

JOB ROLE – ASSISTANT BEAUTY THERAPIST

Sector – Beauty & Wellness
(Qualification Pack Code: BWS/Q 0101)



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UNIT 3: HAIR CARE

Session 2: Common Hairdos

Session Objectives

The students will be able to:

- Make common hairdos
- Make use of different types of hair accessories for making hairdos
- Describe the factors that influence hair styling

Introduction

Hairdo is an informal word for hair style. It is the way the hair is cut, dried, and arranged on the head. Creating a hairdo is an integral part of grooming. It can change the appearance of a person and can also instill confidence in her/him.

Common Hairstyles

Plait: The simplest way to do a plait is twisting three sections of the hair together in one braid. There are several ways to plait the hair and create funky looks, for example, side plait, centre plait, fishtail plait, French plait, Dutch plait, rope plait, etc.



Plait

Common Hairstyles

Twist: It relates to twisting two parts of the hair tightly. Take a section of the hair and divide it into two equal parts. To begin, twist one part around the other. Continue working on your way down the strand, twisting in the same direction. When you reach the end, hold the ends firmly between two fingers, and gradually, release the pressure so that the twist loosens and settles on its own.



Twist

Common Hairstyles

Braid: Braid is a complex pattern formed by interlacing three or more stands of hair. The best thing about this style is that it can be worn on any type of hair — long, short, bun, curls, etc. There are milkmaid braids, fishtail braids and French braids.



Braid

Common Hairstyles

Knot: Knots are simple to make and are literally done by knotting sections of the hair. The simplest of all is 'cascading half updo'. Just take one section each from the left and side of the head behind the ears. Knot these two sections and pin up the loose ends. Leave the rest of the hair open. You can, similarly, make a knotted style out of the entire hair by dividing it into two and making a knot.



Knot

Common Hairstyles

Chignon: It is a type of bun, which gives voluminous look to the hair and is, usually, made at the nape of the neck. To create this style, gather all the hair at the nape and gently twist them till the end. They start to coil. Continue twisting them into a bun and secure the bun with pins. Use a tail comb and pull the hair gently to create a voluminous look. Pull a section at the crown area to give a little height.



Chignon

Common Hairstyles

Pleat: It involves layering of the hair and tucking each layer into side swept bun. To make the simplest pleat, brush the hair, twist the top section of the hair and pin it at the back. Now, take the section behind, twist it and pin it at the back. Take the previously twisted section and divide it lengthwise across the head and ear-to-ear. Take the first section and back comb it. Similarly, back comb all layers. Now, tuck the sections one-by-one neatly at the back. Comb the top layer and pin it over the sections tucked at the back. Set the hairdo with a hairspray.



Pleat

Common Hairstyles

Roll: To make this hair style, put a stretchy headband around the crown area. Pull hair from the crown area to give a voluminous look. Starting from one side of the hair, loop a section around the headband. Take more sections and cover the headband. Spread the strands evenly as you go on looping the hair. Wrap the entire hair and ensure that no loose strands are seen. If some strands peek out, secure them with pins. This is called 'princess roll'.



Roll

Common Hairstyles

Ringlets: This style gives an elegant and stylish look to the hair without much hassle. They stay intact for a long time and are perfect for special occasions. They can be created with the help of a curling iron (Fig. 3.18). Ringlets are of many types, such as spiral, smooth, soft, fluffy, levelled, etc.



Ringlets

Common Hairstyles

Smooth blow dry: Blow drying is a simple method to give bounce to the hair. It is done to straighten the hair. Divide the hair into sections and pick one. Clip the rest of the hair and start working on that section. Roll the hair in a brush in a clockwise direction and use a hairdryer directly on it. Perform this type of blow drying on damp hair.



Smooth blow dry

Common Hairstyles

Curly blow dry: A section of the hair is lifted using fingers and air is passed through the hand from the diffuser just before clamping the fist. Mousse has an important role in this process as it helps to hold the style. It should be applied by turning the head upside down. In this style, the curls are not pulled, so straightening is avoided.



Curly blow dry

Common Hairstyles

Tonging: Tongs are used for curling the hair. Prep hair with a heat protectant. Curl the hair with a tapered curling wand. Hold the wand horizontally and wrap the hair around it. Once hot, release the hair and let it cool. Lightly finger comb through curls. Style bangs as desired. Use a hairspray to hold the style.



Tonging

Common Hairstyles

Straightening: Hair straighteners and blow dryers are used for straightening the hair. Take a small section of the hair, press it between the plates and gently move down along the length of the hair. Repeat the process to achieve perfect straightening. Now, take another section of the hair and repeat the process. While straightening the hair using a blow dryer, take a section of the hair on a brush and keep the mouth of dryer over the brush and move along the length. Repeat this process with every section till the entire hair is straightened.



Straightening

Styling Products, Tools and Equipment

Hair pins: They are wavy U-shaped pins. They are appropriate for twists and buns. They also come attached with pearls or covered with glitters.



Styling Products, Tools and Equipment

A range of styling products, tools and equipment are available for styling the hair. Every salon has its own set of references as regards to products and tools. Some products, tools and equipment that commonly used are given below.

- Styling lotions
- Mousse
- Styling gel
- Heat protectant
- Serum

Styling Products, Tools and Equipment

Hair Clips



Barrette



Jaw clip



Banana clip



Alligator clip



Snap clip

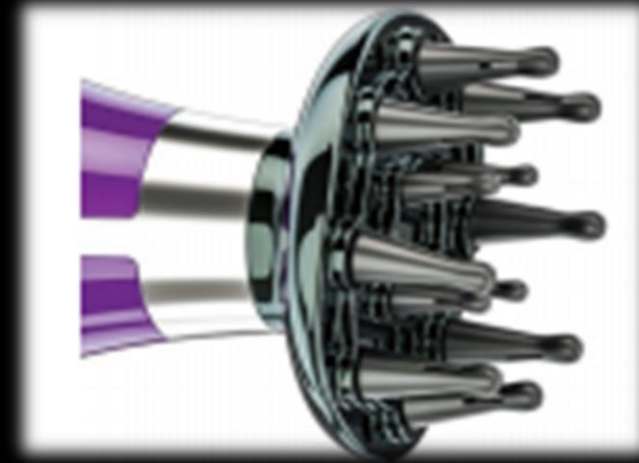
Styling Products, Tools and Equipment

- Hairspray
- Cream
- Finishing gel
- Combs
- Flat back brush



Styling products, tools and equipment

Diffuser : It is like an accessory fixed at the end of a hairdryer. It helps in controlling and diffusing the heat directed onto the hair.



Tong or curling iron: Heated tongs or curling iron is used to curl up the hair. It is a hand-held tool and comes in various sizes, types and shapes.

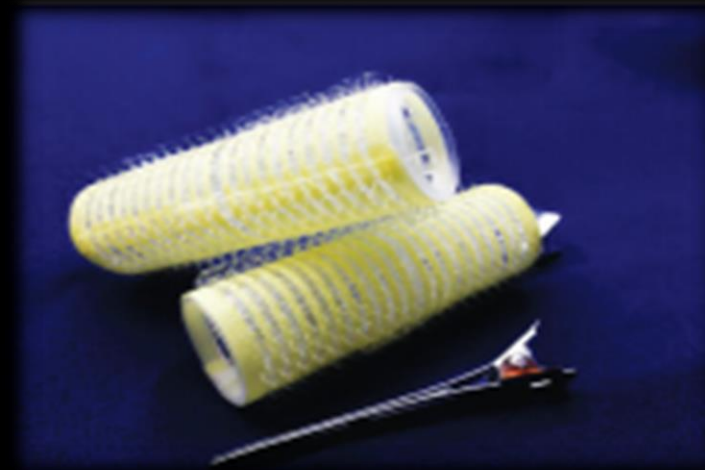


Styling Products, Tools and Equipment

Straightener: A straightener is used to straighten or flatten curly or wavy hair. It also comes in various types and sizes.



Roller: A hair roller or hair curler is a small tube that is rolled onto a person's hair in order to curl it or make a new hairstyle.



Physical Effects of Styling on Hair Structure

If heat is applied incorrectly, it can cause hair breakage, discolouring burning of the scalp, turning bleached hair yellow and fading of chemically treated hair.

Summary

In this session, you have learnt about simple hair dressing and common hairdos. You have also learnt about the factors that influence hair services, hair scalp conditions and creating various hairstyles using different types of hair accessories.

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