-verbal)*
- Teamwork Skills
- Respect
- Integrity
- Positive attitude
- Enthusiasm

ENTREPRENEURSHIP:

- Selling products
- Promotional day
- Promote new services
- Offer of updated techniques

Introduction Anatomy of the hair and skin

In this chapter we are going to investigate the anatomy of the hair and skin this means that we going to look at the structure and the functions of the elements of the hair and skin.

TERM 2

Unit 1: Basic of chemistry

Chemistry is the science that deals with the composition, structures, and properties of matter and how matter changes under different conditions.



Organic chemistry is the study of substances that contain the element carbon. All living things or things that were once alive, whether they are plants or animals, contain carbon. Organic substances that contain both carbon and hydrogen can burn. Although the term *organic* is often used to mean safe or natural because of its association with living things, such as foods or food ingredients, not all organic substances are natural, healthy, or safe.

You may be surprised to learn that poison ivy, gasoline, motor oil; plastics, synthetic fabrics, pesticides, and fertilizers are all organic substances.
All hair color products, chemical texturizers, shampoos, conditioners, styling aids, nail enhancements, and skin care products are organic chemicals. So, remember, the word *organic*, as applied to chemistry, does not mean natural or healthy; it means that the material contains both carbon and hydrogen from either natural or synthetic sources.

Inorganic chemistry is the study of substances that do not contain the element carbon, but may contain the element hydrogen. Most inorganic substances do not burn because they do not contain carbon. Inorganic substances are not, and never were, alive. Metals, minerals, glass, water, and air are inorganic substances. Pure water and oxygen are inorganic, yet they are essential to life. Hydrogen peroxide, hydroxide hair relaxers, and titanium dioxide (a white pigment used to make white enhancement polymer powders and nail polish) are examples of inorganic substances.

Matter is any substance that occupies space and has mass (weight). All matter has physical and chemical properties and exists in the form of a solid, liquid, or gas. Since matter made from chemicals, everything made out of matter is a chemical.

Matter has physical properties that we can touch, taste, smell, or see. In fact, everything you can touch and everything you can see—with the exception of light and electricity—is matter.
You can see visible light and light that electrical sparks create, but these are not made of matter. Light and electricity are forms of energy, and energy is not matter. Everything known to exist in the universe is made of either matter or energy.
There are no exceptions to this rule.

Elements

An **element** is the simplest form of chemical matter and cannot broken down into a simpler substance without a loss of identity. There are 90 naturally occurring elements, each with its own distinct physical and chemical properties. All matter in the universe is made of these 90 different chemical elements. Elements is identified by a letter symbol, such as *O* for oxygen, *C* for carbon, *H* for hydrogen, *N* for nitrogen, and *S* for sulfur. Symbols for all elements found in the Periodic Table of Elements in chemistry textbooks or by searching the Internet.

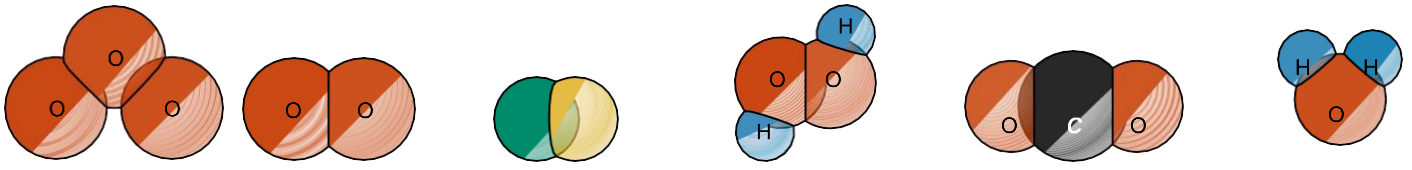
Atoms are the smallest chemical components (particles) of an element. They are the structures that make an element and have the same properties of the element. Elements are different from one another because the structure of their atoms is different. Atoms divided into simpler substances by ordinary chemical means.

Molecules

Combining letters forms a word molecules made by combining atoms.
A **molecule** is a chemical combination of two or more atoms in definite (fixed) proportions. For e.g.: Water made from hydrogen atoms and oxygen atoms.
Carbon dioxide made from carbon atoms and oxygen atoms.

Atmospheric oxygen and other chemical substances, such as nitrogen and water vapor, make the air you breathe. This type of oxygen is called an **elemental molecule** a molecule containing two or more atoms of the same element (in this case, oxygen) in definite (fixed) proportions. Known as O^2. Ozone is another elemental molecule made of oxygen. Ozone is a major component of smog and can be very dangerous. It contains three atoms of the element oxygen and is written as O

Compound molecules also known as **compounds**, are a chemical combination of two or more atoms of different elements in definite (fixed) proportions Sodium chloride (NaCl), common table salt, is an example of compound molecules. Each sodium chloride molecule contains one atom of the element sodium (Na) and one atom of the element chlorine (Cl).

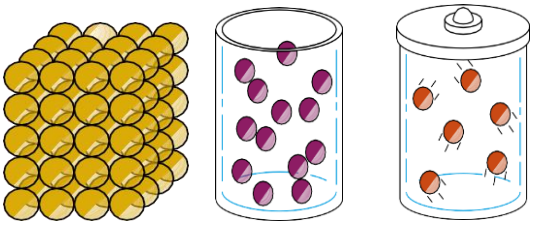


Ozone, O. Oxygen, O_2 . Sodium chloride, NaCl. Hydrogen peroxide, H_2O_2. Carbon dioxide, CO_2. Water, H_2O.

States of Matter

All matter exists in one of three different physical forms:

- Solid
- Liquid
- Gas



*These three forms called the **states of matter**.*

Matter becomes one of these states, depending on its temperature

Like many other substances, water (H^2O) can exist in all three states of matter, depending on its temperature.

For example:

- Water changes according to how the temperature changes, but it is still water.
- When water freezes, it turns to ice.
- When ice melts, it turns back into water.
- When water boils, it turns to steam.
- When the steam cools, it turns back into water.

The water stays the same chemical, but it becomes a different physical form. When one chemical change its state of matter, the change known as a physical change,

Steam is an example of a vapor. Vapors are not a unique state of matter; they are liquids that have undergone a physical change.

- Vapor is a liquid that has evaporated into a gas-like state.
- Vapors return to being a liquid when they cool to room temperatures, unlike a gas.

Physical and Chemical Properties of Matter

Every substance has unique properties that allow us to identify it.

The two types of properties are **physical** and **chemical**.

Physical properties are characteristics that can be determined without a chemical reaction and that do not involve a chemical change in the substance. Physical properties include color, size, weight, hardness, and glossiness. (As described above, the state of matter that a substance becomes is an example of a physical property.)

Chemical properties are characteristics that can only be determined by a chemical reaction and a chemical change in the substance.

Examples of chemical properties:

- The ability of iron to rust
- ,Wood to burn,
- Hair to change colour using hair color and hydrogen peroxide.

Physical and Chemical Changes

Matter changed in two different ways.

- Physical forces cause physical changes
- Chemical reactions cause chemical changes.

A **physical change** is a change in the form or physical properties

A **chemical change** is a change in the chemical composition of a substance. This change caused by chemical reactions that create new chemical substances, usually by combining or subtracting certain elements. Those new substances have different chemical and physical properties.

An example of a chemical change:

- **Oxidation** of hair color. The term *oxidation* refers to a chemical reaction that combines a substance with oxygen to produce an oxide.
- Wood turning into charcoal after it has burned is a form of oxidation

Oxidation–reduction, also known as **redox** is a chemical reaction in which the oxidizing agent reduced (by losing oxygen) and the reducing agent is oxidized (by gaining oxygen). Redox reactions can take place without oxygen because oxidation also can occur when hydrogen subtracted from a substance**.** Redox reactions are also responsible for the chemical changes created by hair colors hair lighteners, permanent wave solutions, and thioglycolic acid neutralizers. These chemical services would not be possible without oxidation– reduction (redox) reactions

An **oxidizing agent** is a substance that releases oxygen.

- Hydrogen peroxide (H^2O^2), water with an extra atom of oxygen,

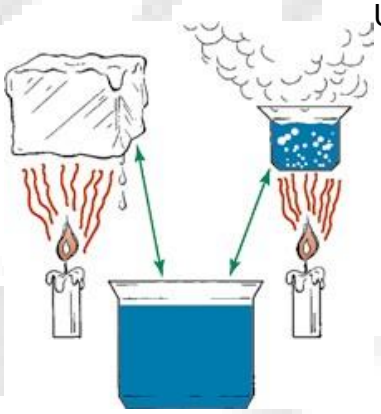
A **reduction** process where oxygen subtracted from hydrogen and added to a substance through a chemical reaction.

In fact, all oxidation reactions are exothermic reactions. An example of an exothermic reaction is a nail product that hardens

A **reducing agent** is a substance that adds hydrogen to a chemical compound or subtracts oxygen from the compound. When hydrogen peroxide mixed with an oxidation hair colour, oxygen subtracted from the hydrogen peroxide and the hydrogen peroxide reduced. At the same time, oxygen added to the hair colour and the hair colour oxidized.

- In this example, hair color is the reducing agent.

Combustion is the rapid oxidation of a substance, accompanied by the production of heat and light. Lighting a match is an example of rapid oxidation. Oxidation requires the presence of oxygen; this is the reason that there cannot be a fire without air. Under certain circumstances, chemical reactions can release a significant amount of heat.



Pure Substances and Physical Mixtures

All matter can be classified as either a pure substance or a physical mixture (blend).

A **pure substance** is a chemical combination of matter in definite (fixed) proportions. Pure substances have unique properties. All atoms, elements, elemental molecules, and compound molecules are pure substances. Distilled water is a pure substance that results from the combination of two atoms of the element hydrogen and one atom of the element oxygen in fixed proportions. Water that comes out of a faucet is not pure water.

Most substances do not exist in a pure state. Air contains many substances including nitrogen, carbon dioxide, and water vapor. This is an example of a physical mixture.

A **physical mixture** is a physical combination of matter in any proportions. The properties of a physical mixture are the combined properties of the substances in the mixture. Salt water is a physical mixture of salt and water in any proportion. The properties of salt water are the properties contained in salt and in water: salt water is salty and wet. Most of the products cosmetologists and nail technicians use are physical mixtures

Other Physical Mixtures

Ointments, pastes, pomades, and styling waxes are semisolid mixtures made with any combination of petroleum jelly, oil, and wax.

Powders are a physical mixture of one or more types of solids.

Powdered hair lighteners are physical mixtures. These mixtures may separate during shipping and storage and be thoroughly mixed before each use.

Common Chemical Product Ingredients Cosmetologists use many chemical products when performing client services. Following are some of the most common chemical ingredients used in salon products.

Volatile alcohols evaporate easily, such as isopropyl alcohol (rubbing alcohol) and ethyl alcohol (hairspray and alcoholic beverages). These chemicals are familiar to most people, but there are many other types of alcohols, from free-flowing liquids to hard, waxy solids. Fatty alcohols, such as acetyl alcohol and centenary alcohol, are nonvolatile alcohol waxes used as skin conditioners.

Ammonia is a colorless gas with a pungent odor that is composed of hydrogen and nitrogen. Used to raise the pH in hair products to allow the solution to penetrate the hair shaft.
Ammonium hydroxide and ammonium thioglycolate are compounds of ammonia used to perform chemical services in a salon.

Glycerin is a sweet, colorless, oily substance used as a solvent and as a moisturizer in skin and body creams.

Silicones are a special type of oil used in hair conditioners, water-resistant lubricants for the skin, and nail polish dryers. Silicones are less greasy than other oils and are breathable

Potential Hydrogen (pH)
Although **pH**, the abbreviation used for *potential hydrogen*.
The term *pH* represents the quantity of hydrogen ions.
Notice that *pH* written with a small *p* (which represents a quantity) and a capital *H* (which represents the hydrogen ion).

Water and pH
Before you can understand pH, you need to learn about ions. An **ion** is an atom or molecule that carries an electrical charge. **Ionization** is the separation of an atom or molecule into positive and negative ions.
An ion with a negative electrical charge is an **anion**
An ion with a positive electrical charge is a **cation**

In water, some of the water (H^20) molecules naturally ionize into hydrogen ions and hydroxide ions. The pH scale measures these ions. The hydrogen ion (H+) is acidic. The more hydrogen ions there are in a substance, the more acidic it will be.
The hydroxide ion (OH-) alkaline. The more hydroxide ions there are in a substance, the more alkaline it will be. pH is only possible because of this ionization of water.
Only products that contain water can have a pH.
In pure (distilled) water, each water molecule that ionizes produces one hydrogen ion and one hydroxide ion. Pure water has a neutral pH because it contains the same number of hydrogen ions as hydroxide ions. It is an equal balance of 50 percent acidic and 50 percent alkaline. The pH of any substance is always a balance of both acidity and alkalinity. As acidity increases, alkalinity decreases. The opposite is also true; as alkalinity increases, acidity decreases. Even the strongest acid also contains some alkalinity.

The pH Scale
A **pH scale** is a measure of the acidity and alkalinity of a substance. It has a range of 0 to 14.
A pH of 7 is a neutral solution, a pH below 7 indicates an **acidic solution**, and a pH above 7 indicates an **alkaline solution**
The term **logarithm** (LOG-ah-rhythm) means multiples of 10. Since the pH scale is a logarithmic scale, a change of one whole number represents a tenfold change in pH.
This means, for example, that a pH of 8 is 10 times more alkaline than a pH of 7.
A change of two whole numbers represents a change of 10 times 10, or a 100-fold change.
a pH of 9 is 100 times more alkaline than a pH of 7. Even a small change on the pH scale represents a large change in the pH.

pH is always a balance of both acidity and alkalinity. Pure water has a pH of 7, which is an equal balance of acid and alkaline. Although a pH of 7 is neutral on the pH scale, it is not neutral compared to the hair and skin, which have an average pH of 5. Pure (distilled) water, with a pH of 7, is 100 times more alkaline than a pH of 5, so pure water is 100 times more alkaline than your hair and skin. This difference in pH is the reason pure water can cause the hair to swell as much as 20 percent and the reason that water is drying to the skin.

Acids and Alkalis

All acids owe their chemical reactivity to the hydrogen ion. Acids have a pH below 7.0.

Alpha hydroxyl acids (AHAs) derived from plants (mostly fruit), are examples of acids often used in salons to exfoliate the skin and to help adjust the pH of a lotion or cream.

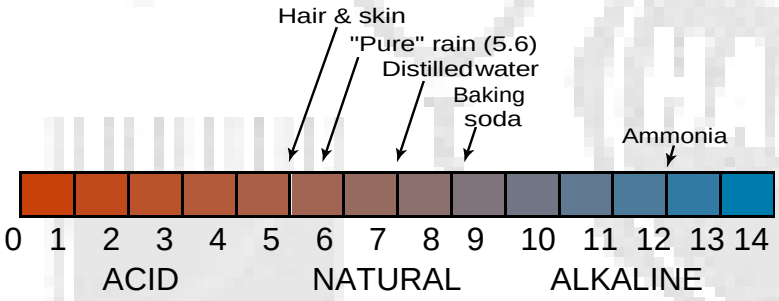
Acid's contract and harden hair. One such acid is **thioglycolic acid** a colorless liquid or white crystals with a strong unpleasant odor that is used in permanent waving solutions.
All **alkalis** also known as **bases**, owe their chemical reactivity to the hydroxide ion. Alkalis are compounds that react with acids to form salts. Alkalis have a pH above 7.0. They feel slippery and soapy on the skin. Alkalis soften and swell hair, skin, the cuticle on the nail plate, and calloused skin.

Sodium hydroxide, commonly known as lye, is a very strong alkali used in chemical hair relaxers, callous softeners, and drain cleaners. These products according to manufacturer's instructions, and it is very important that you do not let the products touch or sit on the skin as they may cause injury to or a burning sensation on the skin.

Sodium hydroxide products may be especially dangerous if they get into the eyes, so always wear safety glasses to avoid eye contact. Consult the product's MSDS for more specific information on safe use.

Acid-Alkali Neutralization Reactions

The same reaction that naturally ionizes water into hydrogen ions and hydroxide ions also runs in reverse. When acids and alkalis mix in equal proportions, they neutralize each other to form water Neutralizing shampoos and normalizing lotions used to neutralize hair relaxers work by creating an acid- alkali neutralization reaction. Liquid soaps are usually slightly acidic and can neutralize alkaline callous softener residues left on the skin after rinsing.



ACTIVITY 1

For a product to have a pH, it must contain water. Shampoos, conditioners, hair color, permanent waves, relaxers, lotions, and creams have a pH. Divide into groups and research these products online to find their pH. If the information is not available online, contact the manufacturers. Make a chart and compare your findings with what your classmates found. How will the pH of these products affect the hair?

NOTE TO THE TEACHER

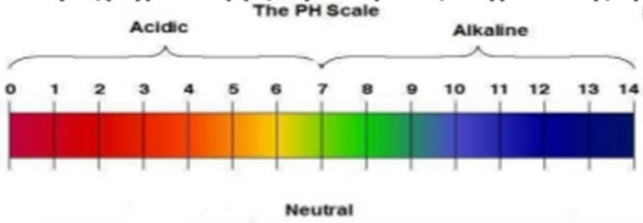
ACTIVITY 1
MEMORANDUM

Example Item	pH	Strength	Effect on Hair
Battery acid	0	Strong acid	Hair dissolves and disintegrates completely
Hydrochloric acid (stomach acid)	1		
Lemon juice	2		Hair cuticles tighten & contract; porosity & ability to retain moisture rises; hair is more shiny
Apple cider vinegar	3		
Hair conditioner, aloe vera	4		
Hair & skin, shampoo, black tea	4.5 - 5.5		Hair is normal
Black coffee	5.5 - 6.0	Weak acid	Hair begins to swell; cuticle begins to lift; hair shaft incurs increased damage as pH rises; lipids are lost from hair leading to less shine and lustre; NenoNatural.com
Pure (distilled) water	7	Neutral	
Blood, hair dye, green tea	8	Weak alkaline	
Baking soda, soaps	9		
Milk of magnesia	10		
Relaxers	11		
Relaxers, Ammonia, soapy water	12		Hair begins to dissolve, i.e. the structural bonds in hair break
Relaxers, bleach	13		
Relaxers, liquid drain cleaner	14	Strong alkaline	



Potential of Hydrogen (pH)

- pH is a scale measurement of the acidity and basicity.
- Human hair has the pH balance between 4.5 and 5.5
- The pH of shampoo usually ranges from 5 to 11.
- If the pH is too acidic, it will cause the cuticle to cont ... 'e will open.



Unit 2: Physical properties of the hair

Structure of the Hair
Structure of the Hair

The scientific study of hair and its diseases known as trichology that comes from the Greek words trichos (hair) and ology (the study of).
The hair, skin, nails, and glands are part of the integumentary system.
Although we no longer need hair for warmth and protection, hair still has an enormous impact on our psychology.

Human hair divided into two parts:

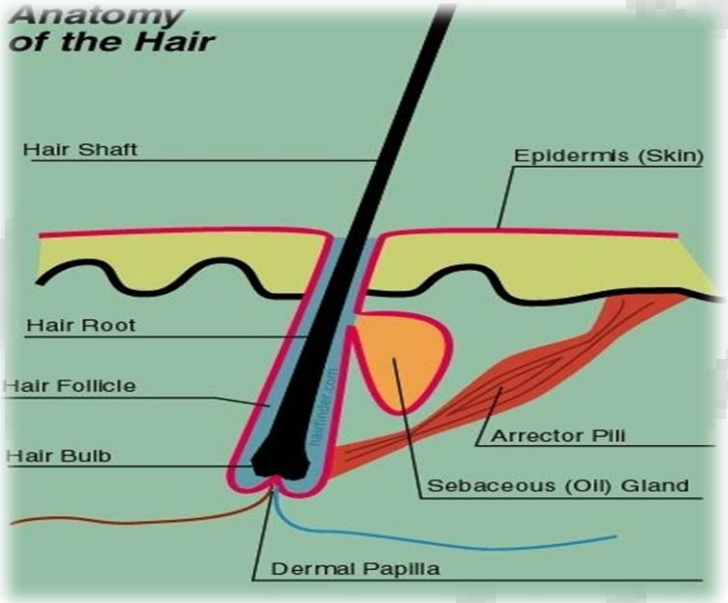
- The hair root and
- The hair shaft.

The hair root is the part of the hair located below the surface of the epidermis (outer layer of the skin). The hair shaft is the portion of the hair that projects above the epidermis

Structures of the Hair Root

The five main structures of the hair root include:

- the hair follicle,
- hair bulb,
- dermal papilla,
- arrector pili muscle, and
- sebaceous (oil) glands



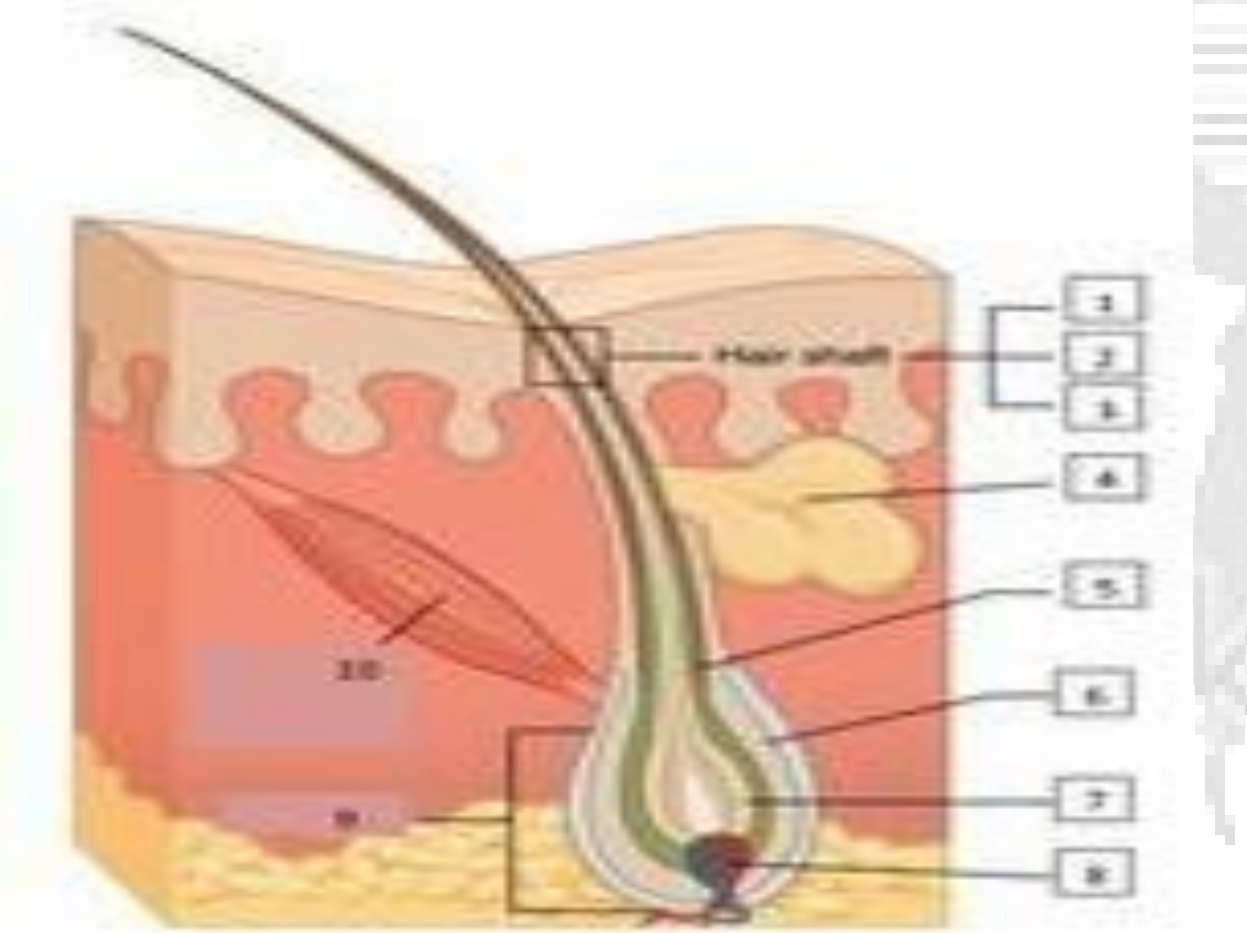
NOTE TO THE TEACHER
ACTIVITY 2

Activity 2
Complete a worksheet on the structure of the skin and hair

WORKSHEET ARE PROVIDED ON NEX PAGE

Activity 2 **Structure of the skin and hair** **Year 3**

Surname Name: _____Date: _____

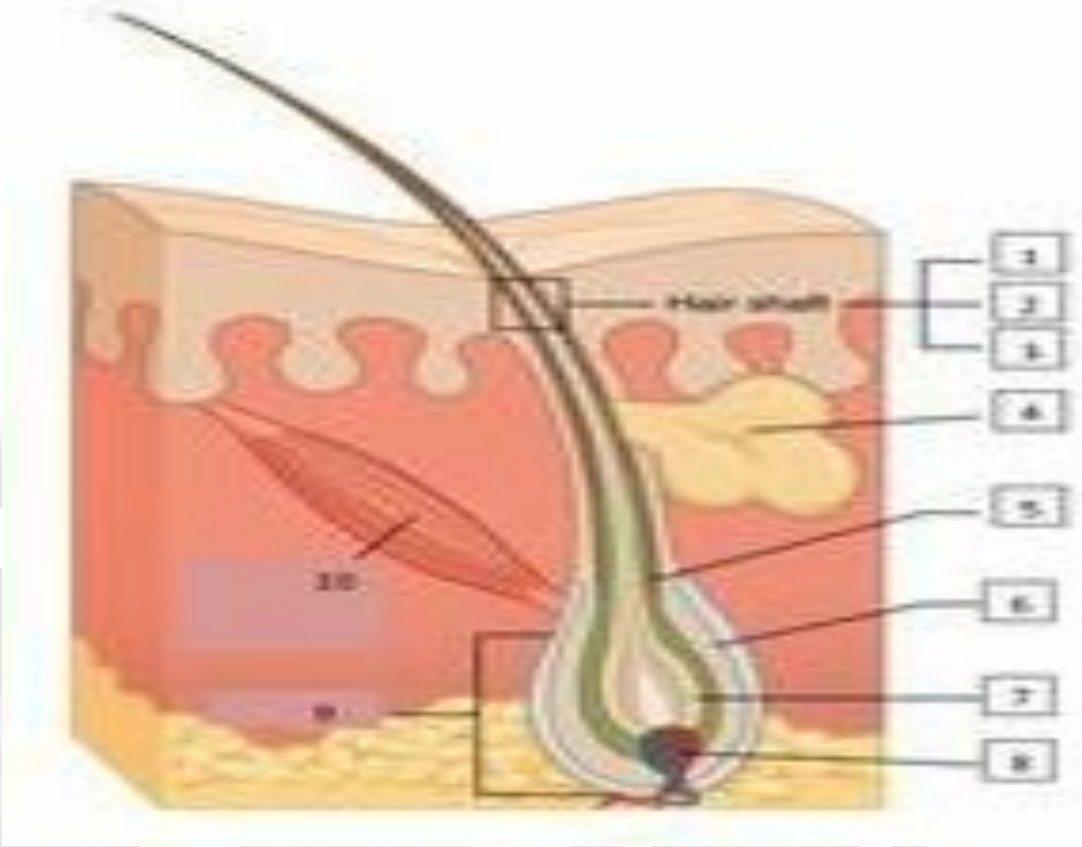


1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

10. _____

Activity 2 **Structure of the skin and hair** **Year 3**

Memorandum



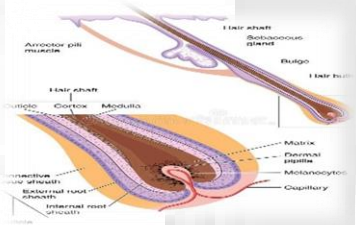
1. Cuticle
2. Cortex
3. Medulla
4. Sebaceous gland
5. Inner sheath
6. Outer sheath
7. Hair matrix
8. Hair papilla
9. Hair bulb
10. Arrectorpili muscle

The hair follicle is the tube-like pocket in the skin or scalp that contains the hair root.
Hair follicles distributed all over the body, with the exception of the palms of the hands and the soles of the feet.
The follicle extends downward from the epidermis into the dermis (the inner layer of skin), where it surrounds the dermal papilla. Sometimes more than one hair will grow from a single follicle.

The hair bulb is the lowest part of a hair strand. It is the thickened, club-shaped structure that forms the lower part of the hair root. The lower part of the hair bulb fits over and covers the dermal papilla.

The dermal papilla is a small, cone-shaped elevation located at the base of the hair follicle that fits into the hair bulb. The dermal papilla contains the blood and nerve supply that provides the nutrients needed for hair growth.
Some people refer to the dermal papilla as the mother of the hair because it contains the blood and nerve supply that provides the nutrients needed for hair growth. •

The arrector pili muscle is the small, involuntary muscle in the base of the hair follicle.



Strong emotions or a cold sensation cause it to contract, which makes the hair stand up straight and results in what we call goose bumps.

Sebaceous glands are the oil glands in the skin that connect to the hair follicles. The sebaceous glands secrete a fatty or an oily substance called sebum. Sebum lubricates the skin.

Structures of the Hair Shaft

The three main layers of the hair shaft are the hair cuticle, cortex, and medulla

The hair cuticle is the outermost layer of the hair. It consists of a single overlapping layer of transparent, scale-like cells that look like shingles on a roof.
The cuticle layer provides a barrier that protects the inner structure of the hair as it lies tightly against the cortex. It is responsible for creating the shine and the smooth, silky feel of healthy hair.

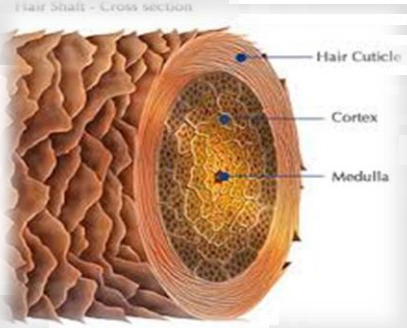
To feel the cuticle, pinch a single healthy strand of hair between your thumb and forefinger. Starting near the scalp, pull upward on the strand. The strand should feel sleek and smooth. *Next*, hold the end of the hair strand with one hand, and then pinch the strand with the thumb and forefingers of your other hand. Move your fingers down the hair shaft. In this direction, the hair feels rougher because you are going against the natural growth of the cuticle layer.
A healthy, compact cuticle layer is the hair's primary defence against damage. A lengthwise cross-section of hair shows that although the hair cuticle scales overlap, each individual cuticle scale attached to the cortex Overlapping scales make up the cuticle layer.

Swelling the hair by applying substances such as hair colour raises the cuticle layer and opens the space between the scales, which allows liquids to penetrate into the cortex.

A healthy hair cuticle layer protects the hair from penetration and prevents damage to hair fibres. Oxidation hair colours, permanent waving solutions, and chemical hair relaxers must have an alkaline pH to penetrate the cuticle layer, because a high pH swells the cuticle and causes it to lift and expose the cortex.

The cortex is the middle layer of the hair. It is a fibrous protein core formed by elongated cells containing melanin pigment. About 90 percent of the total weight of hair comes from the cortex. The elasticity of the hair and its natural colour are the result of the unique protein structures located within the cortex. The changes involved in oxidation hair colouring, wet setting, thermal styling, permanent waving, and chemical hair relaxing take place within the cortex

The medulla is the innermost layer of the hair and is composed of round cells. It is quite common for very fine and naturally, blond hair entirely lack a medulla. Generally, only thick, coarse hair contains a medulla.
All male beard hair contains a medulla. The medulla is not involved in salon services.



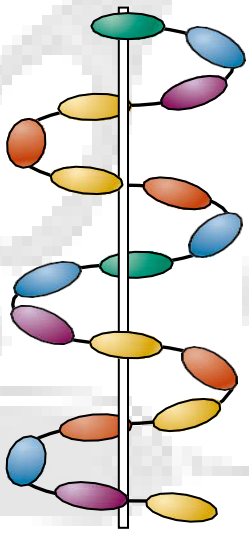
Hair is composed of protein that grows from cells originating within the hair follicle. This is where the hair begins. As soon as these living cells form, they begin their journey upward through the hair follicle. They mature in a process called ***keratinization*****.**
As these newly formed cells mature, they fill up with a fibrous protein called keratin. After they have filled with keratin, the cells move upward, lose their nucleus, and die.
By the time the hair shaft emerges from the scalp, the cells of the hair completely ***keratinized*** and are no longer living. The hair shaft that emerges is a non-living fibre composed of *keratinized* protein.

Hair is approximately 90 percent protein. The protein is long chains of amino acids,
The major elements of human hair are carbon, oxygen, hydrogen, nitrogen, and sulphur. Known as **COHNS** elements and are found in skin and nails.

The **C H O N S** elements.	
Elements	Percentage in normal hair
Carbon	51%
Oxygen	21%
Hydrogen	6%
Nitrogen	17%
Sulphur	5%

Proteins are made of long chains of amino acids units that joins end to end like pop beads. The strong, chemical bond that joins amino acids is a ***peptide bond*****.**

A long chain of amino acids linked by peptide bonds known as a ***polypeptide chain***
Proteins are long, coiled complex polypeptides made of amino acids.
The spiral shape of a coiled protein known as a helix created when the polypeptide chains intertwine with each other



NOTE TO THE TEACHER

ACTIVITY 3 MEMORANDUM

- Cuticle layer - is the outer layer of the hair and is scale like
- Cortex – is the largest layer and all chemical services take place in this layer.
- Medulla – Is the most inner layer and have no function as per say

Activity 4

- Anagen – is the active growing stage of the hair
- Catagen – is the period when he hair stop growing
- Telogen – is the final stage and where the hair falls out

Activity 3

Name and explain the layers of the hair

Activity 4

Name and explain the growth cycle of the hair

Side Bonds of the Cortex

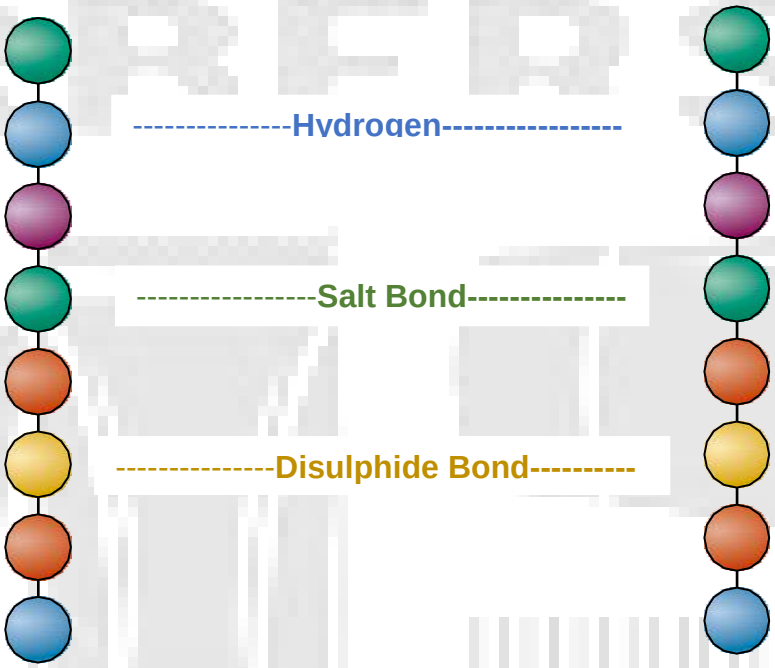
The cortex made of millions of polypeptide chains. Polypeptide chains cross-linked like the rungs on a ladder by three different types of side bonds that link the polypeptide chains together and are responsible for the extreme strength and elasticity of human hair.
They are essential to services such as wet setting, thermal styling, permanent waving, and chemical hair relaxing
The three types of side bonds are hydrogen, salt, and disulphide bonds

A hydrogen bond is a weak, bond that breaks easily by *water or heat*.
Although individual hydrogen bonds are very weak, there are so many of them that they account for about one-third of the hair's overall strength.

Hydrogen bonds break by wetting the hair that allows the hair to stretch and wrapped around rollers. The hydrogen bonds reform when the hair dries.

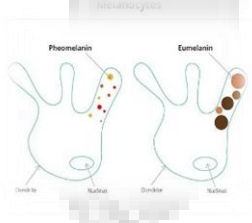
A salt bond is also a weak, bond between polypeptide chains.
Salt bonds depend on pH, so they are easily broken by strong alkaline or acidic solutions Even though they are weak bonds, there are so many of them that they account for about one-third of the hair's overall strength

A disulphide bond is a strong, chemical, bond that is very different from the hydrogen bond or salt bond.
Although there are far fewer disulphide bonds than hydrogen or salt bonds, disulphide bonds are so much stronger that they also account for about one-third of the hair's overall strength.
They break by permanent waves and chemical hair relaxers that alter the shape of hair.
Additionally, normal amounts of heat, such as the heat used in thermal styling, do not break disulphide bonds.
The bonds break by extreme heat produced by boiling water and some high temperature thermal styling tools such as straightening or flat irons.
Permanent waves break disulphide bonds and reform the bonds with neutralizers.
The disulphide bonds that break with hydroxide relaxers are broken permanently.



Hair Pigment

All-natural hair colour is the result of the pigment located within the cortex. Melanin are the tiny grains of pigment in the cortex that give natural colour to the hair.



The two types of melanin are ***eumelanin*** and ***pheomelanin***.

- **Eumelanin** provides natural dark brown to black colour to hair.
- **Pheomelanin** provides natural colours ranging from red and ginger to yellow and blond tones.

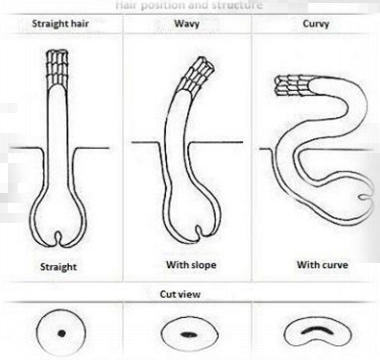
All-natural hair colour is the result of the ratio of eumelanin to pheomelanin, along with the total number and size of pigment granules.
Grey hair absence of melanin. Grey hair grows from the hair bulb in exactly the same way that pigmented hair grows. It has the same structure, but without the melanin pigment.

Wave Pattern

The wave pattern of hair refers to the shape of the hair strand.

- straight,
- wavy,
- curly
- extremely curly

Natural wave patterns are the result of genetics. Although there are many exceptions, generally. Asians tend to have extremely straight hair. Caucasians tend to have straight, wavy, or curly hair, and African hair tends to be extremely curly.
Straight, wavy, curly, and extremely curly hair occur in all races—anyone of any race, or mixed race, can have hair with varying degrees of curl from straight to extremely curly.
The wave pattern may also vary from strand to strand on the same person's head





Type of Hair

The two main types of hair found on the body are **vellus** hair and **terminal** hair

Vellus hair is short, fine, unpigmented, and downy hair that appears on the body.
Vellus hair almost never has a medulla. It is commonly found on infants and can be present on children until puberty. On adults, vellus hair is usually found in places that are normally considered hairless (forehead, eyelids, and bald scalp), as well as nearly all other areas of the body, except the palms of the hands and the soles of the feet.
Women normally have 55 percent more vellus hair than men. Vellus hair helps with the evaporation of perspiration.

Terminal hair is the long, coarse, pigmented hair found on the scalp, legs, arms, and bodies of males and females. Terminal hair is coarser than vellus hair. It usually has a medulla Hormonal changes during puberty cause some areas of fine vellus hair replaced with thicker terminal hair. All hair follicles are capable of producing either vellus or terminal hair, depending on genetics, age, and hormones.

Growth Cycles of Hair

Hair growth occurs in cycles. Each complete cycle has three phases that are repeatedly throughout life.

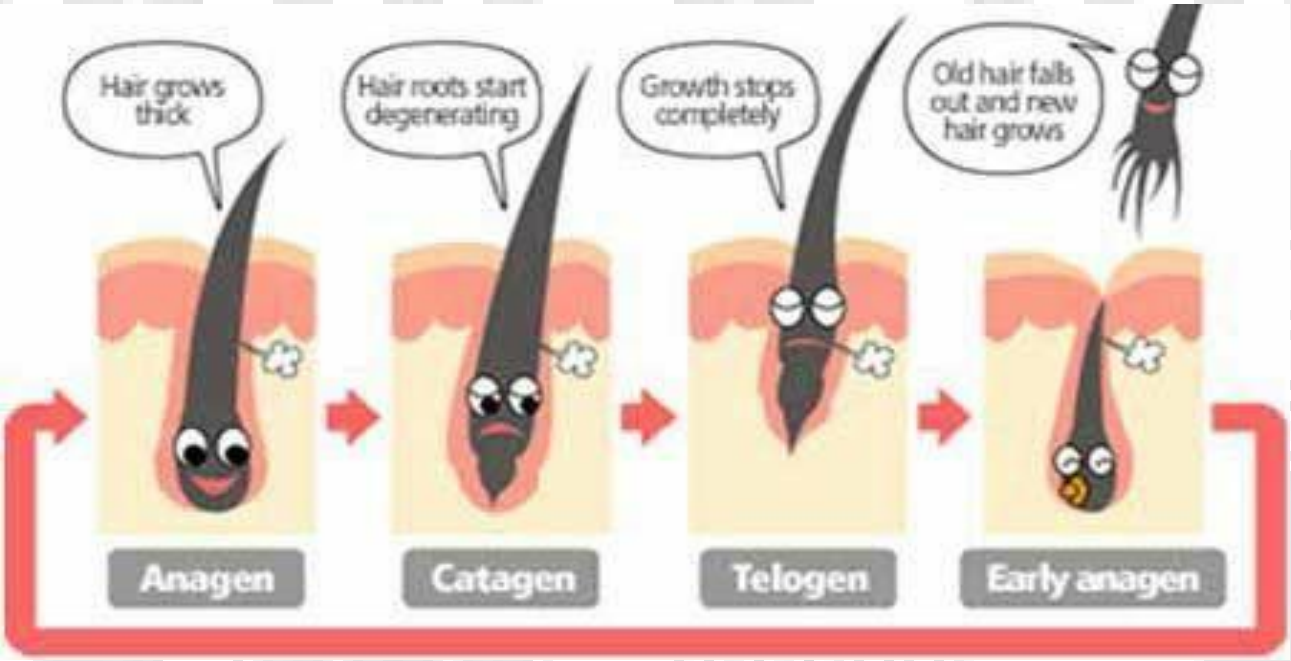
On average, the entire growth cycle repeats itself once every four to five years.

The three phases are anagen, catagen, and telogen

- ***The anagen phase*** also known as growth phase, hair cells produced faster than any other normal cell in the human body. The average growth of healthy scalp hair is about ½ (0.5) inch (1.25 centimetres) per month. Scalp hair grows faster on women than on men. Scalp hair grows rapidly between the ages of 15 and 30, but slows down sharply after the age of 50 Vellus hair and terminal hair generally, lasts from three to five years, but in some cases, it can last as long as 10 years. The longer the anagen cycle is, the longer the hair is able to grow. This is why some people can only grow their hair down to their shoulders, while others can grow it down to the floor
  About 90 percent of scalp hair is growing in the anagen phase at any time

- ***The catagen phase*** is the brief transition period between the growth and resting phases of a hair follicle. It signals the end of the anagen phase.
  During the catagen phase, the follicle channel shrinks and detaches from the dermal papilla. The hair bulb disappears and the shrunken root end forms a rounded club.
  Less than one percent of scalp hair is in the catagen phase at any time.
  The catagen phase is very short, lasting from one to two weeks.

- ***The telogen phase*** also known as resting phase, is the final phase in the hair cycle and lasts until the fully grown hair is shed. The hair either shed during the telogen phase or remains in place until the next anagen phase, when the new hair growing in pushes it out.
  About 10 percent of scalp hair is in the telogen phase at any one time.
  The telogen phase lasts for approximately three to six months. As soon as the telogen phase ends, the hair returns to the anagen phase and begins the entire cycle again.

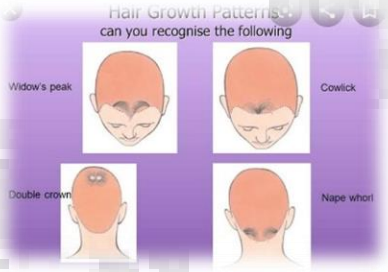


Hair Growth Patterns

It is important when shaping and styling hair to consider the hair's growth patterns.
Hair follicles usually do not grow out of the head at a perpendicular, 90-degree angle or in a straight direction out from the head.

When they do, these growth patterns result in:

- Hair Streams,
- Whorls,
- Cowlicks.



The Truth about Hair Growth
As a stylist, you may hear opinions about hair growth from your clients or from other stylists. Here are some myths and facts about hair growth:

Myth. Shaving, clipping, and cutting the hair on the head makes it grow back faster, darker, and coarser.
Fact. Shaving or cutting the hair on the head has no effect on hair growth. When hair is blunt cut to the same length, it grows back more evenly. Although it may seem to grow back faster, darker, and coarser, shaving or cutting hair on the head has no effect on hair growth.

Myth. Gray hair is coarser and more resistant than pigmented hair.
Fact. Other than the lack of pigment, gray hair is the same as pigmented hair. Although grey hair may be resistant, it is not resistant simply because it is grey.
Pigmented hair on the same person's head is just as resistant as the grey hair.
Gray hair is simply more noticeable than pigmented hair.

Unit 3: Physical properties of the skin

The medical branch of science that deals with the study of skin— its nature, structure, functions, diseases, and treatment—is called dermatology

A dermatologist is a doctor who specializes in diseases and disorders of the skin, hair, and nails.

Because some skin symptoms may be a sign of internal disease, many dermatologists have additional training in internal medicine.

Cosmetologists may clean skin, preserve the health of skin, and beautify the skin, depending on the laws and regulations of their state.

Cosmetologists may not diagnose, prescribe, or provide any type of treatment for abnormal conditions, illnesses, or diseases. Cosmetologists refer clients with medical issues to dermatologists more than to any other type of physician.

The skin is the largest organ of the body. Skin of an average adult stretched out, it would cover 5m and weigh about 2.7 to 4.9 Kg.

Our skin protects the network of muscles, bones, nerves, blood vessels, and everything else inside our bodies. It is the only natural barrier between our bodies and the environment. Healthy skin should be free of any visible signs of disease, infection, or injury.

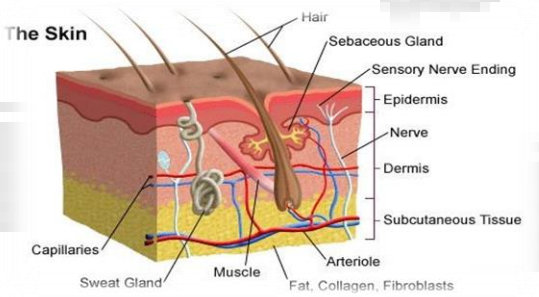
The scalp constructed similarly to the skin elsewhere on the human body, but the scalp has larger and deeper hair follicles to accommodate the longer hair of the head.

The skin is composed of two main divisions: the **epidermis** and the **dermis**

The epidermis is the outermost and thinnest layer of the skin. It contains no blood vessels, but has many small nerve endings.

The dermis also known as the true skin is the underlying or inner layer of the skin.
The dermis extends to form the subcutaneous tissue. The highly sensitive dermis layer of connective tissue is about 25 times thicker than the epidermis. Within its structure, there are numerous blood vessels, lymph vessels, nerves, sudoriferous (sweat) glands, sebaceous (oil) glands, and hair follicles, as well as arrector pili muscles.
Arrector pili muscles are the small, involuntary muscles in the base of the hair that cause goose flesh—or goose bumps.

Subcutaneous tissue is the fatty tissue found below the dermis. It gives smoothness and contour to the body, contains fats for use as energy, and acts as a protective cushion for the skin. Subcutaneous tissue varies in thickness according to the age, gender, and general health of the individual



Skin Nourishment

Blood supplies nutrients and oxygen to the skin. Nutrients are molecules from food, such as protein, carbohydrates, and fats. These nutrients are necessary for cell life, repair, and growth.

Functions of the Skin

The six principal functions of the skin are

- Protection,
- Sensation,
- Heat regulation,
- Excretion,
- Secretion,
- Absorption.

Protection The skin protects the body from injury and bacterial invasion.

This outermost layer is resistant to wide variations in temperature, minor injuries, chemically active substances, and many forms of bacteria. •

Sensation By stimulating different sensory nerve endings, the skin responds to heat, cold, touch, pressure, and pain

Heat regulation the skin protects the body from the environment. A healthy body maintains a constant internal temperature of about 37 degrees Celsius. As changes occur in the outside temperature, the skin makes necessary adjustments to allow the body to cool off by the evaporation of sweat. •

Excretion Perspiration from the sweat glands excreted through the skin. Water lost through perspiration takes salt and other chemicals with it.

Secretion Sebum secreted by the sebaceous glands. This oil lubricates the skin, keeping it soft Emotional stress and hormone imbalances can increase the flow of sebum.

Absorption the outer layers of the skin can absorb ingredients but very few can penetrate the epidermis. Small amounts of fatty materials, such as those used in skin care products may be absorbed

Chapter 5
Cutting Gents hair



Unit: 1 Maintain effective and safe methods of working when cutting hair
Unit :2 Cutting tools
Unit :3 Controlling the shape
Unit :4 Provide after care advice

LEARNING OBJECTIVES:

When you have finished this chapter, you should:

- Know the job roles that people within the hair industry
- Know the working patterns of people working within the sector
- Know the career opportunities available to you in the future
- Understand the services associated with hairdressing and barbering

KEY TERMS:

Beard/Moustache Trimming Cutting Salon Blow-Drying

Setting Highlights Shaving Colouring Hair Extensions

Lightening Perming Shampooing Consultation Relaxing

Styling Lotion Botox Hair Shaft Cuticle Layer Cortex Layer

Thermal styling Gents Facial

CAREERS:

- Cleaner at a salon
- Receptionist
- Shampooist
- Operator
- Stylist
- Colour Technician
- Junior hairdresser
- Hairdresser
- Supervisor
- Manager
- Salon owner
- Hairdressing consultants
- Image and deportment advisor
- Retail consultants
- Store merchandiser
- Stylist on board a Cruise Liner
- Field technician
- Teacher
- Trichologist (hair doctor)
- Salon owner

SKILLS DEVELOPMENT:

- Organisational skills
- Decision making Social skills
- Communication skill
- (*verbal and non-verbal)*
- Teamwork Skills
- Respect
- Integrity
- Positive attitude
- Enthusiasm

ENTREPRENEURSHIP:

- Selling products
- Promotional day
- Promote new services
- Offer of updated techniques

Introduction Cutting Gents hair

Men and women share the same hair type share texture hair tendencies and colour so what is the difference. Traditionally the differences were more to do with the length. Ladies having short hair and men wear theirs longer, the barber of today has to cover far more hairstyles for men and therefore needs to have greater skills to cover an ever-expanding range of choice.

Unit 1 Maintain effective and safe methods of working when cutting hair

Protecting the client

To prepare and protect the client means that you have:

- Preselect all the equipment that you are going to use gowns towels combs scissors razor and clippers
- Checked that they are ready for use have new blades for the razor freshly laundered towels and gowns washed cutting collars cleaned and sterilised combs, brushes, clipper blades and scissors.
- Have them all at hand at the workstation and ready to use
- Ensure that the client is comfortable and in position where you can work safely

Gowning

Use a fresh clean cutting gown make sure that the back fastened and that any open free edges are closed Place a cutting collar around his neck to ensure that bumps and limps in his clothing do not present any false physical baseline for the haircut and that the collar edges fit snugly against the neck.



Preventing infection

Infection and disease occur by two obvious methods within the salon /barber shop environment:

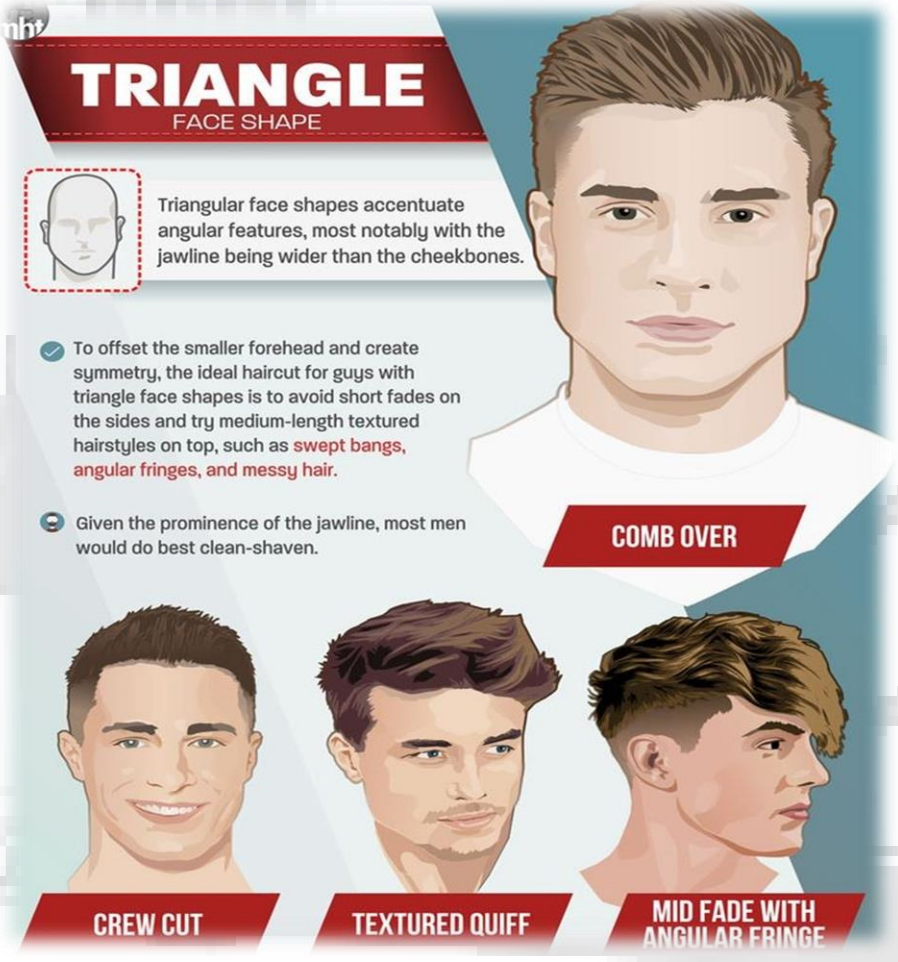
- Either brought in by a carrier visiting the salon then cross infection other people within the salon
- Poor hygiene and cleanliness within the salon.



Consultation

During your discussion, you must determine what the client wants and weigh this against the limiting factors that will influence what you need to do. Be sure to listen to your client request. The haircutting style that you choose with your client should consider:

- **Shapes of the head:** convex, concave, straight profile
- **Facial shapes**: oval, round, square, oblong, triangle, rectangle, pear, and diamond
- **Body features:** petite built people must have smaller hairstyles and larger people can have bigger hair.
- **Reason and purpose for the style**: consult with client first and ask questions to find out their personality, how they manage their hair and what job they do.
- **Quality and quantity of hair:** hair texture is very important in choosing a style. A person with naturally curly hair cannot choose a straight hairstyle.
- **Growth, type and tendency of hair**: cows licks, double crowns, natural partings, hair whorls, baldness, high or low hairline
- **Hair texture:** fine, medium, coarse.
- **Hair type**: curly, straight, frizzy
- **Style suitability**: does it suit the clients' lifestyle?
- **Can the client maintain and manage the style?**
- **Age of client:** is the style age appropriate?
- **Career of client:** does the client wear a uniform to work? Must the client wear a hat?

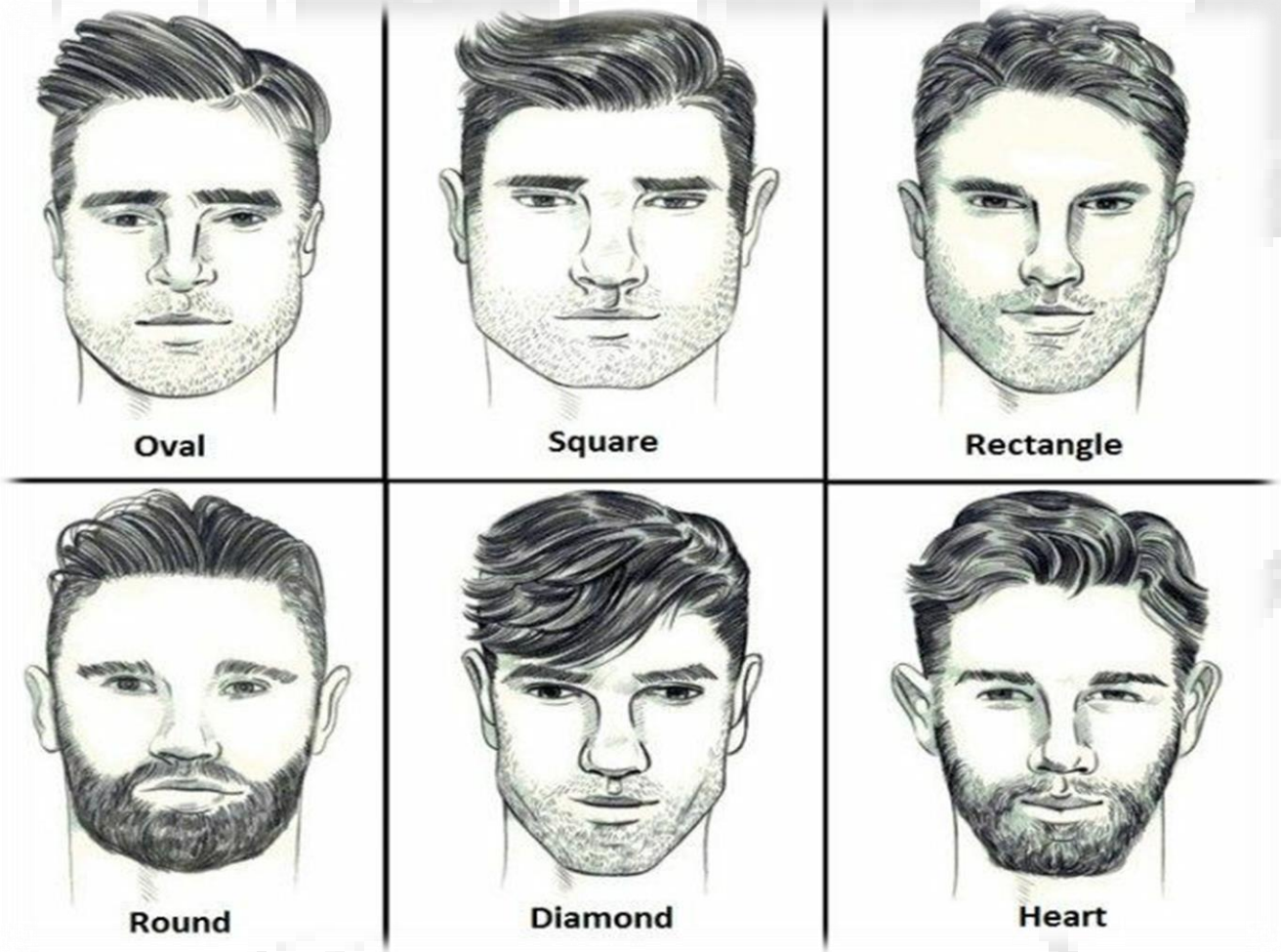


Face and head shape

The properties balance and distribution of the hairstyle will be a frame for the head and face. Therefor you need to examine the head and the face carefully. If you look at the outline of your clients face you will see that its round, oval, square, oblong, diamond, or triangle. Only an oval face suite all hairstyles so all the others listed present some form of styling limitations in other words they become an influencing factor in the choices for styling.

Face shapes

- An oval shaped face suits any hairstyle
- Round shaped face needs height to compensate for the width
- Rectangle face needs width to compensate for the extra length
- Square shaped face need rounder styled edges to soften jawlines
- Heart shaped face needs height to compensate for the width and soft lines at the jawline
- Diamond shaped face need softer lines at the ear as this is the wides part of the face



Lifestyle personality and age



Client type of lifestyle have a big role in choosing the right style for instants if a client has a sporty life style you would guide her to a short upbeat style which is easy to maintain as if the client is in a professional position, you will guide her in a more conservative style

Hair growth patterns

Hair growth patterns refers to the direction in which it protrudes from the scalp
Natural hair direction seen on wet or dry hair and strong when direction growth will have major impact on the life of the hair it is styled. Therefore, it is essential that it is taken into account
During consultation.

- Double grown
- Nape whole
- Cowlick
- Widow's peak







Male pattern baldness

Male pattern baldness (MPB) is a balding and thinning condition the cause of which regardless of claims is still eluding the scientist MPB may be due to high levels of the male hormone testosterone with the body.
The MPB is in a progressed state then it is obviously going to impact on what styles are achievable. For example, if there is significant general thinning of hair loss on top (MPB type 1) if your styling options are far more limited than if MPB is only apparent in the recession area around the forehead (MPB type 2)

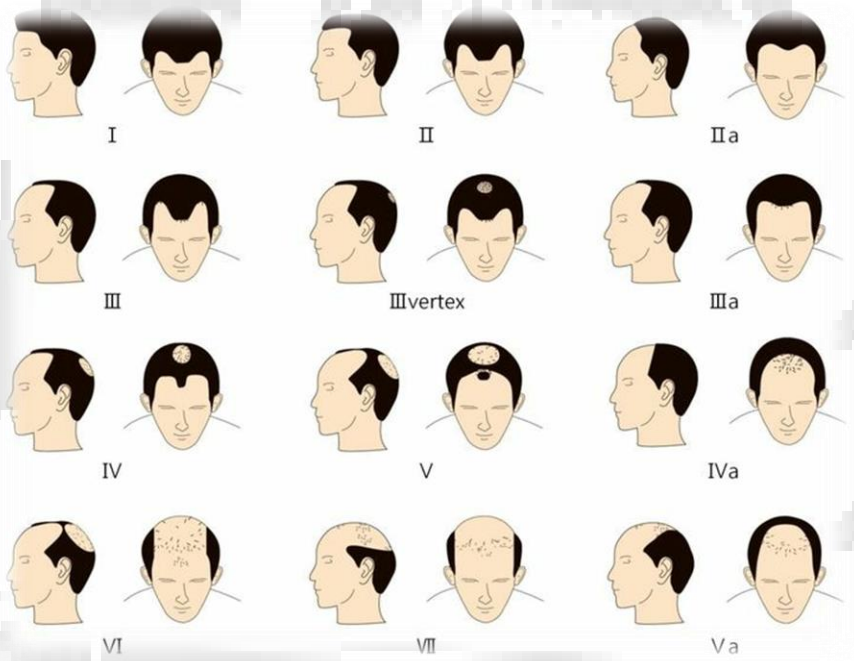
If your client has lost their hair and wars a toupee you must account for this in your styling. Obviously, there must be same blending between the natural remaining hair and the added hair. If, however the client wears a full hairpiece then they might just prefer to keep whatever remaining hair very short beneath it. This makes fitting and positioning of the hairpiece easier and comfortable to wear over long periods.

Note to the teacher

Activity 1 Criteria make sure the learner understand the stages of baldness

Activity 1

Find picture with stages of male baldness.



Cutting tools and equipment

- **Clippers** – are and have been an essential item of equipment for men's styling they have been invaluable for the popularity of short hairstyles but are equally important for the shaping and trimming of the neckline and facial hair shapes. Regular cleaning and lubrication will prolong the blades useful life and keep the cutting edges sharp. They also have comb attachments in different lengths they are numbered 1 – 8 the number refer to the length they cut the hair:



  - No. 1 = 3mm
  - No. 2 = 6mm
  - No.3 = 9mm
  - No.4 = 13mm
  - No.5-8 = 16mm-25mm

- **Razor** – the open or cutthroat razor used in shaving has a single steel blade hinged and closes into a protective handle. The modern counterpart for this has disposable blades removed and discarded after use to avoid cross infection they should be disposed of safely into the salon sharp box. Razor cutting always done on wet hair with a sharp blade.







Activity 2

Create a men's stylebook with different style and

Cutting rules

- Cut hair with natural fall
- Accurate sectioning
- Controlling the shape
- Creating guidelines
- Cross check the cut
- Outline shapes

Refer to women cutting.

Common cutting problems



- **Necklines** You need to make sure that you outlining with the clippers is even and smooth throughout. If you do make a mistake and you find that you encroached on the outline shape, you would be better off re-cutting the outline slightly shorter to eliminate the fault. Three neckline shapes we work with: Round, Tapered and square.

- **Blending from clipper length to scissor length** Common problem on short between the chippered and hand-held cut lengths. If a careful blending has not been made cutting marks will show at the point where the two areas combine. There are two ways of tackling this problem:

1. If the hair is still too long on the handheld side, you can re-fade the two zones together by scissor over comb method.

2. If the length of hair between the two areas are slightly uneven, it will show unless you correct it. In any area where clippers fade out to club cutting lengths you can resurface the hair by using thinning scissors over comb just in the very tip of the hair.







- **Ears** – You need to find out how your client feels about his facial feathers. Sometimes these natural imperfections are not a concern they are merely a characteristic of the client's personality. Do not forget to check on whether your client wears glasses or hearing aids take it all of these factors into your assessment.

- **Hair type** – If your client's hair is very curly do remember that it will coil back after stretching and cutting. Similarly wavy hair when cut too close to the wave crest can be awkward to style as tends to spring out from the head. Very fine straight hair will easily show cutting marks or can disclose unwanted lines from chippering if you take too large sections.

Activity 3

Create a men's style book with different style and lengths of hair.

Note to the teacher

Activity 3 Criteria make sure the learner cover all kinds of hair and lengths.



Style durability

Make a point of outlining the benefits of having a regular cut give your client an idea of how long the style will last and ideally because you know how long that will be get them to rebook before they leave the salon. People that do not make an appointment before they leave the salon often tend to drift beyond the normal interval times. Then when they do realise that their hair needs doing, they find that they cannot get an appointment at a time that suites them so by that time you get to work on it again the hair really needs attention

Talk though the style as you work.

Make a point talking though your styling techniques as you go as:

- Eliminates long periods of silent whilst you are working and more importantly
- It is useful to the client as they get useful advice on how to recreate a similar effect at home.

Show and recommend the products / equipment that you use

As you talk about the ways in which you have styled the hair make a point of talking though the products that you have used as well This way, they will be able to see a direct linked between the effects that you have achieved on their hair with added benefits of buying those products that will help them recreate a similar effect**.**

Activity 4 Good after care advice is about giving the client the correct advice on looking after their hair.

1. What advice should you give regarding products?
2. What advice do you need to provide regarding tools and equipment
3. What advise could you provide regarding future salon services or treatments.



NOTE TO THE TEACHER

ACTIVITY 4 MEMORANDUM

1. What advice should you give regarding products?

You will tell your client about all the products that have been used on her during the cutting service so that she will understand how you achieve the results and style.

2. What advice do you need to provide regarding tools and equipment.

Advice about tools and equipment is important so that the client can understand how you achieved the result.

3. What advise could you provide regarding future salon services or treatments.

You can tell about all other services rendered by the salon and then you can be specific to her condition and style.

Surname and Name: _____ Date: _____

CUTTING GENT'S HAIR

FURNITURE, TOOLS & PRODUCTS

- Workstation
- Chair
- Trolley
- Apron
- Water spray
- Clipper
- Scissor
- Thinning scissor
- Razor
- Cutting comb
- Sectioning clips
- Cape
- Neck brush



SETTING UP FOR CUTTING MEN'S HAIR

- Towels
- Cape ready and clean
- Make sure work station and mirror is clean
- Wearing apron
- Trolley with all tools needed
- Organised workstation

PREPARE AND EXICUTE CUTTING MEN'S HAIR

- Wash and sanitise hands
- Put apron on
- Meet and greet client make her feel welcome
- Shampoo and condition clients hair
- Show client to the styling area
- Section the hair
- Section and sub-section the hair before and during cutting and shaping
- Take in account critical influencing factors such as facial shapes, features, body form, hair type, hair texture and hair growth patterns
- Hold the scissors and comb in the proper cutting hold
- Section, grip, comb and cut the hair while NOT leaving the scissor and comb on the table
- Maintain good posture, tension and direction while cutting the hair
- Do a complete club cut
- Section hair from the nape area and extend hair at different angles away from the scalp to shape cut
- Section the hair and proceed towards the crown area to complete the cut
- Maintain design line throughout the cut

TEST 1 CUTTING MEN'S HAIR

Circle the correct answer

Question 1 When does gowning of the client happen?

Before the cut during the cut after the cut 1

Question 2 Which is not an influencing factor? 1

Head and facial shape Body features Hair length

Question 3 Circle following questions True or False

Male pattern baldness (MPB) is a balding and thinning condition

True False 1

Clippers – are and have been a never used item of equipment for men

True False 1

Curly hair coils back after stretching and cutting

True False 1

TOTAL: 5

MARKS

RUBRIC CUTTING MEN'S HAIR

PREPARATION		MEET & GREET CLIENT		CONSULTATION		CUTTING MEN'S HAIR PROCEDURE		**TOTAL**	Comments
5		**5**		**5**		**5**		**20**	
Washing of hands		Appearance &friendliness		Place a towel around her shoulder		Hair is shampooed and conditioned			
Wearing apron		Specific		Place a cape around her		Section hair			
Workstation clean		Body language		Communication		Guideline is cut			
Layout: materials & implements		Empathy		Confidentiality		Cut cross-checked			
Workstation organised		Engaging		Brush clients hair out		Perimeter is clean			

Note to the teacher
Criteria for mark allocation out of 5

0	Not done
1	Poor attempt
2	Attempted
3	Good
4	Very good
5	Excellent

PRACTICAL MARK COMPILATION:

	POSSIBLE MARK	MARKED ACHIEVED
Work achieved	5	
Practical	20	
TOTAL	25	

Learner signature: _____ Date: _____

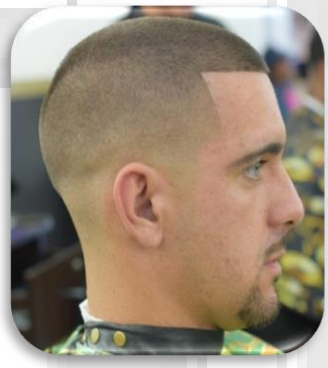
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Surname and Name: _____ Date: _____

CLIPPER CUT

FURNITURE, TOOLS & PRODUCTS

- Workstation
- Chair
- Trolley
- Apron
- Water spray
- Scissor
- Cutting comb
- Cape
- Neck brush
- Clipper



SETTING UP FOR CLIPPER CUT

- Towels
- Cape ready and clean
- Make sure work station and mirror is clean
- Wearing apron
- Trolley with all tools needed
- Organised workstation

PREPARE AND EXICUTE CLIPPER CUT

- Wash and sanitise hands
- Put apron on
- Meet and greet client make her feel welcome
- Shampoo and condition clients hair
- Show client to the styling area
- Gown client
- Start cutting in nape area
- Work your way to the crown area
- Cut the sides
- Do the top part of the hair
- Clean your perimeter and hairline

TEST 1 CLIPPER CUT

Circle the correct answer

Question 1 When does gowning of the client happen?

Before the cut during the cut after the cut 1

Question 2 Which is not an influencing factor? 1

Head and facial shape Body features Hair length

Question 3 Circle following questions True or False

A Number 1 clipper attachment cut the hair 5mm long True False 1

Clippers are and have been an essential item of equipment for men's styling

True False 1

A Number 4 clipper attachment cut the hair 13mm long True False 1

TOTAL: 5 MARKS

RUBRIC CLIPPER CUT

PREPARATION		MEET & GREET CLIENT		CONSULTATION		CLIPPER CUT PROCEDURE		**TOTAL**	Comments
5		**5**		**5**		**5**		**20**	
Washing of hands		Appearance &friendliness		Place a towel and cape around client shoulder		Hair is shampooed and conditioned			
Wearing apron		Specific		Place a cape around her		Starts at nape area			
Workstation clean		Body language		Communication		Then sides are cut			
Layout: materials & implements		Empathy		Confidentiality		Last on top of head is cut			
Workstation organised		Engaging		Brush clients hair out		Perimeter is clean			



Note to the teacher
Criteria for mark allocation out of 5

	Not done
1	Poor attempt
2	Attempted
3	Good
4	Very good
5	Excellent

PRACTICAL MARK COMPILATION:

	POSSIBLE MARK	MARKED ACHIEVED
Work achieved	5	
Practical	20	
TOTAL	25	

Learner signature: _____ Date: _____

Teacher signature: _____ Date: _____

Surname and Name: _____ Date: _____

CUTTING GENT'S HAIR 90 degrees

FURNITURE, TOOLS & PRODUCTS

- Workstation
- Chair
- Trolley
- Apron
- Water spray
- Clipper
- Scissor
- Thinning scissor
- Razor
- Cutting comb
- Sectioning clips
- Cape
- Neck brush



SETTING UP FOR CUTTING MEN'S HAIR90 degrees

- Towels
- Cape ready and clean
- Make sure work station and mirror is clean
- Wearing apron
- Trolley with all tools needed
- Organised workstation

PREPARE AND EXECUTE CUTTING MEN'S HAIR90 degrees

- Wash and sanitise hands
- Put apron on
- Meet and greet client make her feel welcome
- Shampoo and condition clients hair
- Show client to the styling area
- Section the hair
- Section and sub-section the hair before and during cutting and shaping
- Take in account critical influencing factors such as facial shapes, features, body form, hair type, hair texture and hair growth patterns
- Hold the scissors and comb in the proper cutting hold
- Section, grip, comb and cut the hair while NOT leaving the scissor and comb on the table
- Maintain good posture, tension and direction while cutting the hair
- Do a complete club cut
- Section hair from the nape area and extend hair at different angles away from the scalp to shape cut
- Section the hair and proceed towards the crown area to complete the cut
- Maintain design line throughout the cut

TEST 1 CUTTING MEN'S HAIR90 degrees

Circle the correct answer

Question 1 When does gowning of the client happen?

Before the cut during the cut after the cut 1

Question 2 which is not an influencing factor? 1

Head and facial shape Body features Hair length

Question 3 Circle following questions True or False

Male pattern baldness (MPB) is a balding and thinning condition

True False 1

Clippers – are and have been a never used item of equipment for men

True False 1

Curly hair coils back after stretching and cutting

True False 1

TOTAL: 5 MARKS

RUBRIC CUTTING MEN'S HAIR90 degrees

PREPARATION		MEET & GREET CLIENT		CONSULTATION		CUTTING MEN'S HAIR PROCEDURE90 degrees		TOTAL	Comments
5		5		5		5		20	
Washing of hands		Appearance &friendliness		Place a towel around her shoulder		Hair is shampooed and conditioned			
Wearing apron		Specific		Place a cape around her		Section hair			
Workstation clean		Body language		Communication		Guideline is cut			
Layout: materials & implements		Empathy		Confidentiality		Cut cross-checked			
Workstation organised		Engaging		Brush clients hair out		Perimeter is clean			

Note to the teacher
Criteria for mark allocation out of 5

0	Not done
1	Poor attempt
2	Attempted
3	Good
4	Very good
5	Excellent

PRACTICAL MARK COMPILATION:

	POSSIBLE MARK	MARKED ACHIEVED
Work achieved	5	
Practical	20	
TOTAL	25	

Learner signature: _____ Date: _____

Teacher signature: _____ Date: _____

Salon Practice



Salon practice

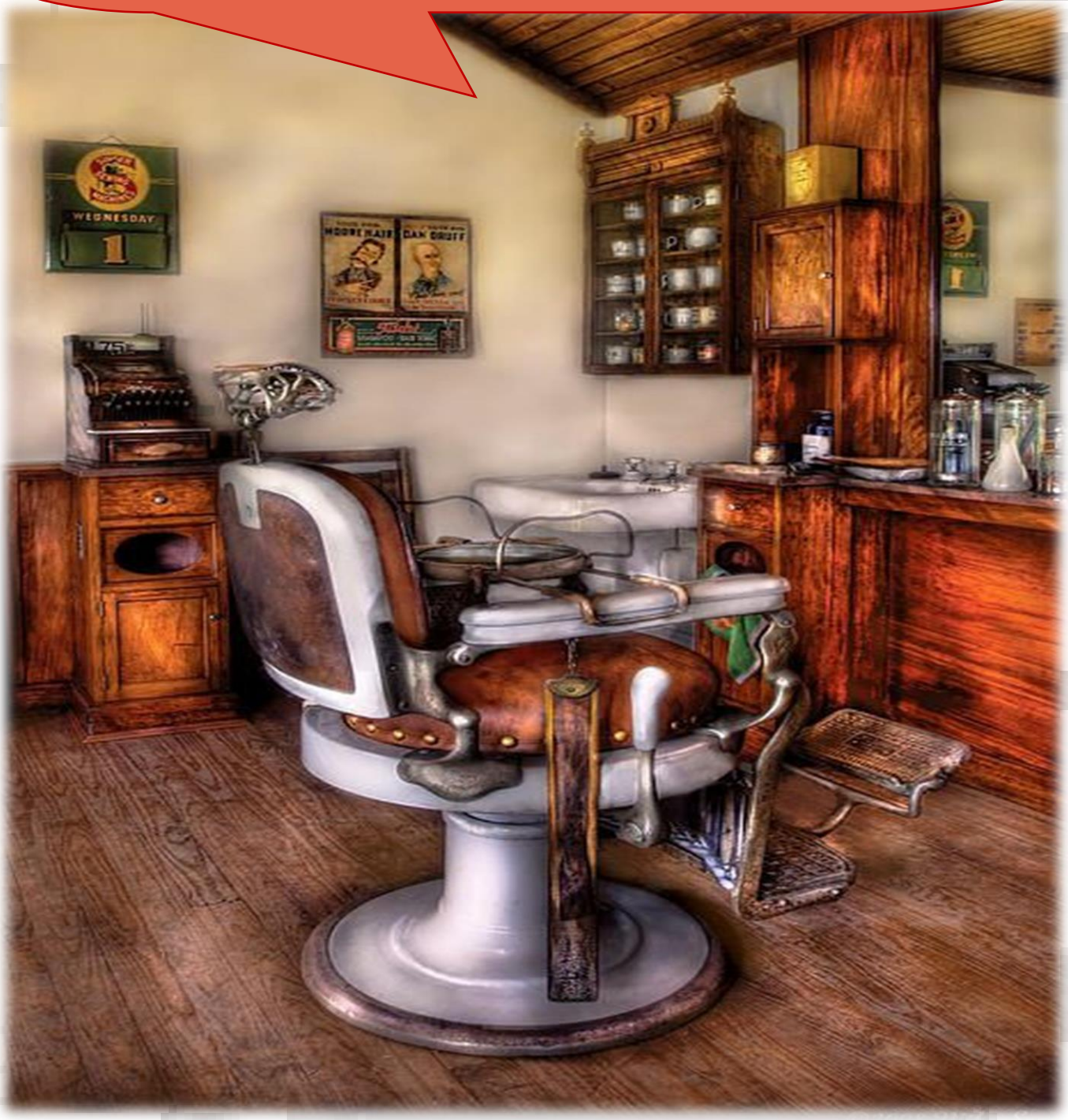
Points to remember

- Section and sub-section the hair before and during cutting and shaping
- Take in account critical influencing factors such as facial shapes, features, body form, hair type, hair texture and hair growth patterns
- Hold the scissors and comb in the proper cutting hold
- Section, grip, comb and cut the hair while NOT leaving the scissor and comb on the table
- Maintain good posture, tension and direction while cutting the hair
- Do a complete club cut on long hair
- Apply the same principal to cut a short or shoulder length Bob haircut.
- Section hair from the nape area and extend hair at different angles away from the scalp to feather cut the hair (layering)
- Section the hair and proceed towards the crown area to complete the feather cut
- Apply the same feather cut principle to cut short hair in layers
- Apply the same principle and technique using a thinning scissor
- Apply the same technique using a feather cut razor blade
- Apply the same feather cut principle to cut the bottom of a Bob haircut in a graduation cut
- Maintain design line throughout the cut
- Prepare the workstation for the cut

Step by step cutting gents hair		
1. Drape your client for a shampoo. .	 2. Shampoo and condition the hair as necessary.	3. Escort the client back to the styling chair. Secure a neck strip around the client's neck. Place a cape over the neck strip and fasten in the back. Fold the neck strip down over the cape so that no part of the cape touches the client's skin
 4. Towel dry and detangle the hair with the wide-tooth comb.	 5. Make a horseshoe parting about 2 inches (5 centimetres) below the apex of the head, beginning and ending at the front hairline. Comb the hair above the part forward.	 6. Starting in the nape area, place the haircutting comb against the scalp, teeth up. Angle the comb against the scalp from 0 to 45 degrees, allowing for the natural contour of the head. Cut the hair that extends through the teeth of the comb.
 7. Repeat steps 6 as you move up the back of the head. Blend the lengths over the curve of the head by cross-cutting horizontally, from side to side. Shape the back centre area first, from the nape to the parietal ridge. Then, still using the clipper-over-comb technique, cut both sides of the back from ear to ear.	8. Carefully blend the lengths over the curve of the head by cross-cutting	 9. Using a low-number length attachment on the clipper, cut up each side from the sideburn to the parietal ridge. The hair length will be very close to the scalp. If the client wants longer sides, the weight on the top will need to be blended.

 10. Measure the distance between the eyebrows and the natural hairline to establish a guideline for the length in the crown area if the client wishes to keep hair out of the eyes.	 11a Cut a narrow guideline at the crown end of the horseshoe parting. Determine the length by the forehead measurement. Beginning at the crown end, cut the top area with the clipper to the exact length of the initial crown guideline.	 11b as you move toward the forehead, over direct the hair back toward the guideline in order to increase the length at the forehead.
 12. Using the clipper and attachment shorten and shape the hair around the ears and sideburns. To blend or outline the perimeter of the haircut, you may use a clipper over trimmer. The scissor-over-comb or clipper-over-comb technique, using the front teeth of a barber comb, may also be used here.	13. Finished looks.	

Chapter 6
Cutting facial hair using basic techniques



Unit 1 Maintain effective and safe methods of working when cutting hair
Unit 2 Cut beards and moustaches to maintain their shape

LEARNING OBJECTIVES:

When you have finished this chapter, you should:

- Know the job roles that people within the hair industry
- Know the working patterns of people working within the sector
- Know the career opportunities available to you in the future
- Understand the services associated with hairdressing and barbering

KEY TERMS:

Beard/Moustache Trimming Salon Blow-Drying Hair Extensions

Setting Hair Up Colour Correction Highlights Shaving Colouring

Lightening Consultation Relaxing Styling Lotion

Botox Hair Shaft Cuticle Layer Cortex Layer

Thermal styling Gents facial

CAREERS:

- Cleaner at a salon
- Receptionist
- Shampooist
- Operator
- Stylist
- Colour Technician
- Junior hairdresser
- Hairdresser
- Supervisor
- Manager
- Salon owner
- Hairdressing consultants
- Image and deportment advisor
- Retail consultants
- Store merchandiser
- Stylist on board a Cruise Liner
- Field technician
- Teacher
- Trichologist (hair doctor)
- Salon owner
- Assistant Hairdresser

SKILLS DEVELOPMENT:

- Organisational skills
- Decision making Social skills
- Communication skill
- (*verbal and non-verbal)*
- Teamwork Skills
- Respect
- Integrity
- Positive attitude
- Enthusiasm

ENTREPRENEURSHIP:

- Selling products
- Promotional day
- Promote new services
- Offer of updated techniques

Introduction Trimming beards and moustaches

This chapter looks at the basic skills of trimming and shaping men's beards and moustaches. The technique involves are quite different to those used in other hair services although you will find that the same equipment keeps popping up bit it is now used in different ways.

Unit 1 Maintain effective and safe methods of working when cutting hair

Preparing the client

To prepare and protect the client means that you have:

- Preselect all the equipment that you are going to use gowns towels combs scissors razor and clippers
- Checked that they are ready for use have new blades for the razor freshly laundered towels and gowns washed cutting collars cleaned and sterilised combs, brushes, clipper blades and scissors.
- Have them all at hand at the workstation and ready to use
- Ensure that the client is comfortable and in position where you can work safely

Gowning

Use a fresh clean cutting gown make sure that the back fastened and that any open free edges closed together. Place a cutting collar around his neck to ensure that bumps and limps in his clothing do not present any false physical baseline for the haircut and that the collar edges fit snugly against the neck.

Positioning the client

Facial hair cutting requires the client to tilt their head back so that you can work at an angel that enables you to work safely and carefully the barbering chair design for this with its inbuilt headrest and reclining ability.



Activity 1

Give the gowning process for trimming the beard and moustache.



NOTE TO THE TEACHER
ACTIVITY 1 MEMORANDUM

Use a fresh clean cutting gown make sure that the back is fastened and that any open free edges are closed together. Place a cutting collar around his neck to ensure that bumps and limps in his clothing don't present any false physical baseline for the haircut and that the collar edges fit snugly against the neck.

Prepare the clients facial hair

Many men with longer beards never comb them out because they do not want to lose the shape they naturally take on or they simply do not see the benefits of doing so. Obviously, this is a mistake as regular grooming keeps them free from debris and reduce the chances of infections or ingrowing hair. Moustaches and beards matted, as they get longer because the bristles tend to get curlier and lock together. Cleansing is important to a beard with debris or grease cannot be styled until it has cleaned. If you are shampooing the hair as part of other service, then the beard done at the same time or alternatively you can ask the client to wash their face and beard in the front washbasin or cleanse with facial wipes.



Consultation

During your discussion, you must determine what the client wants and weigh this against the limiting factors that will influence what you need to do. Be sure to listen to your client request.
The beard or moustache style that you choose with your client should consider:

- **Shapes of the head:** Convex, Concave, Straight Profile
- **Facial shapes**: Oval, Round, Square, Oblong, Triangle, Rectangle, Pear, and Diamond
- **Body features:** Petite built people must have smaller hairstyles and larger people can have bigger hair.
- **Reason and purpose for the style**: Consult with client first and ask questions to find out their personality, how they manage their hair and what job they do.
- **Quality and quantity of hair:** Hair texture is very important in choosing a style. A person with naturally curly hair cannot choose a straight hairstyle.
- **Growth, type and tendency of hair**: Cows Licks, Double Crowns, Natural partings, Hair whorls, Baldness, High or low hairline
- **Hair texture:** fine, medium, coarse.
- **Hair type**: Curly, Straight, Frizzy
- **Style suitability**: Does it suit the clients' lifestyle?
- **Can the client maintain and manage the style?**
- **Age of client:** Is the style age appropriate?
- **Career of client:** Does the client have to wear protective uniform at work?



Aspects to consider

Some men have heavy daily growth of facial hair and find that they need to shave every day. This heavy growth can be obvious for a range of reasons:

- The growth appears heavy because of the contrast against their skin due to natural colour
- The hair seems to grow particularly fast.
- The density of the hair distributed on the face is particularly thick
- Combination of these factors put together

Mouth and width of upper lip to base of nose

The size and width of the mouth forms the basis for any moustache. The distance between the upper lip and base of the nose creates a sort or canvas for the moustache. If the distance between the two areas is quite deep, it will provide more outline shape option for the wearer rather than it were narrow. Someone with a wide face will be able to wear a fuller moustache whereas someone with a narrow face could be swamped by this much hair.

Width of the chin and depth of jawline

Facial hair forms a frame for the physical features of the face.
Width of the chin depth down to the bottom of the jaw that become the focal point of any facial hair shaping. The outlines of the shapes created here are more noticeable

Tools and equipment

- Scissors
- Thinning scissor
- Cutting comb
- Clippers
- razor

Refer to Chapter 5



Unit 2 Cut beards and moustaches to maintain their shape

Facial hair cutting techniques

Many of the techniques used to cut men's facial hair are common to cutting.

- Scissor cutting
- Free hand cutting
- Scissor over comb
- Clipper over comb
- Controlling the cut
- Cross-checking

Always work to and with the natural facial lines. It is OK to leave length longer than this but encroaching over this natural division will causes you and the client many problems.
If you take your outlines shorter than the result will look strange unnatural and out of balance
The bristles will show and would need razoring to remove It will be difficult for the client to maintain the style as he would need to change his shaving techniques to keep the lines clean.

Make allowance for any abnormalities such as:

- **Strong directional movement** say to one side this will limit the wearer to a particular length before it is very noticeable
- **Whorls or circulatory growth patterns** – the effects of these lessened by extra length or made more obvious if cut short.
- **Missing or thinning area** – again the effects of the affected areas lessened by extra length or made more obvious if cut sort.

Removing unwanted hair outside the desired style line.

After you have agreed with the client that the overall shape and design is OK, you take the electric clipper and turn them so that the fixed blade works away from the design line.
You might find that you need to stretch the skin around the neck and face to get a clearer straighter cut close to the skin. Then working back from the design line, draw the clippers away over the neck/cheek or jaw to create a clean finish. Take a neck brush and carefully brush away any fragments.



Types of beards and moustaches



Provide after care and advice

Skin care for men is now a very popular and growing business area. It is as important to men as woman the only difference is the range of products that are available. Men who shave regularly will already know that blunt razor and shaving creams are a contributing factor in the minor skin infections or blocking pores and follicles and starting inward growing hairs. When this occurs a spot form on the surface of the skin and the bacteria will have, started infection like ingrowing hairs is uncomfortable and itchy and easily avoided if you give the client the correct advice.

Exfoliation is beneficial to the client it removes dead skin cells from the epidermis and stimulates blood circulation which will generally improve the skins condition. There are many different products now available for men and these can be bought as grains that are mixed with water and applied as a paste or alternatively a wide range of ready to use products with a variety of bases such as fruit acids or herbals with essential oils.



NOTE TO THE TEACHER

ACTIVITY 2 MEMORANDUM

Worksheet are provided on next page

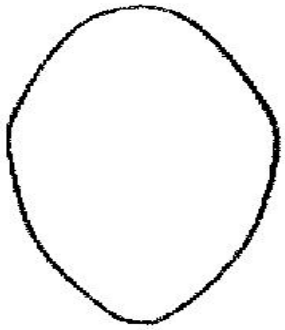
Activity 2

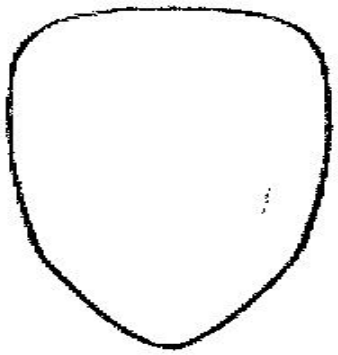
Draw suitable beard or moustache for the different facial shapes

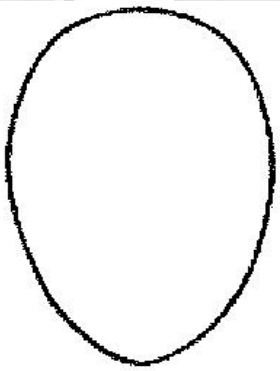
Activity 2 **Trimming beards and moustaches** **Year 3**

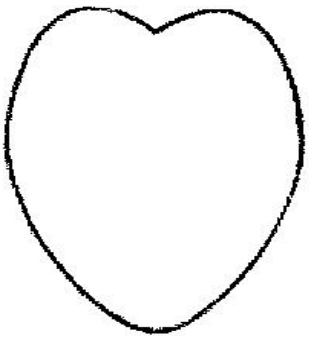
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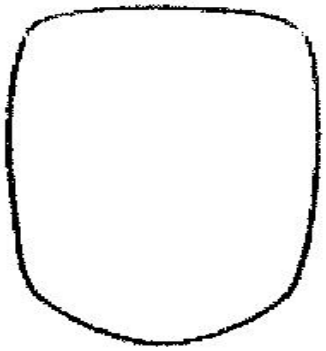
Draw suitable beard or moustache for the facial shapes.

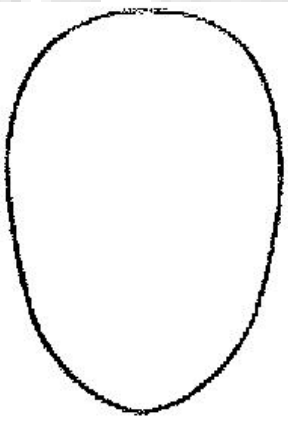












Surname and Name: _____ Date: _____

TRIMMING BEARDS AND MOUSTACHE

FURNITURE, TOOLS & PRODUCTS

- Workstation
- Chair
- Trolley
- Apron
- Water spray
- Scissor
- Cutting comb
- Cape
- Neck brush
- Clipper



SETTING UP FOR TRIMMING BEARDS AND MOUSTACHE

- Towels
- Cape ready and clean
- Make sure work station and mirror is clean
- Wearing apron
- Trolley with all tools needed
- Organised workstation

PREPARE AND EXECUTE TRIMMING BEARDS AND MOUSTACHE

- Wash and sanitise hands
- Put apron on
- Meet and greet client make her feel welcome
- Show client to the styling area
- Gown client
- Chose a beard and moustache style
- Chose the length of beard
- Clipper the beard
- Clean perimeter
- Use scissor and comb to trim moustache
- Clean client from all hair clippings

TEST 1 TRIMMING BEARDS AND MOUSTACHE

Circle the correct answer

Question 1 When does gowning of the client happen?

Before the cut during the cut after the cut 1

Question 2 Which is not an influencing factor?

Head and facial shape Body features Hair length 1

Question 3 Circle following questions True or False

A Beard with debris or grease cannot be styled.

True False 1

The size and width of the mouth forms the basis for any moustache. True False 1

Someone with a wide face will be able to wear a fuller moustache. True False 1

TOTAL: 5

MARKS

RUBRIC TRIMMING BEARDS AND MOUSTACHE

PREPARATION		MEET & GREET CLIENT		CONSULTATION		TRIMMING BEARDS AND MOUSTACHE PROCEDURE		**TOTAL**	Comments
5		**5**		**5**		**5**		**20**	
Washing of hands		Appearance &friendliness		Place a towel and cape around client shoulder		Hair is shampooed and conditioned			
Wearing apron		Specific		Place a cape around her		Starts at nape area			
Workstation clean		Body language		Communication		Then sides are cut			
Layout: materials & implements		Empathy		Confidentiality		Last on top of head is cut			
Workstation organised		Engaging		Brush clients hair out		Perimeter is clean			



Note to the teacher
Criteria for mark allocation out of 5

0	Not done
1	Poor attempt
2	Attempted
3	Good
4	Very good
5	Excellent

PRACTICAL MARK COMPILATION:

	POSSIBLE MARK	MARKED ACHIEVED
Work achieved	5	
Practical	20	
TOTAL	25	

Learner signature: _____ Date: _____

Teacher signature: _____ Date: _____

Surname and Name: _____ Date: _____

CLIPPER SHAVE

FURNITURE, TOOLS & PRODUCTS

- Workstation
- Chair
- Trolley
- Apron
- Water spray
- Scissor
- Cutting comb
- Cape
- Neck brush
- Clipper



SETTING UP FOR CLIPPER SHAVE

- Towels
- Cape ready and clean
- Make sure work station and mirror is clean
- Wearing apron
- Trolley with all tools needed
- Organised workstation

PREPARE AND EXECUTE CLIPPER SHAVE

- Wash and sanitise hands
- Put apron on
- Meet and greet client make her feel welcome
- Show client to the styling area
- Gown client
- Chose a beard and moustache style
- Chose the length of beard
- Clipper the beard
- Clean perimeter
- Use scissor and comb to trim moustache
- Clean client from all hair clippings

TEST 1 CLIPPER SHAVE

Circle the correct answer

Question 1 When does gowning of the client happen?

Before the cut during the cut after the cut 1

Question 2 which is not an influencing factor? 1

Head and facial shape Body features Hair length

Question 3 Circle following questions True or False

A Beard with debris or grease cannot be styled. True False 1

The size and width of the mouth forms the basis for any moustache. True False 1

Someone with a wide face will be able to wear a fuller moustache. True False 1

TOTAL: 5 MARKS

RUBRIC CLIPPER SHAVE

PREPARATION		MEET & GREET CLIENT		CONSULTATION		CLIPPER SHAVE		TOTAL	Comments
5		5		5		5		20	
Washing of hands		Appearance &friendliness		Place a towel and cape around client shoulder		Hair is shampooed and conditioned			
Wearing apron		Specific		Place a cape around her		Starts at nape area			
Workstation clean		Body language		Communication		Then sides are cut			
Layout: materials & implements		Empathy		Confidentiality		Last on top of head is cut			
Workstation organised		Engaging		Brush clients hair out		Perimeter is clean			

Note to the teacher
Criteria for mark allocation out of 5

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2	Attempted
3	Good
4	Very good
5	Excellent

PRACTICAL MARK COMPILATION:

	POSSIBLE MARK	MARKED ACHIEVED
Work achieved	5	
Practical	20	
TOTAL	25	

Learner signature: _____ Date: _____

Teacher signature: _____ Date: _____

Surname and Name: _____ Date: _____

SHAVING WITH A CLIPPER GRADE

FURNITURE, TOOLS & PRODUCTS

- Workstation
- Chair
- Trolley
- Apron
- Water spray
- Scissor
- Cutting comb
- Cape
- Neck brush
- Clipper



SETTING UP SHAVING WITH A CLIPPER GRADE

- Towels
- Cape ready and clean
- Make sure work station and mirror is clean
- Wearing apron
- Trolley with all tools needed
- Organised workstation

PREPARE AND EXECUTE SHAVING WITH A CLIPPER GRADE

- Wash and sanitise hands
- Put apron on
- Meet and greet client make her feel welcome
- Show client to the styling area
- Gown client
- Chose a beard and moustache style
- Chose the length of beard
- Clipper the beard
- Clean perimeter
- Use scissor and comb to trim moustache
- Clean client from all hair clippings

TEST 1 SHAVING WITH A CLIPPER GRADE

Circle the correct answer

Question 1 When does gowning of the client happen?

Before the cut during the cut after the cut **1**

Question 2 which is not an influencing factor? **1**

Head and facial shape Body features Hair length

Question 3 Circle following questions True or False

A Beard with debris or grease cannot be styled. True False 1

The size and width of the mouth forms the basis for any moustache. True False 1

Someone with a wide face will be able to wear a fuller moustache. True False 1

TOTAL: 5 MARKS

RUBRIC SHAVING WITH A CLIPPER GRADE

PREPARATION		MEET & GREET CLIENT		CONSULTATION		SHAVING WITH A CLIPPER GRADE PROCEDURE		TOTAL	Comments
5		5		5		5		20	
Washing of hands		Appearance &friendliness		Place a towel and cape around client shoulder		Hair is shampooed and conditioned			
Wearing apron		Specific		Place a cape around her		Starts at nape area			
Workstation clean		Body language		Communication		Then sides are cut			
Layout: materials & implements		Empathy		Confidentiality		Last on top of head is cut			
Workstation organised		Engaging		Brush clients hair out		Perimeter is clean			



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PRACTICAL MARK COMPILATION:

	POSSIBLE MARK	MARKED ACHIEVED
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Practical	20	
TOTAL	25	

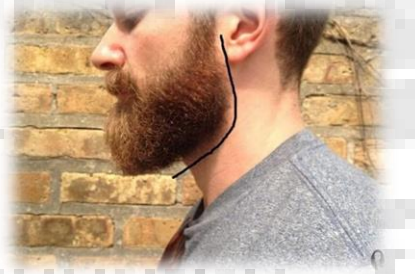
Learner signature: _____ Date: _____

Teacher signature: _____ Date: _____

Salon practice



Salon Practice

Step by step trimming facial hair		
 1.To get the beard trimming started, give your beard a thorough wash and then treat it with conditioner. Once you have done this, ensure that the beard is bone dry. It is the complete opposite of a shave at home. When shaving, the facial hair should be wet, when trimming the facial hair, it must be dry. This way you will have a successful trim that will leave you happy and pleased with your work!	 2.Comb out your clean and bone-dry beard in a downward motion ensuring that every hair is travelling in the same direction. This will allow you to cut consistently and ensure the trimming process goes smoothly. If you also have a moustache, you must treat that in exactly the same way	 3.To begin the trimming process using your trimmer, have the guard set to the highest level it will go. Remember, once you cut too much off your beard there is no going back. So be cautious and start the guard high, working to a lower grade once you gain confidence and can judge the amount being trimmed
 4. Just like the fading process from your hair to your neckline, your jawline to neck should have the same fade. Hold the skin taut at your neck, since neck skin can often at times be loose which means you won't achieve the proper trim you are looking for	 5.Don't forget your moustache needs a trim as well.	 6.The hair can grow right into your mouth as you are growing your beard. Trim it to the lip line using the same technique and gradually change the length. If you wanted to, you could try combing your longer moustache to the side to start before you start your final trim.

7.Some of you might think that this is a no-brainer, but it is not. If you are holding a trimmer in your hand and you see a flyaway piece of hair standing proud, the solution is NOT to hold your trimmer near it and hope for the best. There is every chance this procedure could end in tears. The way forward is to wait until you have finished trimming, comb your beard once more, and then snip the unruly blighters with your scissors. This is safer and a more professional way of dealing with the stray hair.	8. The trimming process is complete and now you can relax. Hopefully, you are happy with the outcome of your labour. It is now time to put the final additions to your new look. You can complete the beard trim by moisturising your trimmed beard with priming oil, balms and any other recommended moisturiser. They not only help to keep your follicles unblocked, they also keep your beard hair shiny and healthy	



CHAPTER 7
BASIC HAIR PATTERNS AND DESIGN



Unit 1: Factors considered when creating curved and straight patterns in hair
Unit 2: Consultation
Unit 3: Basic design principles
Unit 4: Cutting techniques
Unit 5: Cutting procedure
Unit 6: After care

LEARNING OBJECTIVES:

When you have finished this chapter, you should:

- Know the job roles that people within the hair industry
- Know the working patterns of people working within the sector
- Know the career opportunities available to you in the future
- Understand the services associated with hairdressing and barbering

KEY TERMS:

Beard/Moustache Trimming Cutting Salon Blow-Drying

Setting Hair Up Colour Correction Highlights Shaving Colouring

Lightening Perming Shampooing Consultation Relaxing

Styling Lotion Botox Hair Shaft Cuticle Layer Thermal styling

Gents facials

CAREERS:

- Cleaner at a salon
- Receptionist
- Shampooist
- Operator
- Stylist
- Colour Technician
- Junior hairdresser
- Hairdresser
- Supervisor
- Manager
- Salon owner
- Hairdressing consultants
- Image and deportment advisor
- Retail consultants
- Store merchandiser
- Stylist on board a Cruise Liner
- Field technician
- Teacher
- Trichologist (hair doctor)
- Salon owner
- Assistant Hairdresser

SKILLS DEVELOPMENT:

- Organisational skills
- Decision making
  Social skills
- Communication skill
- (*verbal and non-verbal)*
- Teamwork Skills
- Respect
- Integrity
- Positive attitude
- Enthusiasm

ENTREPRENEURSHIP:

- Selling products
- Promotional day
- Promote new services
- Offer of updated techniques

Introduction Basic hair patterns and design

Hair design and scalp tattooing both have their origins in tribal and ethnic cultures.
The ranges of effects achievable limited by the imagination.

Unit 1 Maintain effective and safe methods of working when cutting hair

Tools and client preparation
Hygiene and sterilisation
Cutting techniques
Working safely position and comfort
Working effectively and efficiently

Refer to previous Chapters

Cutting tools

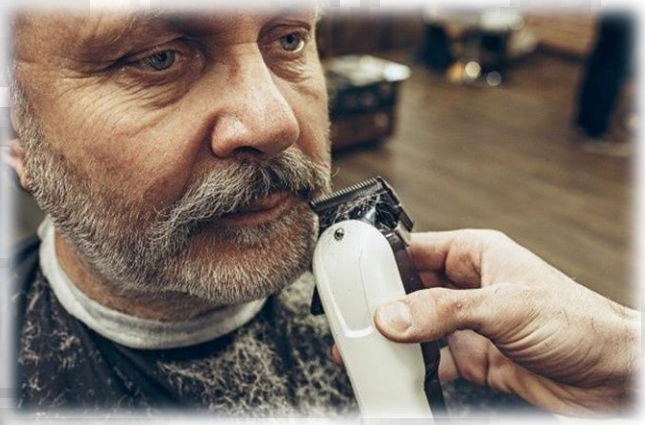


- **Standard clipper** – Standard with clippers is a general catch all piece of equipment
- **T liner clipper** – are a more specialised clipper that has a T shaped blade
- **Mini clipper** – they have a narrower cutting width than standard clippers and are particularly use full for hair detailing or precision designs

There are two ways of holding clippers for cutting purposes.

- Fixed blade down – the normal way for removing hair and using the different sized clipper attachment.
- Reverse i.e., fixed blade up this provides a lining tool for cutting outline perimeter shapes such as necklines or as an edging tool for creating detail with in a hairstyle.





The three different mode lines are:

- Classic or traditional
- Current fashion
- Futuristic or Avant Gard

Classic or traditional

Classic or traditional work timeless. That is to say that the effects are either in or out of fashion. Classic themes created at a time when the basic design rules were first established. Classic work tends to be quite different from the other two groups of styles as it has the following distinct qualities:

- The effect tends to be quite simple in their design construction
- Simple design has greater impact because they are clearer, they have a less busy uncluttered appearance that creates better visual contrast
- The effect is durable and last well



Current fashion

Current fashion trends are changing all the time. These fashions are different to classic styling in that they are of the moment. They often start on the catwalks or fashion shows on stages in arenas around the world worn by music artists.

Future (Avant Gard) fashion tries to push the boundaries of what is acceptable These people want exclusivity they do not want to share their look with others they are more than happy to carve out their own individual look.



Working with design

Very few people have the artistic ability to be able to visualise a photograph of a finished look let alone an element of design or a pattern upon them. You need to find ways of look let alone an element of a design or a pattern upon them. You need to find ways

- Making the design or pattern larger
- Incorporating the design into a finished effect.

You should have two physical components to work

- The first is original research or source item this could be in the form of a photograph magazine cuttings internet downloads or sketches.
- The second is the composition of finished effects it is more likely that you will want to use this within the working environment and therefore the research material is superfluous in a portfolio that will want to share with clients.

Style aspects

- **Head and facial shape –** is the client's hair long enough to produce the 2D effect?
- **Hair design consideration** – It is the effect that people make decisions upon and comments about for example" that is a great effect I think really suits you" The complete hair design based upon suitability matched to personality or image aspects.
- **Hair positioning type growth and tendency –** Hair growth direction and distribution should be a major consideration for what is achievable with a hairstyle. You need to make allowance for strong movement high or low hairlines natural partings hair whorls cowlick widow's peak and double crowns. Look for these before shampooing.
- **Hair pattern suitability –** Artistically speaking the client hair will look right when the design does one of two things.



It harmonises i.e., fits and work with the shape of the face and head and therefore provides an enhancement to an overall image.
It contrasts i.e., accentuates feathers of the face and head by creating a prominent strong or stark overall image

Basic principles of design

- **Balance** – effect produced by the proportions and distribution of detail throughout the style.
- **Style line –** are the direction in which the hair design is positioned or appears to flow
- **Partings and divisions –** lines create upon the head will draw the attention of the eye and can be used to create flow and movement away from the face to the detail that lies beyond.
- **Movement-** refers to the variance of line direction within the design the more variety in direction the more movement there will be
- **Hard and soft effects –** results from the balance or imbalance within the hair design or from the movement or lack of movement within it. Suitable lining will convey softer harmonising effects whereas stronger lines produce contrasting effects that work better to achieve dramatic result.

Consultation

Contra indications to the hair design work do not provide this service when:

- There is signs of cuts or abrasions on the scalp
- There are signs of reddening from conditions like eczema and skin sensitivity or skin allergies
- There are any other adverse symptoms such as infection or infestations
- The ski surface is too uneven to produce a successful finished result.



Pre cutting

In order to work with manageable lengths of hair you need to pre-cut the client's hair to the length that will enable you to transfer your design to the head allowing for part of the detailing.

In actuating detailing

The most common cutting problem is that of inaccurate detailing. It happens when clippers take too much hair away from the area you want to work with.

- Make sure that you remove all loose clippings as you go along
- If you take too much hair away in a particular area, you can then choose between modifying your pattern to incorporate a different detailing or re work the design plan to accommodate another theme or effect.

Provide aftercare advice

Some design work involves colouring too and if different areas of hair contrasting colour segments you may need to provide your client with advice for which type of shampoo will work best by not causing the colour to fade or run together if the hair has had a permanent colour service, then the effects should be less problematic.

Surname and Name: _____ Date: _____

PLAN AND DESIGN PATTERN

FURNITURE, TOOLS & PRODUCTS

- Workstation
- Chair
- Head form
- Grey pencil
- Colouring pencils



SETTING UP FOR PLAN AND DESIGN PATTERN

- Make sure work station is clean
- Organised workstation with :
- Head form
- Pencil
- Colouring pencils

PREPARE AND EXICUTE PLAN AND DESIGN PATTERN

- Wash and sanitise hands
- Clean your workstation
- Get your head form
- Make sure you pencils are sharp and reedy to use
- Start your design planning

TEST 1 PLAN AND DESIGN PATTERN

Circle the correct answer

Question 1 With which hairdressing tool do we do the design cutting?

Scissors Thinning Scissor Clipper Razor 1

Question 2 Circle following questions True or False

1. Standard clipper – Standard with clippers are a general catch all piece of equipment
   True False 1
2. T liner clipper – are a more specialised clipper that has a V shaped blade
   True False 1
3. Mini clipper – they have a narrower cutting width than standard clippers and are particularly
   use full for hair detailing or precision designs
   True False 1
4. Clipper fixed blade down – the normal way for adding hair. True False 1

TOTAL: 5 MARKS

Surname and Name: _____ Date: _____

PLAN AND DESIGN PATTERN

FURNITURE, TOOLS & PRODUCTS

- Workstation
- Chair
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- Grey pencil
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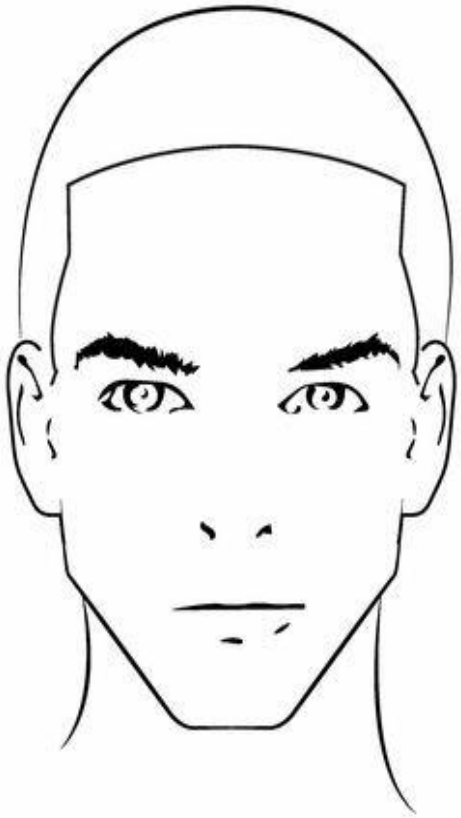
SETTING UP FOR PLAN AND DESIGN PATTERN

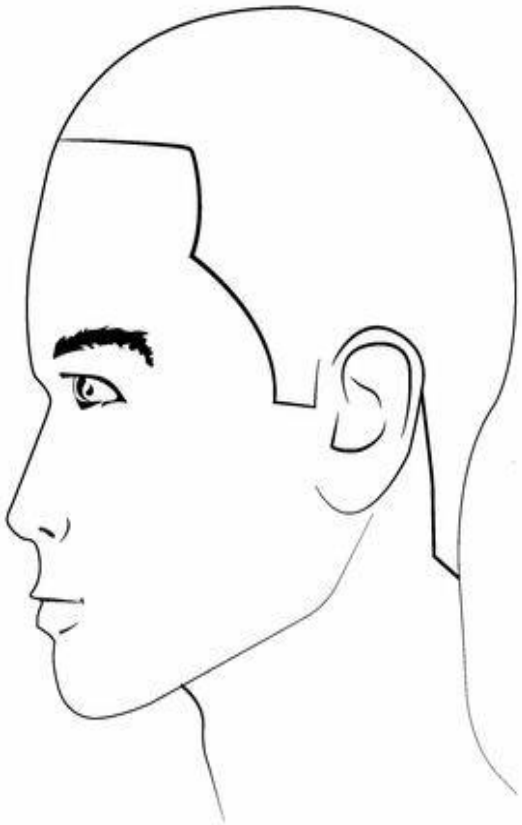
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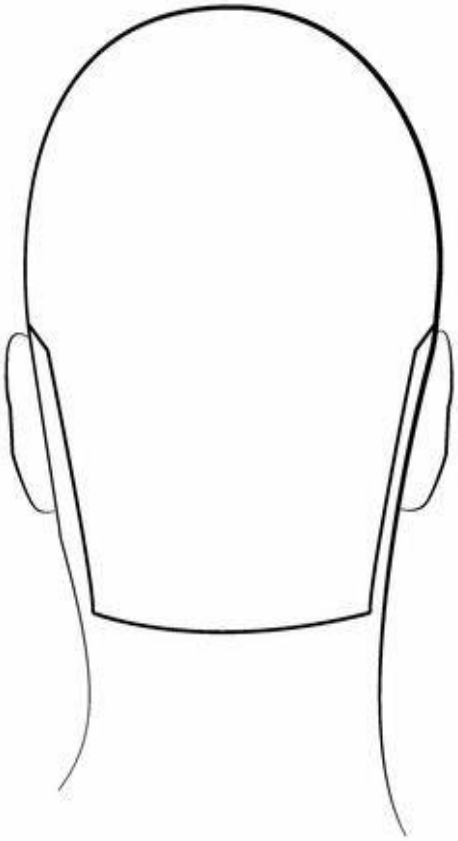
PREPARE AND EXICUTE PLAN AND DESIGN PATTERN

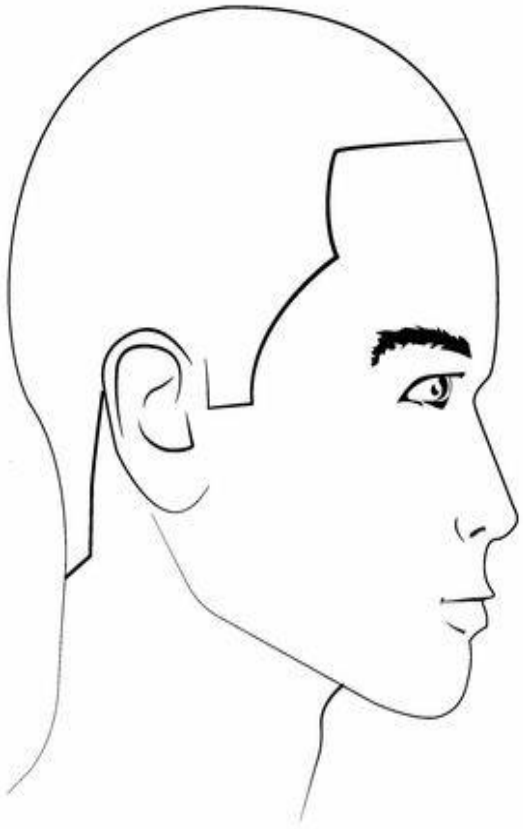
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Surname and Name: _____ Date: _____









RUBRIC PLAN AND DESIGN PATTERN

PLANNING OF DISIGN	DESIGN PATTERN	TOTAL	COMMENTS
10	**10**	**20**	
Washing of hands	Pattern is placed appropriately in relation to the head		
Workstation clean	There is balance in the design		
Layout: materials & implements ready to use	Style lines is appropriately placed		
Specific	There is enough movement		
All style aspects is considered	Hard and soft effects are in cooperated		



Note to the teacher
Criteria for mark allocation out of 5

0	Not done
1	Poor attempt
2	Attempted
3	Good
4	Very good
5	Excellent

PRACTICAL MARK COMPILATION:

	POSSIBLE MARK	MARKED ACHIEVED
Work achieved	5	
Practical	20	
TOTAL	25	

Learner signature: _____ Date: _____

Teacher signature: _____ Date: _____

Surname and Name: _____ Date: _____

CUT PATTERN ON A MANNEQUIN

FURNITURE, TOOLS & PRODUCTS

- Workstation
- Chair
- Mannequin
- Clippers
- Neck brush
- Design



SETTING UP FOR CUT PATTERN ON A MANNEQUIN

- Make sure work station is clean
- Organised workstation with :
- Mannequin
- Clippers

PREPARE AND EXICUTE CUT PATTERN ON A MANNEQUIN

- Wash and sanitise hands
- Clean your workstation
- Get your head form
- Clippers are oiled and ready to use
- Start your cut be sectioning out your hair
- Pre-cut hair
- Start cutting design

TEST 1 CUT PATTERN ON A MANNEQUIN

Circle the incorrect answer

Question 1 for cutting patterns in hair various clippers is used

Standard clipper T liner clipper Mini clipper Wonder clipper
1

Question 2 Circle following questions True or False

1. Classic or traditional work could be defined as timeless True False
   1
2. Current fashion trends are changing all the time True False
   1
3. Future (avant garde) fashion tries to push the boundaries True False
   1
4. Classic work tends to be uninteresting True False
   1

TOTAL: 5

MARKS

RUBRIC CUT PATTERN ON A MANNEQUIN

PLANNING OF DISIGN	DESIGN PATTERN	TOTAL	COMMENTS
10	**10**	**20**	
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Surname and Name: _____ Date: _____

CUT PATTERN ON A CLIENT

FURNITURE, TOOLS & PRODUCTS

- Workstation
- Chair
- Mannequin
- Clippers
- Neck brush
- Design



SETTING UP FOR CUT PATTERN ON A CLIENT

- Make sure work station is clean
- Organised workstation with :
- Towel
- Cape
- Clippers

PREPARE AND EXECUTE CUT PATTERN ON A CLIENT

- Wash and sanitise hands
- Clean your workstation
- Get your head form
- Clippers are oiled and ready to use
- Start your cut be sectioning out your hair
- Pre-cut hair
- Start cutting design

TEST 1 CUT PATTERN ON A CLIENT

Circle the incorrect answer

Question 1 For cutting patterns in hair various clippers is used

Standard clipper T liner clipper Mini clipper Wonder clipper 1

Question 2 Circle following questions True or False

Hair growth direction and distribution should be a major consideration
True False 1

In order to work with manageable lengths of hair you need to pre-cut the clients hair
True False 1

The most common cutting problem is that of inaccurate detailing True False 1

The classic effect is durable and last well True False 1

TOTAL: 5

MARKS

RUBRIC CUT PATTERN ON A MANNEQUIN

PLANNING OF DISIGN	DESIGN PATTERN	TOTAL	COMMENTS
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Washing of hands	Pattern is placed appropriately in relation to the head		
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SALON PRACTICE



Step by step plan and cut a disgn in hair		
 Before you start “tattooing,” make sure your base is in good shape and your tattoos will stand out.	start out by using a white eyeliner pencil to draw on the head first. That way if your design doesn’t look exactly how you want it to look, you can wipe it off and redo it. Once it looks right, you can go in and outline it with your clippers. Then, if you want an even more precise line, finish your design with a straight razor. “I always use trimmers first—never go right in with a razor,”	When creating curved line designs on the round of the head, use your pointer and middle fingers like a protractor, keeping these fingers in one spot and rotating your clippers around them 
		
		
		