

Shampoo and Condition hair & Scalp

Importance of preparing working areas, client and self, taking into account Health and Safety requirements and environmental conditions

Importance of stylist and client positioning during the shampoo service

Importance of following correct working practices for the prevention of Contact Dermatitis

Hair & Scalp conditions

- Damaged
- Product build up
- Normal Oily
- Dry
- Dandruff affected
- Sensitive

Products

Shampoos – cleansing / detergents break surface tension of water, allowing water and oil / dirt / product build up to mix. Hydrophobic tails surround and dig into grease / dirt molecules on hair. Hydrophilic heads like the water keep the dirt / grease suspended in the water to be rinsed away.

Surface conditioners – close the cuticle (acidic) to give a smooth feel and make hair shine, due to good light reflection. Return the hair to its natural pH value 4.5-5.5. Aid moisture retention. Prevents creeping oxidation that can lead to colour fade / discolouration.

Penetrating conditioners - Enter the cuticles and cortex and help to restructure / mend the hair where required.

Scalp treatment –moisturises the scalp to help with dryness / dandruff, helps nourish / soften the hair

Steamer – moist heat

Clymazones / rollerballs dry heat

Wide-toothed comb

Tinting bowl & brush

Plastic head cap

Heat raises the cuticle

Warm water keeps cuticle raised to aids effective rinsing

Comfortable for the client

Cold water

- Closes the cuticle
- Causes discomfort
- Is less effective for rinsing product
- Stimulates the sebaceous gland

Hot water

- Burns the scalp
- Dries the hair
- Causes discomfort
- Stimulates the sebaceous gland

- Incorrect use of shampoo;
- Hair is not cleansed properly
- Creating a barrier to future services
- Styling services to lose their shape quickly
- Inflame scalp conditions present
- Deteriorate / make worse the hair condition

- Incorrect use of conditioners;
- The hair is too soft to hold a style
- Hair is flyaway / static
- Creates a barrier on the hair for chemical services
- Hair is lank / greasy quickly

ACIDS CLOSE THE CUTICLE

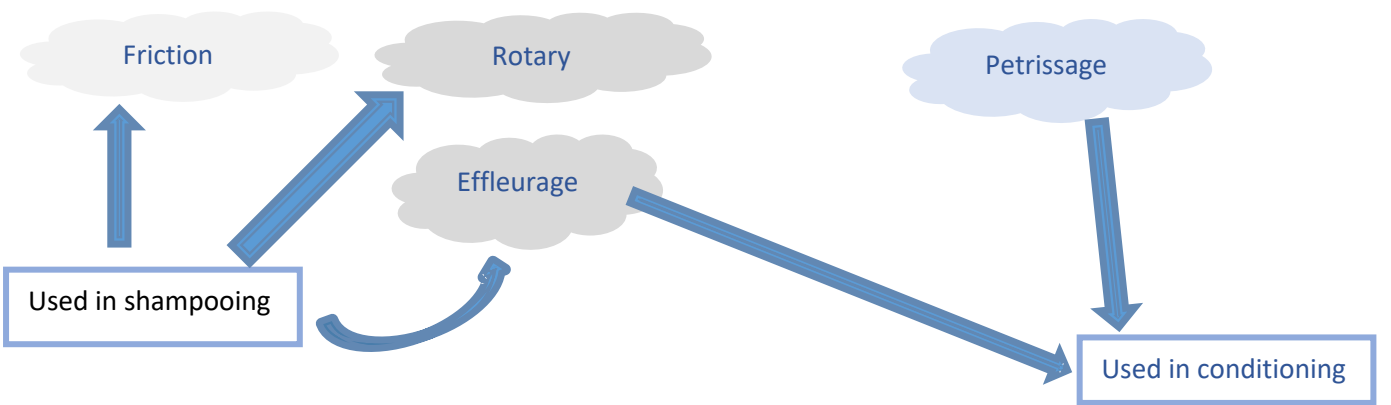
ALKALINES OPEN THE CUTICLE

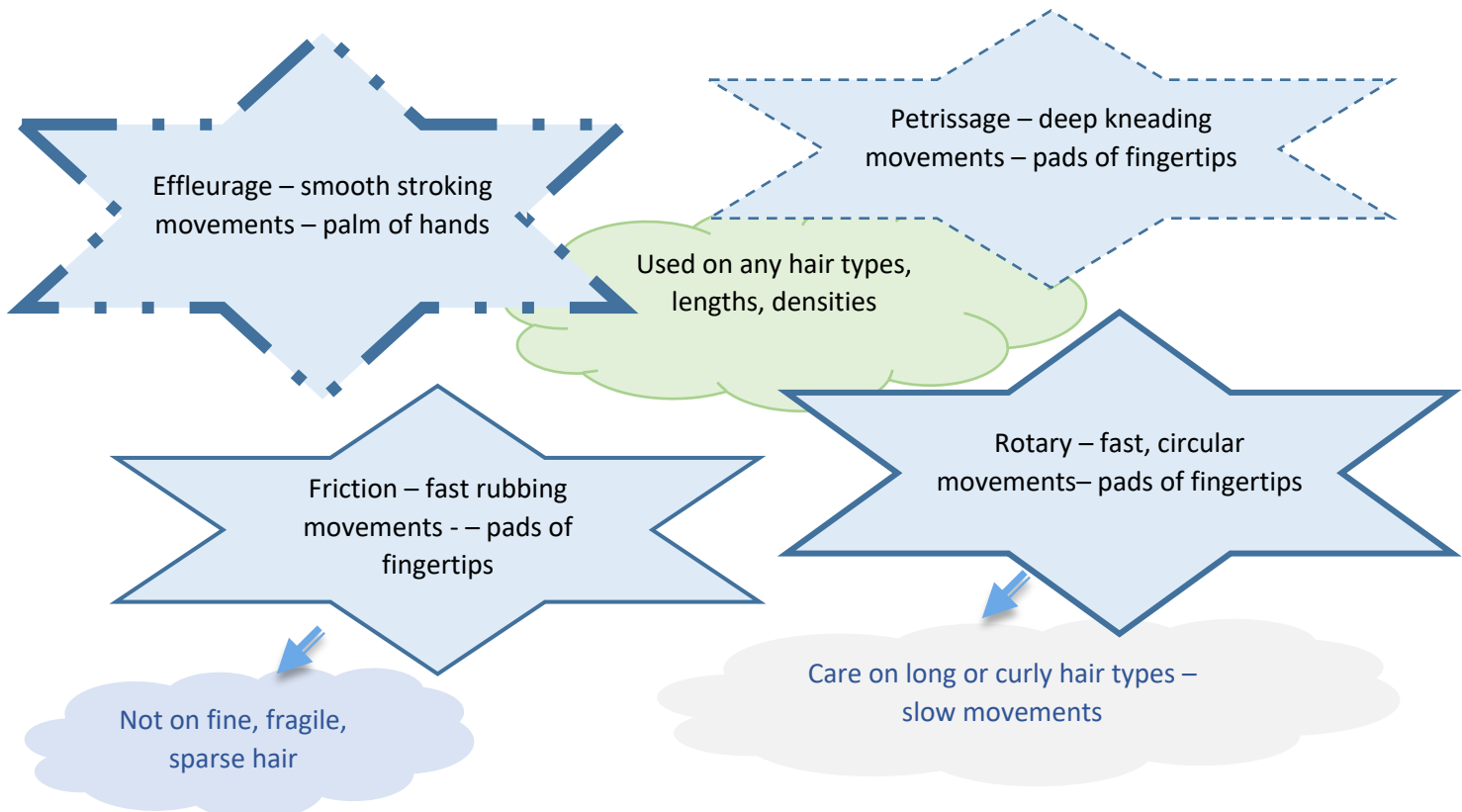
Acids too strong will harden the hair making it brittle / causing snapping

Alkaline too strong will swell the hair to such an extent it disintegrates / breaks up / becomes like chewing gum and breaks off

Conditioners restore the natural pH value of the hair to 4.5-5.5

Massage techniques





Importance of detangling point to root;

- Avoid compacting knots further
- Damage to the hair / breakage
- Discomfort to the client – pulling
- Premature hair loss

Importance of repeating shampoo process;

- Ensure cleansed thoroughly
- Further services not adversely effected

Importance of removing products thoroughly;

- Avoid scalp irritation
- Adverse effects on future chemical services

Surface conditioners on, massaged in and off

Blot dry – NO RUBBING – squeeze to remove excess moisture

Treatment conditioners 5-30mins

Penetrating conditioners 3-5mins

Adapting service;

- Water pressure
- Massage technique / pressure
- Products used
- Water temperature

Aftercare advice;

- Correct detangling techniques
- Time interval between services
- Suitable shampoos, conditioning products
- Present and future products and services