

# ESSENTIAL DISCOVERIES AND ACCOMPLISHMENTS

In the space provided below, write notes about key points learned in the chapter. Share your Essential Discoveries with other students in your class and ask if the notes are helpful to them. You may want to update your discoveries based on good ideas shared by your peers.

## **Discoveries:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

List at least three things you have accomplished since your last entry that relate to your career goals.

## **Accomplishments:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

**Across**

**Word**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Clue**

2. Largest expense in the salon
5. Information about a specific population including data on race, age, income, and educational attainment
6. Supplies sold to the client
9. Ownership is shared by two or more people
10. Should not exceed 3 percent of your gross income
11. Must state all provisions that pertain to the landlord and tenant

**Down**

**Word**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Clue**

1. Advertising that is sent to your current salon client list
3. First and last person the client contacts
4. Supplies used in the daily business operations
7. Ownership is shared by stockholders
8. Proprietor is owner and manager

 **ACTIVITY 2** The Salon Business Fill in the Banks

Using the following words, fill in the blanks below to form a thorough review of Chapter 32, The Salon Business. Words or terms may be used more than once or not at all.

advertising	health	overall attitude
booth rental	incoming phone calls	quality inventory
business plan	indispensable	receptionist
capital	investment capital	retail
consumption supplies	location	sole proprietorship
correct grammar	mortgage	tact
equal	nerve center	
excellent customer service	non-compete	

1. Supplies used in daily business operations are called \_\_\_\_\_.
2. An important aspect of the salon's financial success revolves around \_\_\_\_\_ sales.
3. A satisfied client is the very best form of \_\_\_\_\_.
4. The lifeline of the salon is \_\_\_\_\_.

In the space provided, write a thirty-second radio ad promoting your salon and its services.

---

---

---

---

---

---

---

---

---

---

 **ACTIVITY 3** Selling in the Salon

Research at least three different salon computer systems used for point of sale and client tracking. List the features and benefits of each and report to the rest of the class your recommendations for purchase.

**System 1:**

---

---

---

---

---

---

---

---

---

---

**System 2:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

 **ACTIVITY 5** The Front Desk

What are the key elements to the front desk? Explain each?

- ---

---

---

---

---
- ---

---

---

---

---
- ---

---

---

---

---
- ---

---

---

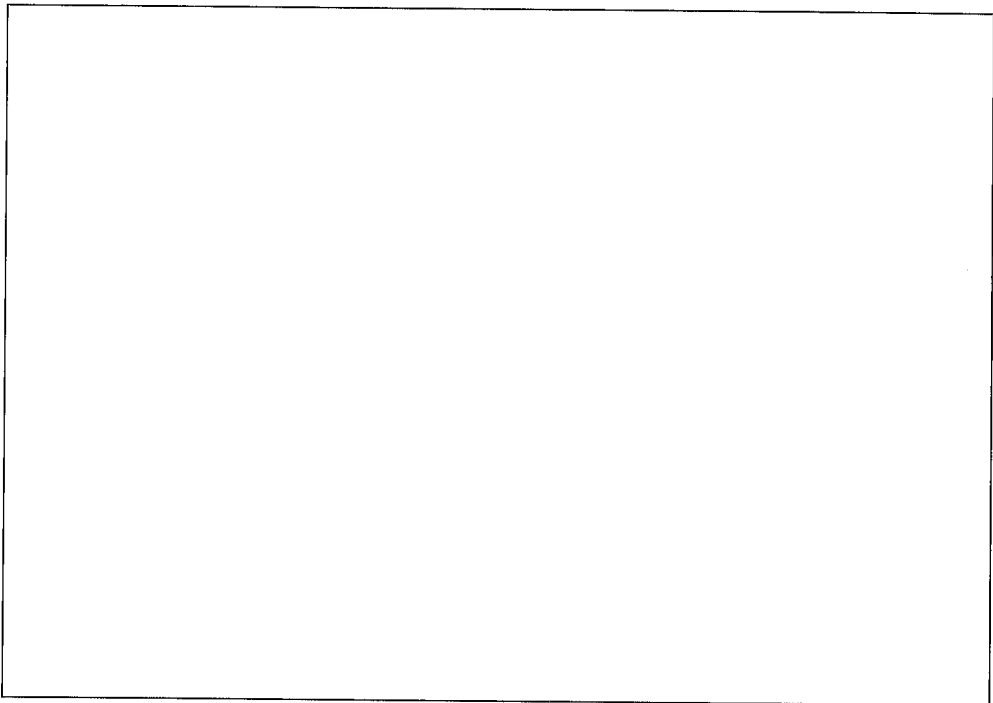
---

---

# Elements of a Successful Salon

## **ACTIVITY 1** Planning the Salon Layout

Sketch a two-dimensional salon of your dreams based on the information from Chapter 32, pages 1090–1091 in your textbook.



## **ACTIVITY 2** Job Descriptions

Write a position description for a stylist and a receptionist in your salon. Be thorough and specific. Outline their general responsibilities as well as their specific duties. Use additional paper as needed.

**Stylist:**

---

---

---

---

---

---

## **ACTIVITY 8** Purchasing an Established Salon

Any agreement to buy an established salon should include the following:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## **ACTIVITY 9** Allocation of Money

Assume the following facts:

- Your monthly revenue goal is \$10,000.
- The ticket average in your salon is \$20 per client.
- Your salon is open five days a week, or an average of 22 days a month.

Based on the above information, determine how many clients you will have to serve per day and how many stylists you will have to employ to reach your revenue goal.

---



---



---


Once you have obtained the above information, apply the percentages taken from Chapter 32, The Salon Business, Table 32-1, on page 1088 of your text, to the \$10,000 gross revenue to determine what your salon net profit will be for the month.

Salaries:	$\$10,000 \times 53.5\%$	= \$	_____
Rent:	$\$10,000 \times 13\%$	= \$	_____
Supplies:	$\$10,000 \times 5\%$	= \$	_____
Advertising:	$\$10,000 \times 3\%$	= \$	_____
Depreciation:	$\$10,000 \times 3\%$	= \$	_____
Laundry:	$\$10,000 \times 1\%$	= \$	_____
Cleaning:	$\$10,000 \times 1\%$	= \$	_____
Light and Power:	$\$10,000 \times 1\%$	= \$	_____
Repairs:	$\$10,000 \times 1.5\%$	= \$	_____
Insurance:	$\$10,000 \times .75\%$	= \$	_____
Telephone:	$\$10,000 \times .75\%$	= \$	_____
Miscellaneous:	$\$10,000 \times 1.5\%$	= \$	_____
	Total Expenses:	\$	_____

 **ACTIVITY 3** Create Your Brand Identity

In the Essential Reflections section, you wrote down the type of salon you would like to open. Explain the basic issues that you should consider when creating your brand identity.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

 **ACTIVITY 4** Vision and Mission Statements for the Business

Create a personal vision and mission statement.

Vision Statement:

---

---

---

---

Mission Statement:

---

---

---

---

 **ACTIVITY 5** Types of Salon Ownership

List the types of salon ownership in the left column. Compare each type in the right column.

Salon Ownership	Description

**Cosmetologists should study and have a thorough understanding of the salon business because:**

- > As you become more proficient in your craft and your ability to manage yourself and others, you may decide to become an independent booth renter or even a salon owner. In fact, most owners are former stylists.
- > Even if you spend your entire career as an employee of someone else's salon, you should have a familiarity of the rules of business that affect the salon. It is also important to look at your career behind the chair as your own business.
- > To become a successful entrepreneur, you will need to attract employees and clients to your business and maintain their loyalty over long periods of time.
- > Even if you think you will be involved in the artistic aspect of salons forever, business knowledge will serve you well in managing your career and professional finances, as well as your business practices.

## ESSENTIAL REFLECTIONS

### What do I need to know about the salon business in order to be successful?

There are many factors to consider before taking the step into ownership or even management. Knowledge of business principles, bookkeeping, business laws, insurance, salesmanship, and psychology is crucial for the successful salon owner or manager. Serving people is one thing; managing people is quite another. Just knowing a bit about business is not enough. You need to develop leadership skills, self-control, and sensitivity. This whole area of business calls for planning, supervision, control, evaluation, and above all, teamwork.

- Do you daydream about owning your own salon?

---

- What is the name of your salon in your daydream?

---

- What type of salon is your "daydream" salon? For instance, what type of customers and revenue would your business generate?

---

---

---

---

---

---

---

---

---

---

---

---



# ESSENTIAL DISCOVERIES AND ACCOMPLISHMENTS

In the space provided, write notes about key points learned in the chapter. Share your Essential Discoveries with other students in your class and ask if the notes are helpful to them. You may want to update your discoveries based on good ideas shared by your peers.

## Discoveries:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

List at least three things you have accomplished since your last entry that relate to your career goals.

## Accomplishments:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# ESSENTIAL REVIEW

Using the following words, fill in the blanks below to form a thorough review of Chapter 31, On the Job. Words may be used more than once or not at all.

<b>budget</b>	<b>financial</b>	<b>retailing</b>
<b>client</b>	<b>grateful</b>	<b>salon</b>
<b>client consultations</b>	<b>hourly</b>	<b>servicing</b>
<b>commissions</b>	<b>immature</b>	<b>temptation</b>
<b>compensation</b>	<b>increasing</b>	<b>ticket upgrading</b>
<b>conflict</b>	<b>job description</b>	<b>transition</b>
<b>client base</b>	<b>salary-plus-commission</b>	
<b>feelings or desires</b>	<b>respectful</b>	

1. When you become an employee of a salon, you will be expected to put the needs of the \_\_\_\_\_ and \_\_\_\_\_ ahead of your own.
2. Making the \_\_\_\_\_ from school to work can be difficult.
3. The number one thing to remember when you are in a service business is that your work revolves around \_\_\_\_\_ your clients.
4. In the salon, you will have to quickly get used to putting your own \_\_\_\_\_ aside and putting the needs of the salon and the client first.
5. Getting to work on time is \_\_\_\_\_ not only to your clients but also to your coworkers who will have to handle your clients if you are late.
6. Thinking that you will never need to learn anything more once you are out of school is \_\_\_\_\_ and limiting.
7. Given the stress of a typical salon, there will be lots of opportunities for you to become negative or to have conflicts with your teammates. Resist the \_\_\_\_\_ to give in to maliciousness and gossip.
8. The most difficult part of being in a relationship, whether a personal or professional relationship, is when \_\_\_\_\_ arises.
9. When assuming a new position, you are agreeing to do everything as it is written down in a \_\_\_\_\_, so if you are unclear about something or need more information, it is your responsibility to ask.
10. Being paid an \_\_\_\_\_ rate is usually the best way for new salon professionals to start out.
11. \_\_\_\_\_ are paid on percentages of your total service dollars and can range anywhere from 25 to 60 percent, depending on your length of time at the salon and your performance levels.
12. When deciding whether a certain \_\_\_\_\_ method is right for you, it is important to be aware of what your monthly expenses are and to have a personal financial budget and plan in place.

# ESSENTIAL EXPERIENCE 6

## On Your Way

### **ACTIVITY 1** Research Project

There are plenty of sources that give great strategies for building a client base and keeping those clients coming back.

Search for these resources and make a list of the suggestions that seem like a good fit for you, your client base, and your salon. Be sure to record the book, web article, journal, magazine, video, etc., where you found the best tips.

Tips	Source

# ESSENTIAL EXPERIENCE 4

## Discover the Selling You

### **ACTIVITY 1** Principles of Selling

List the principles that can help you to become a proficient salesperson.

- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_
- \_\_\_\_\_  
\_\_\_\_\_

### **ACTIVITY 2** Practice Session!

Partner with a class member. Pretend you have the opportunity to up sell services to your client. Practice with your classmate what you would say and how you would start the conversation. Apply the principles of selling in your role playing.

## **ACTIVITY 6** Compensation Plans

List the three ways salon professionals are compensated.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Salary is when you receive a predetermined payment calculated at a/an \_\_\_\_\_ rate, which is based on minimum wage or a wage set by the salon owner.

$$\text{\$9.00 per hour wage X 40 hours a week} = \underline{\hspace{2cm}}$$

The percentage of the dollars you brought into the salon from clients services and products is called \_\_\_\_\_.

$$\text{\$900.00 service performed @ 50\% commission} = \underline{\hspace{2cm}}$$

## **ACTIVITY 7** Tips and Additional Income

Additional income to your regular pay, given by your client for a job well done, that must be reported for tax purposes is called a \_\_\_\_\_.

$$\text{\$450.00 regular pay + \$90.00 tips} = \underline{\hspace{2cm}} \text{ weekly X 50 weeks a year (based on 2 weeks of vacation)} = \underline{\hspace{2cm}}$$

How do you plan to keep record of your tips and make additional income as a salon professional?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

Subject Area	Competent	Need Improvement
Client consultation	_____	_____
Greeting	_____	_____
Analysis	_____	_____
Recommendations	_____	_____
Client record keeping	_____	_____
Client development	_____	_____
Client retention	_____	_____
Client referrals	_____	_____
Client re booking	_____	_____
Retail product sales	_____	_____
Ticket upgrading	_____	_____
Salon/clinic teamwork	_____	_____
Work ethic	_____	_____
Productivity	_____	_____
Receptionist duties	_____	_____
Industry knowledge	_____	_____
Time management	_____	_____
Goal setting	_____	_____
Personal finances	_____	_____
Job hunting skills	_____	_____
Career planning	_____	_____

2. Your salon owner is remodeling the facility, which includes reorganizing the space and assigning new workstations to everyone. With a partner, discuss and develop some criteria the owner could use in assigning new stations because some spaces are more desirable than others.

---



---



---

3. The salon's manager states the plan of implementing a retail bonus plan for all stylists and asks for your help in developing the policy. With a partner, create a retail bonus plan that you would recommend for adoption.

---



---



---

 **ACTIVITY 3** Evaluate Your Skills—Are You Job Ready?

Take a few minutes to think back over your training and your clinical experience and reflect on all you have learned that you did not know when you started. Give yourself a hearty pat on the back for your accomplishments. Then evaluate your skills and check off those in which you feel confident. If you need more practice, check the improvement column and make a personal commitment to improve in those areas.

Subject Area	Competent	Need Improvement
Infection control	_____	_____
Product knowledge	_____	_____
Hair chemistry	_____	_____
Shampooing	_____	_____
Haircutting	_____	_____
Blunt shapes	_____	_____
Graduated shapes	_____	_____
Layered shapes	_____	_____
Clipper cutting	_____	_____
Other cutting techniques	_____	_____

# ESSENTIAL EXPERIENCE ①

## Describe the Expectations of Moving from School to Work

### **ACTIVITY** New Employee Expectations

What do you think is expected of you as a new employee?

---

---

---

---

---

---

---

---

Describe how you may have to adjust your everyday behavior to meet your job expectations.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



As professionals-in-training, they came to school early and stayed late as needed. They accepted those late clients without whining; they wrapped and rewrapped those design texture services on mannequin after mannequin to ensure quality and competitive speed. They read industry journals and stayed abreast of the daily changes happening within the field of cosmetology. The important thing to remember here is that as a professional-in-training, you are about to become a full-fledged, licensed professional.

If you consider yourself among this elite class, you know that you made yourself who you are today by your own desires and energies and persistence. You recognize that being a stylist is not a nine-to-five job, four days a week. It is being there whenever your clients need you. You know that it is going the extra mile, taking the extra client, biting back those angry words that spring up when a client is rude or a coworker is unfair. It is paying your dues, mastering your craft, building self-confidence, and developing strong personal pride in your accomplishments.

**Cosmetologists should study and have a thorough understanding of what it is like on the job because:**

- Working in a salon requires each staff member to belong to and work as a team member of the salon. Learning to do so is an important aspect of being successful in the salon environment.
- There are a variety of ways that a salon may compensate employees. Being familiar with each way and knowing how they work will help you to determine if the compensation system at a particular salon can work for you and what to expect from it.
- Once you are working as a salon professional, you will have financial obligations and responsibilities, so learning the basics of financial management while you are building your clientele and business is invaluable.
- As you build your clientele and settle into your professional life, there will be opportunities for you to use a variety of techniques for increasing your income, such as retailing and upselling services. Knowing and using these techniques will help you to promote yourself, build a loyal client base, and create a sound financial future for yourself.

# ESSENTIAL DISCOVERIES AND ACCOMPLISHMENTS

In the space provided, write notes about key points learned in the chapter. Share your Essential Discoveries with other students in your class and ask if they are helpful to them. You may want to update your discoveries based on good ideas shared by your peers.

## Discoveries:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

List at least three things you have accomplished since your last entry that relate to your career goals.

## Accomplishments:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## **ACTIVITY 2** Fill in the Blanks

Using the following words, fill in the blanks. Words or terms may be used more than once or not at all.

2 minutes	employment portfolio	responsibilities
20 seconds	half million	resume
1.1 million	hardest	self-confident
appropriate	ideals	self-motivation
assumptions	illegal	smiling
attention	integrity	solidified
bullheadedness	legal	speed
career goals	motivation	study
cheating	multiple-choice	test-wise
conclusions	negative	timing
contacts	network	transferable
course content	neutral	true/false
deductive reasoning	portfolio	two million
documents	practice	willpower
easiest	qualifying	work ethic

1. Top professionals in the field of cosmetology were not born successful; they achieved success with their \_\_\_\_\_, energy, and persistence.
2. Of all the factors that will affect your test performance on the licensing examination, the most important is your mastery of \_\_\_\_\_.
3. A test-wise student begins to prepare for test-taking by practicing good \_\_\_\_\_ habits and time management.
4. On test day, it is a good idea to arrive early with a \_\_\_\_\_ attitude; be alert, calm, and ready for the challenge.
5. When taking a test, answer the \_\_\_\_\_ questions first.
6. Deductive reasoning is the process of reaching logical \_\_\_\_\_ by employing logical reasoning.
7. When applying deductive reasoning in test-taking, watch for “key” words or terms and look for \_\_\_\_\_ conditions or statements.
8. When taking a \_\_\_\_\_ test, read the entire question carefully, including all the choices.
9. An effective tip when preparing for the practical examination is to participate in “mock” licensing examinations, including the \_\_\_\_\_ of applicable examination criteria.

Are you willing to personally invest in your professional development? \_\_\_\_\_

Describe ways in which you feel you provide excellent customer service. \_\_\_\_\_

Please share some examples of consultation questions you might ask a client. \_\_\_\_\_

List steps you would take to build a solid client base and ensure that clients return. \_\_\_\_\_

## **ACTIVITY 2** Windowpane Clinic Achievements

When preparing a resume or for job interviews, consider the awards and achievements you have or will do while in school. *Windowpaning* is the process of transferring key elements, points, or steps in a lesson into visual images that are hand sketched into the squares, or *panes*, of a matrix. Let your mind think in numbers, words, and pictures, and sketch the essential concepts printed in each of the following windowpanes. Don't be concerned with your artistic ability. Use numbers, words, lines, and stick figures to depict the concepts requested for creating an achievement-oriented resume.

Total Regular Clients	Clients Served Weekly	% Clinic in Texture Services
Client Ticket Average	Client Retention Rate	% Clinic in Retail
% Clinic in Haircolor	Attendance Record	Other Accomplishments

## **ACTIVITY 6** Employment Portfolio

*Mind mapping* creates a free-flowing outline of material or information. Using the central or key point of seeking employment, diagram the different procedural steps you will need to complete in order to obtain the best possible position. Use terms, pictures, and symbols as desired. Using color will increase your retention of the material. Keep your mind open. Don't worry about where a line or word should go as the organization of the map will usually take care of itself.

### **ACTIVITY 3** A Salon Survey

There are eight basic types of salons. Briefly describe the salons. Research each type of salon, and determine which one(s) interest you.

Type of Salon	Description
Small Independent Salons	
Independent Salon Chains	
Large National Chains	
Franchise Salons	
Basic Value-Priced Operations	
Mid-Priced Full-Service Salons	
High-End Image Salons or Day Spas	
Booth Rental Establishments	

 **ACTIVITY 3** Deductive Reasoning

Answer the True or False questions that follow. If you think the statement is false, add in the correct response to make the statement true.

1. Keep an eye out for phrases and words such as *usually, commonly, in most instances, never, and always*. \_\_\_\_\_

Rationale: \_\_\_\_\_

2. Test formats can include true/false, multiple choice, matching, and essays. \_\_\_\_\_

Rationale: \_\_\_\_\_

3. You have a better chance if you eliminate options known to be correct. \_\_\_\_\_

Rationale: \_\_\_\_\_

4. Study the body of the question, which is the basic question or problem. \_\_\_\_\_

Rationale: \_\_\_\_\_

5. When answering essay questions, look for words such as compare, contrast, etc. \_\_\_\_\_

Rationale: \_\_\_\_\_

6. When questions include paragraphs to read and questions to answer, read the paragraph first. \_\_\_\_\_

Rationale: \_\_\_\_\_

7. Watch for punctuation clues. \_\_\_\_\_

Rationale: \_\_\_\_\_

 **ACTIVITY 4** The Practical Exam

List ten tips to prepare for the practical exam:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# ESSENTIAL EXPERIENCE 1

## Prepare for Licensure

### **ACTIVITY 1** Researching State Exams

Visit the website of your State Board of Cosmetology or your state's department of licensing.

- What pertinent information did you find?

---

---

---

---

---

---

---

---

- Describe the process of taking and passing your state licensing examination. How will you prepare for the written exam?

---

---

---

---

---

---

---

---

- Do you have an understanding of the various test formats? How have you prepared for the practical exam?

---

---

---

---

---

---

---

---



# PREPARING FOR LICENSURE & EMPLOYMENT

## ESSENTIAL OBJECTIVES

After studying this chapter and completing the Essential Companion components, you will be able to:

- LO ❶ Describe the process of taking and passing your state licensing examination.
- LO ❷ Determine your career focus by using the Inventory of Personal Characteristics and Technical Skills.
- LO ❸ List the different salon business categories.
- LO ❹ Develop a cover letter, resume, and employment portfolio.
- LO ❺ Know how to explore the job market, research potential employers, and operate within the legal aspects of employment.

why study

## HOW TO PREPARE FOR LICENSURE AND EMPLOYMENT?

Learning about seeking employment is all part of planning your career, which is an essential part of planning your life. If you set a goal on the first day of school to become a successful salon owner or a well-known international platform artist, you must begin your journey toward that goal by obtaining your first career-related position. It's important for you to recognize that when you complete your course of study, your training has really just begun. You have become a student in lifelong learning. Therefore, that first job needs to be suited to your interests, talents, and goals. In addition, it should provide opportunities for your continued growth and professional development. It is not realistic to believe you can obtain your license and find exactly what you are looking for on your first job inquiry. By beginning your search while you are in school, it is far more likely that you will secure an appropriate position upon graduation.

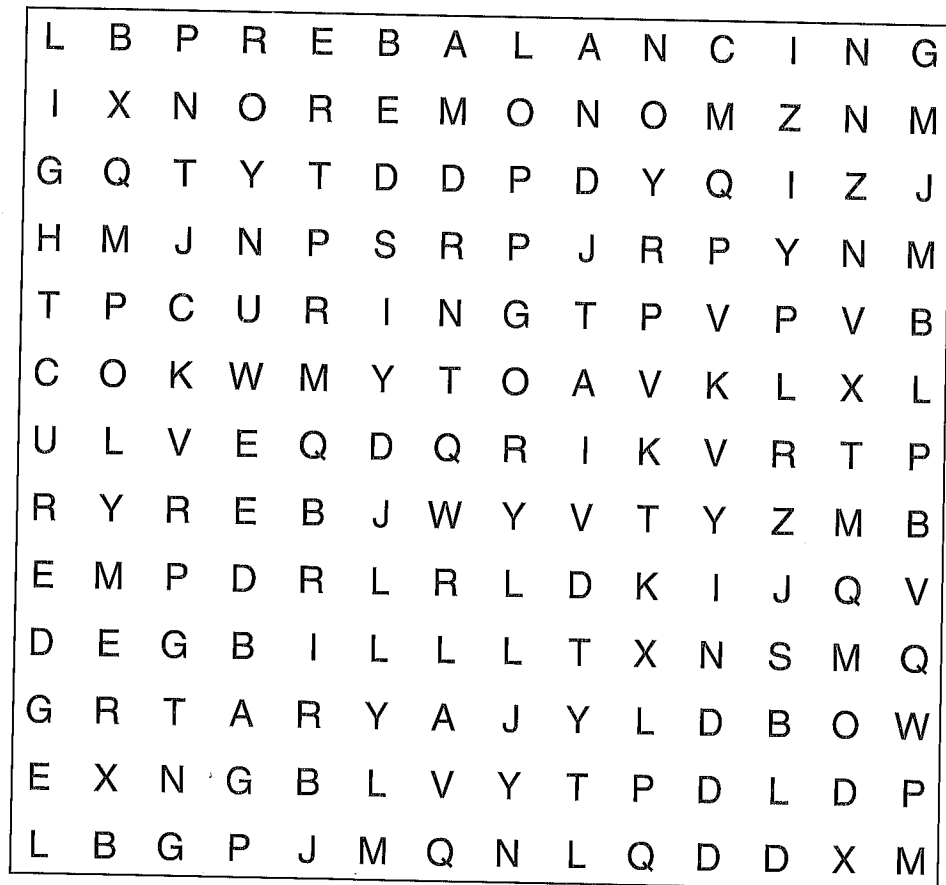
32. Nail-size layers of fabric or paper that are secured on and around the nail tip are called \_\_\_\_\_.
- a) repair patches
  - b) nail wraps
  - c) no-light gels
  - d) buffer wraps
33. A piece of fabric cut to completely cover a crack or break in the nail is called \_\_\_\_\_.
- a) a repair patch
  - b) a nail wrap
  - c) a no-light gel
  - d) a fiberglass resin
34. A thin, natural material with a tight weave that becomes transparent when adhesive is applied is \_\_\_\_\_.
- a) linen
  - b) fiberglass
  - c) silk
  - d) paper
35. An implement designed especially for use on nail tips is called a \_\_\_\_\_.
- a) nail clipper
  - b) nail nipper
  - c) nail cutter
  - d) tip cutter

11. Benzoyl peroxide is a/an \_\_\_\_\_ that is added to the powder to start a chain reaction, which leads to the creation of long polymer chains.
- a) initiator  
b) dehydrator  
c) catalyst  
d) primer
12. Using the wrong powder with your chosen liquid could result in nails that are \_\_\_\_\_.
- a) too thick and cloudy  
b) too thin and cloudy  
c) not properly cured  
d) not ready for polish
13. The amount of monomer and polymer used to create a bead is called the \_\_\_\_\_.
- a) product density  
b) product consistency  
c) mixture formula  
d) mix ratio
14. If equal amounts of liquid and powder are used to create a bead, it is called a/an \_\_\_\_\_.
- a) wet bead  
b) medium bead  
c) dry bead  
d) oily bead
15. If twice as much liquid is used as powder, the bead is called a \_\_\_\_\_.
- a) wet bead  
b) medium bead  
c) dry bead  
d) oily bead
16. Using the proper mixture of powder and liquid ensures proper set and maximum \_\_\_\_\_ of the nail enhancement.
- a) flexibility  
b) durability  
c) adaptability  
d) resilience
17. If too little powder is used, the nail enhancement can become \_\_\_\_\_.
- a) stronger  
b) brittle  
c) discolored  
d) weaker
18. \_\_\_\_\_ primer is corrosive to the skin and potentially dangerous to the eyes.
- a) Alkaline-based  
b) Monomer-based  
c) Acid-based  
d) Alcohol-based
19. The use of dappen dishes to hold monomer liquid and polymer powder products helps to \_\_\_\_\_.
- a) minimize evaporation  
b) maximize evaporation  
c) minimize condensation  
d) maximize condensation
20. For use with monomer liquid and polymer powder products, the best brushes are composed of \_\_\_\_\_.
- a) sable hair  
b) mink hair  
c) synthetic fiber  
d) bristle fiber

## ACTIVITY 2 Word Search

After determining the correct word from the clues provided, locate the words in the word search puzzle.

Word	Clue
_____	Hardening process for gel nails
_____	One unit called a molecule
_____	Corrective treatment that forms a protective coating used to repair or strengthen natural nails or to create nail extensions
_____	Gel nail that hardens when exposed to a UV or LED light source.
_____	A layer of any kind of nail enhancement product applied over the natural nail and tip application for added strength
_____	Substance formed by combining many small molecules, usually in a long chain-like structure
_____	Point where the free edge of the natural nail meets the tip before it is adhered to the nail
_____	Substance that improves adhesion and prepares surface for bonding
_____	Structurally correct the nail to ensure its strength, shape, and durability during a maintenance procedure



Performance Assessed	1	2	3	4	Improvement Plan
Removed dust with a clean, dry nail brush					
Conditioned the skin surrounding the nail plate with cuticle oil or lotion					
Washed and dried the client's hands and nails					

Performance Assessed	1	2	3	4	Improvement Plan
Applied wrap resin to the fill area and spread throughout the new growth area					
Cut fabric large enough to cover new growth area and slightly overlap old wrap or pre-sized the pre-cut silk or fiberglass fabric					
Gently fit fabric over the nail plate and smoothed					
Applied another small amount of wrap resin and used plastic sheet to distribute the resin					
Did not touch skin					
Applied wrap resin accelerator according to manufacturer's instructions					
Applied second coat of wrap resin to the regrowth area					
Applied second coat of wrap resin accelerator					
Applied wrap resin to entire nail to strengthen and seal wrap					
Applied wrap resin accelerator					
Shaped and refined nails using medium-fine abrasive to remove high spots and imperfections					
Did not cut or damage skin around cuticle and sidewalls					
Buffed nails to a high shine with a fine-grit buffer					

Performance Assessed	1	2	3	4	Improvement Plan
Gently filed the surface of the wrap nail, including the exposed nail plate with a 180- to 240-grit file					
Removed dust with nail brush and then cleansed with a surface cleanser and lint-free wipe					
Applied nail dehydrator on all nails (left and right hand)					
Applied wrap resin to new nail growth area					
Spread resin with extender tip					
Did not touch skin					
Applied wrap resin accelerator according to manufacturer's instructions					
Applied second coat of wrap resin to entire nail plate to strengthen and reseal nail wrap					
Applied second coat of wrap resin accelerator					
Shaped and refined nail wrap with medium-fine abrasive to remove imperfections					
Buffed wrapped nails to a high shine with fine buffer (350 grit)					
Removed any dust with a clean, dry, disinfected nail brush					
Applied cuticle oil					

Performance Assessed	1	2	3	4	Improvement Plan
Kept resin off skin					
Removed backing from fabric and gently fitted over nail plate					
Placed fabric 1/16 inch (1.59 millimeters) away from sidewall and eponychium					
Pressed to smooth the fabric onto the nail plate using thick plastic					
Trimmed fabric if necessary					
Drew a thin coat of wrap resin down center of nail using extender tip or brush					
Did not touch the skin					
Used plastic to make sure resin was evenly distributed					
Applied wrap resin accelerator to dry the resin					
Kept wrap resin accelerator off skin					
Applied second coat of wrap resin					
Sealed free edge with wrap resin by running extender tip on edge of nail					
Applied second coat of wrap resin accelerator					



# ESSENTIAL RUBRICS

Rubrics are used in education for organizing and interpreting data gathered from observations of student performance. A rubric is a clearly developed scoring document used to differentiate between levels of development in a specific skill performance or behavior. A rubric is provided in this study guide as a self-assessment tool to aid you in your behavior development.

Rate your performance according to the following scale.

- (1) Development Opportunity:** There is little or no evidence of competency; assistance is needed; performance includes multiple errors.
- (2) Fundamental:** There is beginning evidence of competency; task is completed alone; performance includes few errors.
- (3) Competent:** There is detailed and consistent evidence of competency; task is completed alone; performance includes rare errors.
- (4) Strength:** There is detailed evidence of highly creative, inventive, mature presence of competency.

Space is provided for comments to assist you in improving your performance and achieving a higher rating.

## NAIL TIP APPLICATION PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Cleaned nails					
Removed polish					
Pushed back eponychium					
Filed the free edge					
Buffed nail/removed shine					
Applied dehydrator					
Sized tips					
Applied adhesive					
Slid on tips with stop, rock, and hold procedure					
Trimmed nail tips					

8. \_\_\_\_\_

\_\_\_\_\_

9. \_\_\_\_\_

\_\_\_\_\_

10. \_\_\_\_\_

\_\_\_\_\_

11. \_\_\_\_\_

\_\_\_\_\_

12. \_\_\_\_\_

\_\_\_\_\_

13. \_\_\_\_\_

\_\_\_\_\_

14. \_\_\_\_\_

\_\_\_\_\_

15. \_\_\_\_\_

\_\_\_\_\_

16. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

17. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

18. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# ESSENTIAL EXPERIENCE 10

## Client Consultation

### **ACTIVITY** Client Consultation

Develop several open-ended questions that you would use in a client consultation prior to an advanced nail technique service, and write them in the space provided.

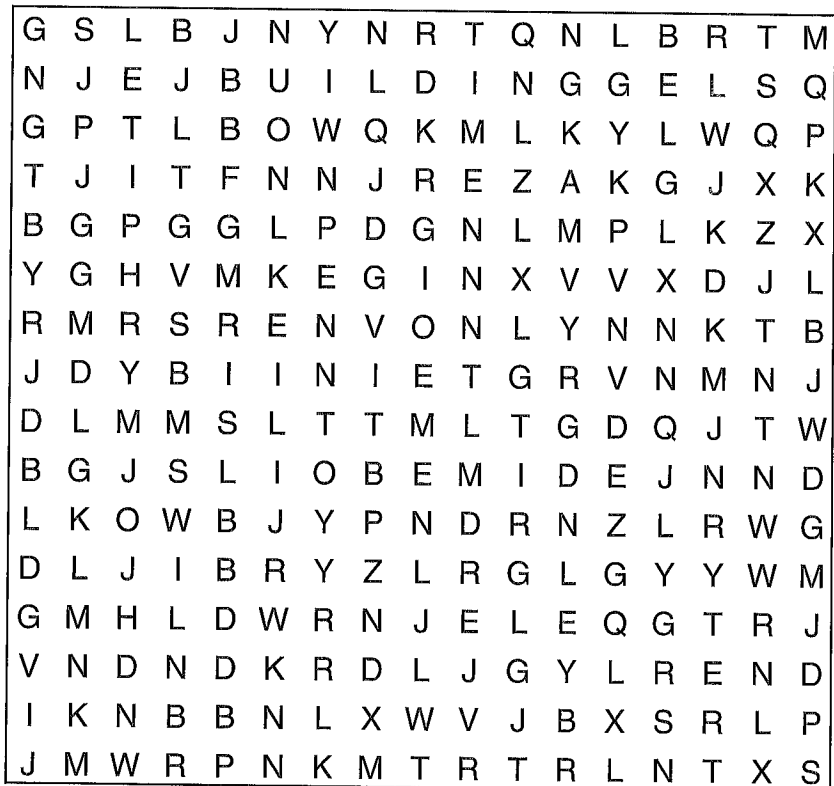
1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_

# ESSENTIAL EXPERIENCE 8

## Light Cured Gels

### **ACTIVITY** Word Search

Word	Clue
_____	Use to increase adhesion to the natural nail plate.
_____	Thick viscosity resin that allows the cosmetologist to build an arch and curve into the fingernail
_____	Thinner consistency than building gels, allowing them to settle and level during application
_____	Building gel or self-leveling gels that include color pigment
_____	Very thin viscosity gel that is usually pigmented and packaged in a pot or polish bottle
_____	Sealing gel, finishing gel, or shine gel; is used over the finished and filed gel application to create a high shine
_____	Tacky surface left on the nail after a UV or LED gel has cured



# ESSENTIAL EXPERIENCE ⑥

## Specify the Supplies Required for Monomer Liquid and Polymer Powder Nail Enhancements

### **ACTIVITY** Monomer Liquid and Polymer Powder Nail Enhancements

List the supplies required:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_

# ESSENTIAL EXPERIENCE 4

## Monomer Liquid and Polymer Powder (MLPP) Nail Enhancements

### **ACTIVITY 1** Application of MLPP

List the four ways monomer liquid and polymer powders products can be applied:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### **ACTIVITY 2** Monomer Liquid and Polymer Powder Windowpane

*Windowpaning* is the process of transferring key elements, points, or steps in a lesson into visual images that are hand-sketched into the squares, or *panes*, of a matrix. Let your mind think in pictures, and sketch the essential concepts printed in each of the following windowpanes. Do not be concerned with your artistic ability. Use lines and stick figures to depict the concepts requested.

Apply Nail Form	Form a Smooth Ball of MLPP	Place Ball of MLPP on Tip of Free Edge
Place Additional MLPP Material at Nail Center	Place Wet Mixture on Lower Half of Nail and Spread Evenly	Polish Nails

# ESSENTIAL EXPERIENCE 2

## Explore the Uses of Nail Wraps

### **ACTIVITY** Fabric Wraps

Complete the chart below on the four fabric wraps.

Wrap	Composition	Features

Any method of securing a layer of \_\_\_\_\_ or \_\_\_\_\_ on and around the nail tip to ensure its \_\_\_\_\_ and \_\_\_\_\_ is called a \_\_\_\_\_.





This chapter contains information and activities related to Chapters 27, Nail Tips and Wraps; Chapter 28, Monomer Liquid and Polymer Powder Nail Enhancements; and Chapter 29, Light Cured Gels of *Milady Standard Cosmetology*, 2016 edition.

## ESSENTIAL OBJECTIVES

After studying this chapter and completing the Essential Companion components, you will be able to:

- LO 1 In addition to your basic manicure table set up, identify any supplies that are needed for nail tip application and explain their use.
- LO 2 Name and describe the three types of nail tips available, and describe the importance of correctly fitting nail tips.
- LO 3 Demonstrate the stop, rock, and hold method of applying nail tips.
- LO 4 Explain a few methods of applying nail tips.
- LO 5 List the types of fabrics used in nail wraps and explain the benefits of using each.
- LO 6 Describe the main difference between performing the two-week fabric wrap maintenance and the four-week fabric wrap maintenance.
- LO 7 Demonstrate how to remove fabric wraps and what to avoid.
- LO 8 Explain monomer liquid and polymer powder nail enhancement chemistry and how it works.
- LO 9 Name the specific tools, equipment, and supplies required to perform monomer liquid and polymer powder nail enhancements.
- LO 10 List the steps to apply nonacid and acid-free nail primers.
- LO 11 Explain how to properly store monomer liquid and polymer powder products.
- LO 12 Describe the apex, stress area, and sidewall, and tell where each is located on the nail enhancement.
- LO 13 Describe how to perform a one-color maintenance service on nail enhancements using monomer liquid and polymer powder.
- LO 14 Demonstrate how to perform crack repair procedures.
- LO 15 Implement the proper procedure for removing monomer liquid and polymer powder nail enhancements.
- LO 16 Describe the general process for using odorless products.

26. An ideal pedicure stations include a \_\_\_\_\_ chair for the cosmetologist and a comfortable chair with an armrest and footrest for the client.
- a) stain resistant
  - b) bright color
  - c) high
  - d) ergonomic
27. \_\_\_\_\_ is a concentrated treatment product often composed of mineral clays, moisturizing agents, skin softeners, aromatherapy oils, or botanical extracts.
- a) basalt
  - b) soak bath
  - c) mask
  - d) paraffin
28. Which of the following is not one of the four types of nail technology tools the cosmetologist will use during the pedicure service?
- a) Implements
  - b) Professional manicure products
  - c) Materials
  - d) Equipment
29. Female clients should avoid shaving their legs for \_\_\_\_\_ hours preceding a pedicure.
- a) 48
  - b) 36
  - c) 24
  - d) 8
30. An upgrade to a spa pedicure is when a massage is performed on the foot and the \_\_\_\_\_.
- a) arm
  - b) lower leg
  - c) hands
  - d) scalp

6. To create a high shine use a/an \_\_\_\_\_.
- a) buffer
  - b) ridge filler
  - c) abrasive file
  - d) nail clipper
7. When you perform nail services, those supplies used during a service that must be replaced for each client are called \_\_\_\_\_.
- a) single-use implements
  - b) multiuse implements
  - c) recycled implements
  - d) cosmetics
8. Lamps attached to a manicure table should have a bulb of \_\_\_\_\_ watts.
- a) 25 to 30
  - b) 30 to 35
  - c) 40 to 60
  - d) 60 to 75
9. After you use metal implements and before you place them in disinfectant, they must be \_\_\_\_\_.
- a) cleaned with a towel
  - b) cleaned in autoclave
  - c) rinsed in alcohol
  - d) washed with soap and water
10. Adding creams, lotions, and oils to a manicure is a recommended treatment for \_\_\_\_\_.
- a) flexible cuticles
  - b) brittle nails
  - c) short nails
  - d) nail fungus
11. The implement used to clean fingernails and remove debris is called a \_\_\_\_\_.
- a) nail file
  - b) nail brush
  - c) wooden pusher
  - d) chamois buffer
12. All nondisposable implements must be \_\_\_\_\_ in a disinfectant solution.
- a) quickly rinsed
  - b) dipped slightly
  - c) wiped thoroughly
  - d) fully immersed
13. Removing nail cosmetics from their containers is accomplished with a \_\_\_\_\_.
- a) wooden pusher
  - b) plastic or metal spatula
  - c) metal pusher
  - d) cotton swab
14. Certain products, such as dimethyl urea hardeners and protein hardeners, can be used to \_\_\_\_\_.
- a) shape nails
  - b) smooth nails
  - c) disinfect nails
  - d) improve surface durability of nails
15. As an added service in a manicure, a hand massage may be given before \_\_\_\_\_.
- a) polish
  - b) pushing cuticles
  - c) soaking fingers
  - d) filing

Performance Assessed	1	2	3	4	Improvement Plan
Placed sandals or pedicure slippers on client and inserted toe separators on both feet					
Applied dehydrator, base coat, two coats of polish, and a topcoat					
Sprayed with rapid polish dryer					
Placed client's feet on towel to dry or escorted client to a drying area					

### FOOT AND LEG MASSAGE

Performance Assessed	1	2	3	4	Improvement Plan
Put on fresh pair of gloves					
Performed relaxation movements while holding the ankle					
Effleurage on planter side of the foot					
Effleurage on the opposite side of the foot					
Effleurage on the surface of the heel					
Friction on the bottom of the foot (deep rubbing)					
Effleurage movement on toes					

Performance Assessed	1	2	3	4	Improvement Plan
Removed existing polish					
Clipped nails straight across					
If needed, used nail rasp on big toe in one direction					
Filed nails					
Buffed nails					
Applied cuticle remover and callus softener					
Wrapped foot in towel and layed it aside					
Repeated steps on other foot					
Removed dead tissue on first foot with wooden pusher					
Used foot file					
Exfoliated foot with scrub					
Rinsed foot, cuticle remover, and callus softener					

Performance Assessed	1	2	3	4	Improvement Plan
Pulled and pressed fingers					
Repeated the arm massage on the opposite arm					
Ended the massage with feathering off movement					
Covered client's hands					

## POLISHING THE NAILS PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Had client put on jewelry/outerwear					
Had client pay for services					
Cleaned nails of oil and other debris					
Applied a thin layer of base coat					
Applied polish 1/8-inch away from cuticle area					
Moved to each side of the nail					
Pulled strokes toward the nail tip					

Performance Assessed	1	2	3	4	Improvement Plan
Applied bleach (optional)					
Beveled nails					
Buffed nails with high-shine buffer					
Applied nail oil					
Washed and dried client's hands					
Applied lotion or oil and massaged					
Removed traces of oil					
Selected polish color					
Applied base coat					
Applied polish color					
Applied top coat					

# POST-SERVICE PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Advised client on home maintenance					
Suggested needed retail products					
Scheduled next appointment					
Thanked client					
Recorded and filed information					
Removed used materials from work area					
Followed preservice procedures					
Reset work area					



Performance Assessed	1	2	3	4	Improvement Plan
Removed implements					
Rinsed and dried implements					
Stored implements					
Clean and disinfected manicure table and drawer with EPA-approved disinfectant					
Removed gloves and washed hands					

### PRE-SERVICE PROCEDURE: BASIC TABLE SETUP

Performance Assessed	1	2	3	4	Improvement Plan
Placed a clean cloth over width of manicure table					
Prepared arm cushion with an additional clean cloth					
Placed abrasives and buffers on the side of the table closet to your dominant hand					
Placed polishes on the side of the table closet to your dominant hand					
Prepared for waste disposal					
Prepared drawer					

# ESSENTIAL EXPERIENCE 10

## Reflexology

### **ACTIVITY** Reflexology

Select a partner and fill in the blanks on the reflexology foot chart below. You may need to conduct research on the Internet or through other sources to find accurate information. Reflexology requires additional training, so it is likely not a technique that you will practice in cosmetology school. However, it is important to be aware of this method if clients ask about reflexology, and for you to understand how the feet and hands correspond to the organs, glands, and various parts of the body.



## **ACTIVITY 4** Partners for the Basic Pedicure

Choose a partner and provide a pedicure service to each other. Write your partner's name on the line provided. Rate each other's procedure according to the following evaluation form. Circle the numeric score you would assign the service you just received, using the following rating scale.

Name: \_\_\_\_\_

1 = Poor; 2 = Below Average; 3 = Average; 4 = Good; 5 = Excellent

- |  |   |   |   |   |   |
|--|---|---|---|---|---|
| 1. You were seated comfortably and asked to remove shoes and socks or stockings.   | 1 | 2 | 3 | 4 | 5 |
| 2. All required equipment, implements, and materials were arranged.  | 1 | 2 | 3 | 4 | 5 |
| 3. Your feet were placed on clean towels on a footrest.  | 1 | 2 | 3 | 4 | 5 |
| 4. Technician's hands were washed and cleaned.   | 1 | 2 | 3 | 4 | 5 |
| 5. The basin or pedicure unit was filled with warm water to cover ankles.  | 1 | 2 | 3 | 4 | 5 |
| 6. Both feet were placed in the basin or pedicure unit to soak for five to ten minutes.  | 1 | 2 | 3 | 4 | 5 |
| 7. The first foot was removed and wiped dry.   | 1 | 2 | 3 | 4 | 5 |
| 8. Old polish was thoroughly removed from toenails on the first foot.  | 1 | 2 | 3 | 4 | 5 |
| 9. Toenails of the first foot were clipped.  | 1 | 2 | 3 | 4 | 5 |
| 10. A nail rasp was used on the big toe of the first foot.   | 1 | 2 | 3 | 4 | 5 |
| 11. Toenails were filed straight across, rounding them slightly at the corners.  | 1 | 2 | 3 | 4 | 5 |
| 12. After filing, nails were buffed to remove any unevenness on the first foot.  | 1 | 2 | 3 | 4 | 5 |
| 13. Cuticle remover and callus softener for heavy calluses were applied.   | 1 | 2 | 3 | 4 | 5 |
| 14. The first foot was wrapped in a towel and laid aside.  | 1 | 2 | 3 | 4 | 5 |
| 15. The other foot was removed from the water, and steps 7 through 14 were repeated.   | 1 | 2 | 3 | 4 | 5 |
| 16. The first foot was removed from the towel wrap.  | 1 | 2 | 3 | 4 | 5 |
| 17. A wooden pusher was used to remove loose, dead tissue.   | 1 | 2 | 3 | 4 | 5 |
| 18. A foot file was used on ball and heel to remove dry skin and smooth down callus growth.  | 1 | 2 | 3 | 4 | 5 |
| 19. The foot was exfoliated with a scrub to remove dry or scaly skin. Extra pressure was used on the heel and other areas where more calluses and dry skin build up. | 1 | 2 | 3 | 4 | 5 |

# Manicuring and Pedicuring Procedures

## **ACTIVITY 1** Table Setup Procedure

Put the following steps for a pre-service table setup procedure in the proper order.

- \_\_\_\_\_ Place polishes
- \_\_\_\_\_ Prepare and place finger bowl.
- \_\_\_\_\_ Prepare for waste disposal.
- \_\_\_\_\_ Prepare arm cushion.
- \_\_\_\_\_ Prepare drawer.
- \_\_\_\_\_ Place a clean towel to cover table.
- \_\_\_\_\_ Set out tools and implements.
- \_\_\_\_\_ Place abrasives and buffers.

## **ACTIVITY 2** Pre-Service Procedure

Put the following steps for the pre-service procedure in the proper order. Some steps can be repeated, for a total of eight steps in all.

- \_\_\_\_\_ Wash hands.
- \_\_\_\_\_ Remove implements.
- \_\_\_\_\_ Store implements.
- \_\_\_\_\_ Clean implements.
- \_\_\_\_\_ Rinse and dry implements.
- \_\_\_\_\_ Clean and disinfect manicure table and drawer.
- \_\_\_\_\_ Immerse implements.
- \_\_\_\_\_ Wear gloves.

## ESSENTIAL EXPERIENCE 7

# Indicate Why Aromatherapy Is Used During a Nail Service

### **ACTIVITY** Essential Oils

In your own words, what is the purpose of utilizing essential oils during a nail care service?

---

---

---

---

---

---

---

---

---

---

# ESSENTIAL EXPERIENCE 5

## Complete a Hand and Arm Massage

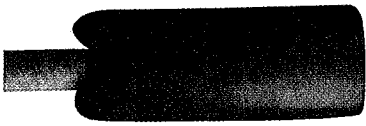




### **ACTIVITY** General Movements of a Massage

List and describe the movements usually combined to complete a massage during a nail care service.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **ACTIVITY 3** Nail Shapes

Look at the pictures and fill in the shape of each nail and its definition.

	Shape: Definition:	
	Shape: Definition:	
	Shape: Definition:	
	Shape: Definition:	
	Shape: Definition:	

### **ACTIVITY 3** Matching Exercise

Match the following essential terms with their identifying phrases or definitions.

- |                                  |  |
|----------------------------------|--|
| _____ <b>Gloves</b>              | <b>1.</b> Used to add shine                                    |
| _____ <b>Two-way buffer</b>      | <b>2.</b> Holds professional nail products                     |
| _____ <b>Fine-grit abrasives</b> | <b>3.</b> Used to lift small bits of debris from nail plate    |
| _____ <b>Cotton balls</b>        | <b>4.</b> Used to clean fingernails                            |
| _____ <b>UVA/LED light</b>       | <b>5.</b> Used to shorten the free edge                        |
| _____ <b>Supply tray</b>         | <b>6.</b> Used to remove cuticle tissue from nail plate        |
| _____ <b>Wooden pusher</b>       | <b>7.</b> Personal protective equipment worn during services   |
| _____ <b>Tweezers</b>            | <b>8.</b> Used to buff, polish, and remove very fine scratches |
| _____ <b>Nail brush</b>          | <b>9.</b> Used to remove polish                                |
| _____ <b>Nail clippers</b>       | <b>10.</b> Lamps for traditional gels and gel polish curing    |

### **ACTIVITY 4** Word Scramble

Using the clues provided, unscramble the terms below.

- | <b>Scramble</b> | <b>Correct Word</b>  |
|-----------------|--|
| alin life       | _____  |
|                 | <i>Clue:</i> Used for shaping and smoothing the free edge                            |
| ilan presinp    | _____  |
|                 | <i>Clue:</i> Used for trimming dead skin around the nails                            |
| lian fubref     | _____  |
|                 | <i>Clue:</i> Used for buffing and polishing the nail                                 |
| rengfi wblo     | _____  |
|                 | <i>Clue:</i> Holds warm, soapy water   |
| tlaem hspure    | _____  |
|                 | <i>Clue:</i> Gently scrapes cuticle tissue from the natural nail plate               |
| cirtleec inla   | _____  |
| lipohs yrrde    | _____  |
|                 | <i>Clue:</i> Speeds up evaporation of solvents from nail polishes                    |
| ailn sbruh      | _____  |
|                 | <i>Clue:</i> Used for cleansing nails and fingertips                                 |
| yulpps ytar     | _____  |
|                 | <i>Clue:</i> Holds professional nail products during service                         |
| ezsewret        | _____  |
|                 | <i>Clue:</i> Used for lifting small bits of debris from the nail plate               |
| feditiinoncs    | _____  |
| rnienaotc       | _____  |
|                 | <i>Clue:</i> Allows entire implements to be immersed in liquid disinfectant solution |



# ESSENTIAL EXPERIENCE 2

## Work with Nail Technology Tools

### **ACTIVITY 1** Identify the Nail Technology Tools

List the four major types of nail technology tools that are incorporated into your nail services. Then list two examples from each category from either manicuring or pedicuring tools.

1. \_\_\_\_\_

**Examples:** \_\_\_\_\_

---

---

---

---

---

2. \_\_\_\_\_

**Examples:** \_\_\_\_\_

---

---

---

---

3. \_\_\_\_\_

**Examples:** \_\_\_\_\_

---

---

---

---

4. \_\_\_\_\_

**Examples:** \_\_\_\_\_

---

---

---

---

# ESSENTIAL REFLECTIONS

## What do I need to know about manicuring and pedicuring services in order to perform a great service on my clients?

As with other services you provide, you will need to thoroughly consult with each client to learn what his or her specific desires are with the nail service. You will need to be able to file and shape the nails to the desired shape. You must be able to gather and properly use all the implements and equipment required in the various nail procedures. You will learn the importance of being able to provide an effective hand and arm or foot massage in manicuring and pedicuring.

Understanding safety, cleaning, and disinfection procedures are also key steps. Avoiding safety rules and state guidelines will jeopardize your clients' safety, your license, and the salon establishment. In addition, nail care services are a great way to increase your potential earnings as a cosmetologist.

1. List the most common nail shapes for women.

---

---

---

2. What are the most common nail shapes for men?

---

---

---

3. What nail shape are you currently wearing?

---

---

---

4. Do you have a favorite nail shape? If so, which one?

---

---

---

5. What are nail extensions?

---

---

---

This chapter contains information and activities related to both Chapter 25, Manicuring, and Chapter 26, Pedicuring, of *Milady Standard Cosmetology*, 2016 edition.

## ESSENTIAL OBJECTIVES

After studying this chapter and completing the Essential Companion components, you will be able to:

- LO ① Define *scope of practice*.
- LO ② Describe the potential consequences if a nail technician works outside the state's scope of practice.
- LO ③ Identify the four types of nail technology tools required to perform a manicure.
- LO ④ Explain the difference between multiuse (reusable) and single-use (disposable) implements.
- LO ⑤ Name and describe the three-part procedure used in the performance of the basic manicure.
- LO ⑥ Explain why a consultation is important before a service in the salon.
- LO ⑦ List and describe the five basic nail shapes for women.
- LO ⑧ Describe the most popular nail shape for men.
- LO ⑨ List the massage movements for performing a relaxing hand and arm massage.
- LO ⑩ Explain the differences between spa manicures and basic manicures.
- LO ⑪ Describe how aromatherapy is best used in manicuring services.
- LO ⑫ Explain the benefits of paraffin wax in manicuring.
- LO ⑬ Describe the equipment used when performing pedicures.
- LO ⑭ Identify materials only used when performing pedicures.
- LO ⑮ Describe the function of callus softeners in a pedicure procedure.
- LO ⑯ Explain the differences between a basic pedicure and a spa pedicure.
- LO ⑰ Define *reflexology* and its use during a pedicure procedure.
- LO ⑱ Summarize the importance of cleaning and disinfecting a pedicure bath.

- \_\_\_\_\_ Does not contain ingredients that aggravate acne-prone skin
- \_\_\_\_\_ Product used to make artificial eyelashes adhere, or stick, to the natural lash line
- \_\_\_\_\_ Range of colors from yellow and gold through oranges, red-oranges, most reds, and even some yellow-green

L	P	T	D	E	Y	N	R	E	N	I	L	P	I	L	I	N	S	P	N
I	K	Z	T	T	V	G	O	P	R	I	M	E	R	N	K	L	L	O	R
P	Y	D	B	J	P	I	Y	N	G	B	N	D	D	R	I	N	I	J	G
C	R	Q	X	Y	T	V	S	T	C	N	D	I	J	C	V	T	D	E	L
O	D	P	P	W	Q	X	T	E	S	O	V	Z	N	M	A	Y	Y	J	D
L	N	J	W	N	S	L	R	R	H	I	M	E	K	C	W	E	J	W	D
O	Y	T	M	J	Q	E	O	T	D	D	P	E	R	W	S	T	A	L	R
R	Y	B	L	Y	Q	L	H	U	M	W	A	A	D	H	J	R	R	P	Y
V	B	K	J	W	O	H	A	S	O	D	M	H	A	O	M	X	E	B	G
Q	P	P	J	C	M	L	I	R	A	E	Q	D	S	C	G	L	T	M	Z
N	R	B	L	R	L	C	B	G	D	L	O	B	O	A	U	E	M	L	Y
L	B	O	N	A	M	E	A	F	H	W	P	L	G	R	L	V	N	J	L
M	O	M	S	T	Y	L	O	K	S	L	O	I	R	L	J	E	M	I	A
C	P	H	X	E	W	E	L	Z	E	R	I	E	R	T	M	R	Y	R	C
J	E	N	L	K	N	Z	N	D	S	M	F	G	M	T	M	L	A	E	W
S	Z	K	Y	I	K	X	M	Y	R	Z	A	B	H	T	S	C	T	B	Y
G	T	N	L	Y	R	W	D	Y	J	J	Q	K	T	T	S	P	M	Q	Q
G	K	Q	Y	T	Y	Y	D	T	T	Y	B	N	E	A	D	D	Q	T	Z
D	N	K	M	Q	T	J	W	X	X	B	B	J	M	U	B	N	N	G	N
D	D	M	T	M	P	V	J	L	M	Q	Y	G	B	G	P	K	X	B	W

## APPLICATION OF INDIVIDUAL EYELASHES PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Brushed eyelashes					
Removed an eyelash cluster or tab from the package with tweezers.					
Applied the longest lashes along the outer edge of the lash line and one near the center; then filled in the space between them					
Proceeded to the center of the lash line to apply a row of the medium-length lashes					
Proceeded to the inner corner of the eye to place the shortest lashes					
Repeated same process on the other eye					
Compared the eyes and made corrections by filling in spaces until the eyes are balanced					

## ESSENTIAL REVIEW

### **ACTIVITY 1** Vocabulary Review

Using the following words, fill in the blanks below. Words or terms may be used more than once or not at all.

**camouflaging**

**eye makeup removers**

**matte**

**cheek color**

**eyeliner**

**primer**

**concealers**

**face powder**

**contour**

**foundation**

- \_\_\_\_\_ is a flesh-toned cosmetic used to minimize the appearance of skin imperfections; also known as base makeup.
- \_\_\_\_\_ are available in sticks, pencils, tins, jars, or tubes with wands in a range of colors to coordinate with or match natural skin tones.
- \_\_\_\_\_ is a cosmetic powder that is used to add a matte or non-shiny finish to the face.

Performance Assessed	1	2	3	4	Improvement Plan
Applied a serum, moisturizer, primer, or sunscreen appropriate for client's skin type					
Groomed eyebrows, if needed					
Applied foundation from the center of the face blending outward and downward					
Blended foundation					
Applied concealer where needed					
Applied powder in a downward and outward motion					
Applied a complementary eye color					
Applied eyeliner that harmonized with the mascara					
Brushed the eyebrows into place					
Applied eyebrow color					
Used eyelash curler to curl the lashes					
Applied mascara					
Applied cheek color					

# ESSENTIAL EXPERIENCE 5

## How to Use Special-Occasion Makeup

### **ACTIVITY** Special-Occasion Makeup for Eyes

List tips for creating special-occasion makeup for eyes, cheeks, and lips. If you prefer to use your artistic abilities, sketch an eye shape, outline of a face shape, or lips. Apply the makeup techniques using colored pencils, crayons, chalk, pastels, or other art supplies to create the effect. You will still have to write out the tips or steps for the effect you created if you use the sketches.

- **Striking Contour Eyes**

---

---

---

---

---

---

---

---

- **Dramatic Smoky Eyes**

---

---

---

---

---

---

---

---

- **Cheeks**

---

---

---

---

---

---

---


---

## **ACTIVITY 4** Altering Nose, Chin, Jawline, and Eye Shapes: Word Scramble

Using the clues provided, unscramble the terms below.

<b>Scramble</b>	<b>Correct Word</b>
ragelsone	_____ <i>Clue:</i> Apply a darker foundation along the sides of the nose.
talfseon	_____ <i>Clue:</i> Apply a lighter foundation down the center of the nose, stopping at the tip.
esolc-tesseye	_____ <i>Clue:</i> Apply a thin layer of light concealer to the inner corner of the eyes, near the bridge of the nose.
wanorrenaliwj	_____ <i>Clue:</i> Highlight the thinnest areas with a lighter shade of foundation.
doheodieeldy	_____ <i>Clue:</i> Apply a slightly deeper shadow through the crease in the eye socket. Blend with a clean brush to minimize any hard lines.
doarbosen	_____ <i>Clue:</i> Use a darker foundation on the side of the nose and nostrils.
wedi-tesyees	_____ <i>Clue:</i> Apply shadow from the inner corners of the eyebrow towards the nose.
doabrwajenil	_____ <i>Clue:</i> Apply a darker shade of foundation over the fullest area of the jaw.
ugnibglyees	_____ <i>Clue:</i> Minimize by blending the deeper color shadow carefully over the prominent part of the upper lid.
dnuorseye	_____ <i>Clue:</i> Lengthen by extending the shadow beyond the outer corner of the eyes.



 **ACTIVITY 2** How to Alter Face Shapes

List the basic makeup techniques used to alter each face shape.

**Oval-shaped face**

Alterations: \_\_\_\_\_  
\_\_\_\_\_

**Round-shaped face**

Alterations: \_\_\_\_\_  
\_\_\_\_\_

**Square-shaped face**

Alterations: \_\_\_\_\_  
\_\_\_\_\_

**Triangular-shaped face**

Alterations: \_\_\_\_\_  
\_\_\_\_\_

**Heart-shaped face**

Alterations: \_\_\_\_\_  
\_\_\_\_\_

**Diamond-shaped face**

Alterations: \_\_\_\_\_  
\_\_\_\_\_

**Oblong-shaped face**

Alterations: \_\_\_\_\_  
\_\_\_\_\_

# ESSENTIAL EXPERIENCE 2

## How to Use Color Theory for Makeup Application

### **ACTIVITY 1** Basics of Color Theory

Having a thorough understanding of color is imperative for an effective makeup artist. What two forms of color serve as the basis of all makeup applications?

1. \_\_\_\_\_
2. \_\_\_\_\_

What is the range of shades each color encompasses?

---

---

---

---

### **ACTIVITY 2** Practice Session!

Apply makeup to a partner, using color theory to choose and coordinate makeup colors. Have fun and experiment. Be sure to fill out an intake form.

- Did you determine the client's skin level? Undertone? Eye color? Hair color?
- Which colors enhanced your partner's appearance?
- Which colors did not enhance your partner's appearance?
- Which colors coordinated with her wardrobe?

---

---

---

---

---

---

---

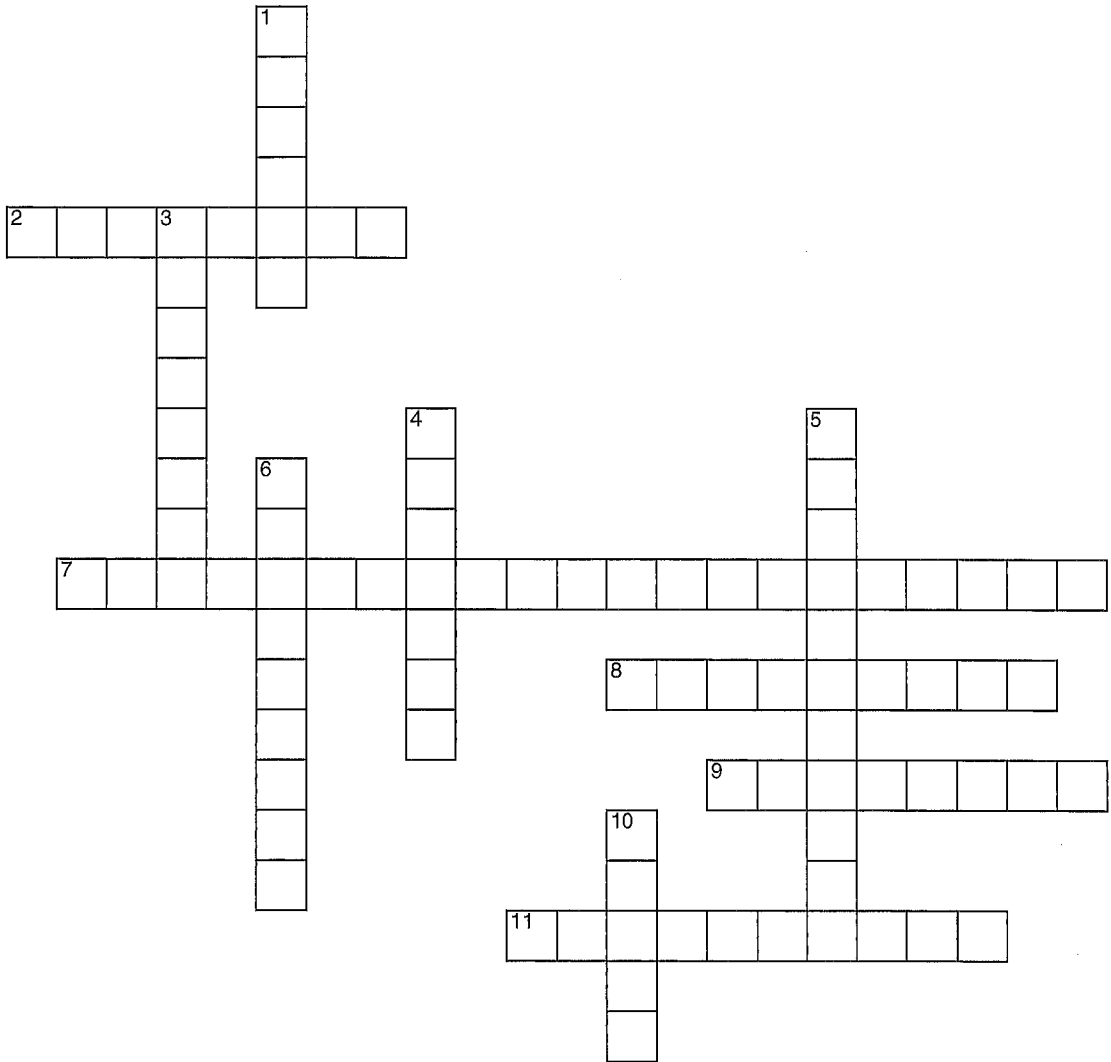
---

---

---

### **ACTIVITY 3** Crossword Puzzle

After identifying the appropriate word from the clues listed below, locate the word in the crossword puzzle.



#### Across

#### Word

---



---



---



---



---

#### Clue

- 2.** Used to remove excess facial hair
- 7.** Lash lengtheners that contain fibers to make lashes look longer and fuller
- 8.** Used to cover blemishes
- 9.** Used to remove makeup from containers
- 11.** Used to cover or even out the coloring of the skin

# ESSENTIAL REFLECTIONS

Do you wear makeup?

\_\_\_\_\_

If you answered yes, describe your daily makeup regimen. Is it an extensive regimen, including foundation, concealer, face powders, eye shadow, eyeliner, eyebrow color, cheek color, lip color, and mascara? Or is it basic and only includes a few of the cosmetic types?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## ESSENTIAL EXPERIENCE 1

# Describe Facial Makeup and Their Uses

### **ACTIVITY 1** Purpose of Facial Makeup

Describe the purpose or uses of the following types of facial makeup:

- Foundation (liquid, stick, cream, powder, and mineral)

o Purpose: \_\_\_\_\_

\_\_\_\_\_

- Primer

o Purpose: \_\_\_\_\_

\_\_\_\_\_

- Concealers

o Purpose: \_\_\_\_\_

\_\_\_\_\_

- Face Powder

o Purpose: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# ESSENTIAL DISCOVERIES AND ACCOMPLISHMENTS

In the space provided, write notes about key points learned in the chapter. Share your Essential Discoveries with other students in your class and ask if notes are helpful to them. You may want to update your discoveries based on good ideas shared by your peers.

## **Discoveries:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

List at least three things you have accomplished since your last entry that relate to your career goals.

## **Accomplishments:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## **ACTIVITY 2** Fill in the Blanks

Using the following words, fill in the blanks below to form a thorough review of Chapter 23, Facials. Words or terms may be used more than once or not at all.

brushing machine	gommage	moisturizers
cleansing milk	hacking movement	motor
effleurage	iontophoresis	pétrissage
emollients	massage	rolling
enzyme peels	massage cream	toners
exfoliation	microdermabrasion	vibration
fulling	modelage	wringing

1. \_\_\_\_\_ are lotions that help rebalance the pH and remove remnants of cleanser from the skin, they may also contain ingredients that help to hydrate or soothe the skin.
2. A \_\_\_\_\_ is a vigorous movement in which your hands are placed a little distance apart on both sides of the client's arm or leg. While working downward, a twisting motion is applied against the bones in the opposite direction.
3. \_\_\_\_\_ is used to achieve good slip during a massage.
4. A non-foaming lotion cleanser for the face is called \_\_\_\_\_.
5. A light, continuous movement applied with fingers and palms in a slow, rhythmic manner without pressure is called \_\_\_\_\_.
6. A form of pétrissage in which the tissue is grasped, gently lifted, and spread out and is used mainly on the arms is called \_\_\_\_\_.
7. A shaking movement accomplished by rapid muscular contractions in the cosmetologist's arms while the balls of the fingertips are pressed firmly on the point of application is known as \_\_\_\_\_.
8. Oily or fatty ingredients that block moisture from leaving the skin are called \_\_\_\_\_.
9. An enzyme peel in which a cream is applied to the skin and forms a hardened crust that is then massaged or "rolled" off the skin is called \_\_\_\_\_.
10. Another name for chemical exfoliation procedures is \_\_\_\_\_.
11. Every muscle and nerve has a \_\_\_\_\_ point, which is the point over the muscle where pressure or stimulation will cause contraction of the muscle.
12. Masks that contain special crystals of gypsum that harden when mixed with cold water immediately before application are \_\_\_\_\_ masks.
13. Examples of mechanical exfoliants that work physically by bumping off dead cell buildup are granular scrubs, roll-off masks, and the use of \_\_\_\_\_.
14. The manual or mechanical manipulation of the body by various movements to increase metabolism and circulation, promote absorption, and relieve pain is \_\_\_\_\_.

Performance Assessed	1	2	3	4	Improvement Plan
Applied desincrustation lotion or gel and removed					
Extracted comedones					
Applied astringent lotion, toner for oily skin, or a serum; allowed skin to dry					
Unfolded gauze across the face and applied direct, high-frequency treatment					
Applied positive galvanic current, if galvanic desincrustation was performed					
Massage was not performed on acne-prone skin					
Applied mask					
Removed mask					
Applied toner					
Applied specialized lotion or sunscreen designed for oily or acne-prone skin					
Proceeded with additional desired service					
Post-service cleanup and appointment scheduling completed					

# FACIAL FOR OILY SKIN WITH OPEN COMEDONES (BLACKHEADS) PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Properly draped chair and client					
Removed eye makeup					
Applied cleanser for oily skin					
Removed cleanser residue					
Steamed face					
Exfoliated face with product for oily or combination skin					
Removed exfoliant using damp cloth pads or soft towels					
Applied desincrustation lotion or gel					
Removed the preparation					
Placed gloves on					
Extracted comedones					
If galvanic desincrustation was used, applied positive galvanic current to the face after extractions were completed					
Applied astringent lotion, toner for oily skin, or a serum; allowed skin to dry					
Placed gauze on face and applied direct high-frequency current					



Performance Assessed	1	2	3	4	Improvement Plan
Finished with neck, chest, and back					
Analyzed skin					
Steamed the face using warm, moist towels or a facial steamer					
Covered client's eyes with cotton pads moistened with distilled water or a special eye compress solution					
For nonsensitive skin, applied a granular scrub to face or used the brushing machine (If brushing machine was used, cleansing milk should have been applied before using the machine.)					
If a scrub was used, gently massaged the scrub in small circular movements					
Did not use near eye area					
Massaged the face using basic facial manipulations for about 2 minutes					
Removed massage cream using warm, moist towels; moist cleansing pads; or sponges					
Sponged face using cotton pledgets moistened with toner or freshener					
Applied a treatment mask using product formulated for the client's skin condition					
Applied the treatment mask with a natural bristle brush, starting at the neck, then proceeded to the jawline					
Removed mask using wet cotton pledgets, sponges, or towels					
Applied toner, astringent, or freshener					
Applied a moisturizer or sunscreen					

Explain a type of light therapy used to treat conditions of the skin.

---

---

---

---

---

---

---

---

---

---

## ESSENTIAL RUBRICS

Rubrics are used in education for organizing and interpreting data gathered from observations of student performance. A rubric is a clearly developed scoring document used to differentiate between levels of development in a specific skill performance or behavior. A rubric is provided in this study guide as a self-assessment tool to aid you in your behavior development.

Rate your performance according to the following scale:

- **Development Opportunity:** There is little or no evidence of competency; assistance is needed; performance includes multiple errors.
- **Fundamental:** There is beginning evidence of competency; task is completed alone; performance includes few errors.
- **Competent:** There is detailed and consistent evidence of competency; task is completed alone; performance includes rare errors.
- **Strength:** There is detailed evidence of highly creative, inventive, mature presence of competency.

Space is provided for comments to assist you in improving your performance and achieving a higher rating.

## Know the Purpose of the Facial Equipment

### **ACTIVITY** Facial Steaming

Steaming the face can open pores, stimulate circulation, and help masks and creams work more effectively. Steaming should not be done more than once per week and should be accompanied by an appropriate moisturizer to avoid drying out the skin.

Try steaming at home by washing your face thoroughly and pinning or tying back your hair (or wear a shower cap). Boil a large pan of water and put in a handful of herbs based on your ingredient research. For example, chamomile, sage, peppermint, eucalyptus, and lavender disinfect and soothe the skin. They also contain oils that are beneficial to sinus passages. You can also use herbal oils from the health food store. Place the pan on a table or counter of appropriate height that will allow you to sit comfortably and hold your head over the pan. Lower your face over the pan and drape a large towel over your entire head and around the pan so no steam escapes. Now, relax and enjoy a highly rejuvenating experience. Steam for no more than 10 minutes. When finished, blot your face with a soft cloth. Your skin is now prepared for an effective exfoliation or mask treatment. If not continuing with these treatments, refresh the skin with cool water to close the pores. In the space provided, record the results, your skin's reaction, and how the procedure made you feel.

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

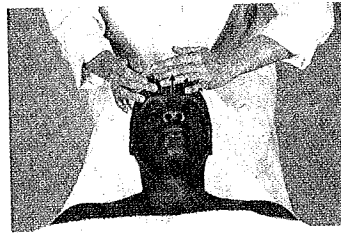
---

---

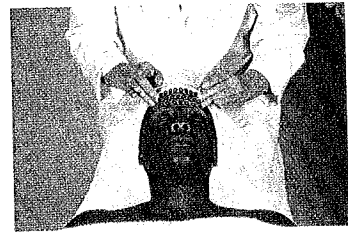
---



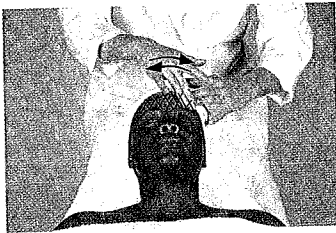
4.



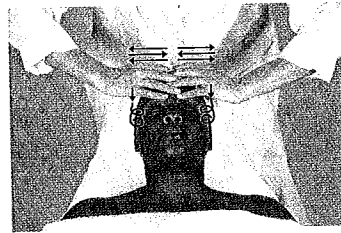
5.



6.



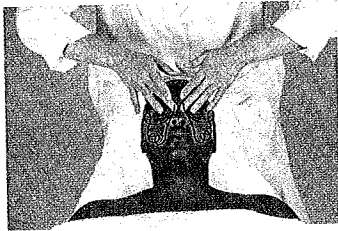
7.



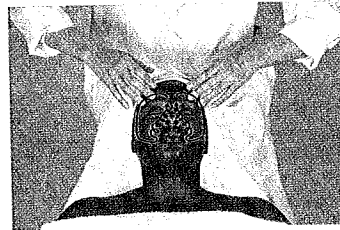
8.



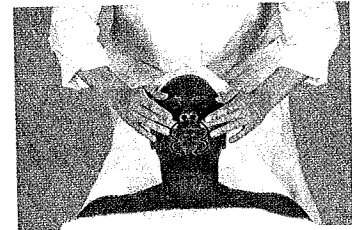
9.



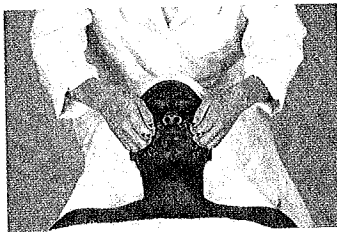
10.



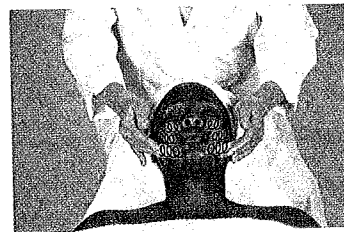
11.



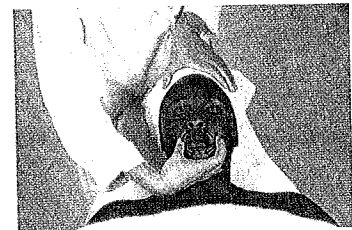
12.



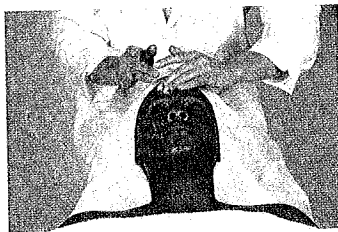
13.



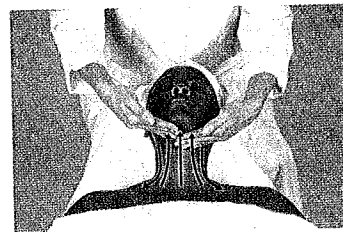
14.



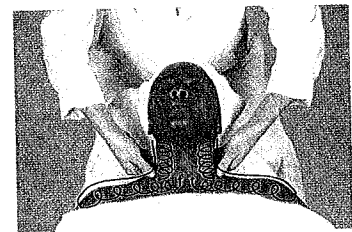
15.



16.



17.



18.

# ESSENTIAL EXPERIENCE 4

## Learn the Basic Techniques of a Facial Massage

### **ACTIVITY 1** Define Massage

Cosmetologists massage their clients to help keep the facial skin healthy and the facial muscles firm. In your own words, define why massage is used during a facial.

---

---

---

---

### **ACTIVITY 2** Massage Movements

In the chart below, describe each massage movement, and list the parts of the body on which the movement is used.

Name of Movement	Movement Description	Where Used
Effleurage		
Pétrissage		

# ESSENTIAL EXPERIENCE 2

## Determine Skin Type During the Skin Analysis

### **ACTIVITY** Skin Types and Conditions

List five skin types and examples of their skin conditions. (Note: Normal skin type should be left off the chart.)

Skin Type	Conditions Associated with Skin Type

# ESSENTIAL EXPERIENCE 1

## Conduct a Consultation and Skin Analysis

### **ACTIVITY 1** Client Consultation and Record-Keeping

Choose another student as your partner and conduct a facial treatment consultation on each other. Record your results on the sample service record card found below. After the consultation, perform the appropriate facial service on each other. Ask an instructor to evaluate your procedure. (You can also refer to the client intake form in Figure 22-2 in Chapter 22 of your textbook for a refresher on questions to ask.)

SERVICE RECORD CARD				
Name _____			Date of consultation _____	
Address _____			D.O.B. _____	
City _____	State _____	Zip _____	Occupation _____	
Tel. (Home) _____		(Business) _____		Ref. by _____
Tel. (Cell) _____		(E-mail) _____		
Contraindications _____				
Medical history _____				
Current medication _____				
Previous treatments _____				
Home care products used _____				
SKIN TYPE	Oily	Normal	Dry (allpdc)	Combination
SKIN CONDITION	Clogged pores	Sensitive	Dehydrated	Mature
Skin abnormalities _____				
Remarks _____				
SERVICE RECORD				
Date	Type of treatment	By	Products purchased	Observations
2/14	Cleansing, Peel- Relaxing massage	Mary	Moisturizer with sunscreen	
3/16	Cleansing, Peel Modelage mask	Mary	Cleanser, Toner	
4/5	Cleansing, Peel High frequency indirect	Mary	Moisturizer, Foundation #7	
4/26	Cleansing, Peel Massage Alginate mask	John		
5/13	Cleansing, Peel Iontophoresis Paraffin mask	Mary	Night cream for dry skin Lipstick #43	Skin is showing marked improvement.
6/1	Cleansing, Peel Relaxing massage	Mary	Eye contour mask	

## why study FACIALS?

---

As a licensed cosmetologist, you will be able to perform many services relating to skin care and makeup. Among those services will be facials, facial massage, and masks. It should be ever present in your mind that you are about to become a professional in the image industry. Therefore, it is essential that you exemplify that role. In addition to learning how to provide the best possible services for your clients, you must be a role model for the industry you represent. You must have the most current hairstyle, the most well-manicured hands and nails, and the best cared for skin. Once you have developed all the applicable skills in this specialty area, you will be in high demand for employment in the high-end, full-service salons in your marketplace.

### **Cosmetologists should study and have a thorough understanding of facials because:**

- Providing skin care services to clients is extremely rewarding, helps busy clients to relax, improves their appearance, and helps clients feel better about themselves.
- Knowing the basics of skin analysis and basic information about skin care products will enable you to offer your clients help and advice when they ask you for it.
- Although you will not treat a skin disease, you must be able to recognize adverse skin conditions and refer clients to seek medical advice from a physician.
- Learning the basic techniques of facials and facial massage will give you a good overview of, and an ability to perform, these foundational services.
- You may enjoy this category of services and may consider specializing in skin care services. This study will create a perfect basis for making that decision.



# ESSENTIAL DISCOVERIES AND ACCOMPLISHMENTS

In the space provided, write down key points learned in the chapter. Share your Essential Discoveries with the other students in your class and ask if they are helpful to them. You may want to update your discoveries based on any good ideas shared by your peers.

## Discoveries:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

List at least three things you have accomplished since your last entry that relate to your career goals.

## Accomplishments:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### **ACTIVITY 3** Fill in the Blanks

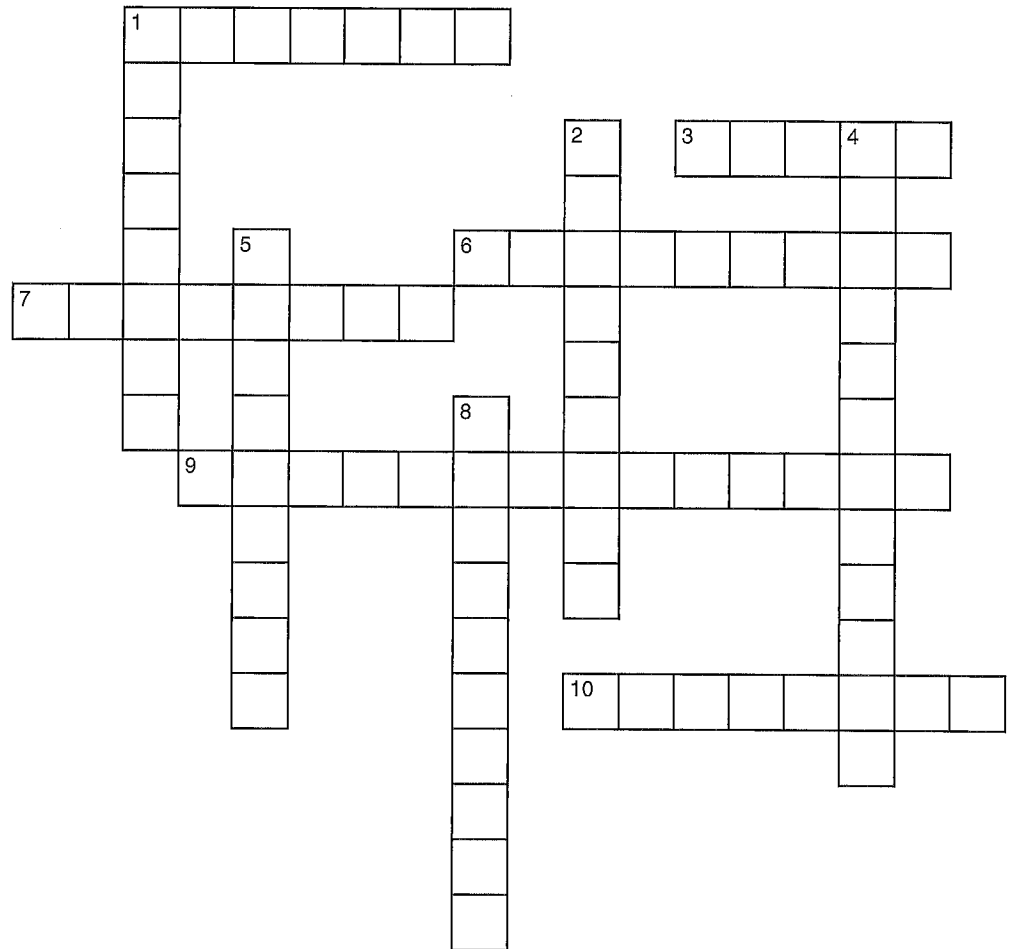
Using the following words, fill in the blanks below to form a thorough review of Chapter 22, Hair Removal. Words or terms may be used more than once or not at all.

abrasions	electrolysis	normal
acne	emollient	opposite
adhesives	epilator	orbital bone
allergies	eyebrows	patch test
aloe gel	fever blisters	polymers
anagen	hirsutism	rosacea
beeswax	hydroquinone	sensitive
Botox	hypertrichosis	shaving
bloodborne pathogens	hypertrophy	steamed
client procedure	Intense Pulsed Light	strand test
collagen	laser hair removal	training and experience
depilatory	needles	

1. Another technical term for hirsuties is \_\_\_\_\_.
2. Both hard and soft wax are made primarily of resins and \_\_\_\_\_.
3. A client intake form completed prior to a hair removal service discloses all medications, both topical and oral, along with any known skin disorders or \_\_\_\_\_.
4. Facial waxing should not be performed on clients who have \_\_\_\_\_ or very sensitive skin.
5. Having a history of \_\_\_\_\_ or cold sores is considered a contraindication for facial waxing.
6. Use of Retin-A®, Renova®, \_\_\_\_\_, or similar products prevents hair removal treatments.
7. Removal of hair by means of an electric current that destroys the growth cells of the hair is known as \_\_\_\_\_.
8. Photoepilation uses intense light to destroy the growth cells of the hair follicles and has minimal side effects and requires no \_\_\_\_\_.
9. A method for the rapid, gentle removal of unwanted hair by means of a beam pulsed on the skin is called \_\_\_\_\_.
10. Laser hair removal is most effective when used on follicles in the active growing phase, or \_\_\_\_\_.
11. \_\_\_\_\_ is the most common form of temporary hair removal, particularly of men's facial hair.
12. Correctly shaped \_\_\_\_\_ have a strong, positive impact on the overall attractiveness of the face.
13. Washing your hands thoroughly with soap and warm water is critical before and after every \_\_\_\_\_ you perform.

# ESSENTIAL REVIEW

## **ACTIVITY 1** Crossword Puzzle



### Across

#### Word

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### Clue

1. The most common form of temporary hair removal
3. A beam pulsed on the skin that impairs the hair follicle
6. Growth of an unusual amount of hair on parts of the body normally bearing only downy hair
7. Substance used to remove hair from the bottom of the follicle
9. Permanent hair removal treatment that uses intense light to destroy hair follicles
10. Commonly used for shaping eyebrows

Performance Assessed	1	2	3	4	Improvement Plan
Draped client with towels					
Applied disposable gloves					
Thoroughly cleansed the area to be waxed with a mild cleanser					
Trimmed hair with scissors if it was more than 1/2-inch (1.25 centimeters) long					
Put an extra single-use paper towel under the area to catch the hair and discard it before waxing.					
Dried area to be waxed					
Applied a light covering of powder					
Tested wax temperature and consistency by applying a small drop to inner wrist					
Using spatula, spread a thin coat of wax in direction of hair growth over area to be treated					
Did not double dip					
Applied a fabric strip in the same direction as the hair growth					
Pressed gently, running hand over the surface of the fabric three to five times					
Gently applied pressure and quickly removed wax in the opposite direction of the hair growth					

# LIP WAXING USING HARD WAX PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Melted the wax in the heater					
Placed clean towel over facial chair, then a layer of disposable paper					
Placed a hair cap or head band on client's head to keep hair away from face					
Put on disposable gloves					
Removed the client's makeup and cleansed the area thoroughly with a mild cleanser and dried					
Tested the temperature and consistency of heated wax by applying a small drop on your inner wrist					
Applied warm hard wax to the skin over the lip evenly toward the corner of the mouth with a spatula or applicator					
Covered all visible hairs and created an edge to lift when removing the wax					
<b>Alternative method:</b>					
Applied warmed wax to the skin in the opposite direction of hair growth					
Applied the wax in a smooth or figure-eight pattern in the same direction as the hair growth					
Allowed the wax to sit for 1 to 2 minutes					
Used index finger and thumb to gently lift the edge of the wax					
Pulled off the wax in an upwards and inwards movement					

Performance Assessed	1	2	3	4	Improvement Plan
Removed hairs from under the eyebrow line					
Shaped lower section of one eyebrow and then shaped the other					
Sponged area with toner or applied emollient cream and massaged the brows					
If applicable, removed cream with cool, wet cotton pads					
After tweezing was completed, sponged eyebrows and surrounding skin with a toner					
Brushed the eyebrow hair to normal position					

## EYEBROW WAXING USING SOFT WAX PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Melted wax in heater to thickness of a caramel sauce					
Laid a clean towel over the top of the facial chair followed by a layer of disposable paper					
Placed a hair cap or headband on client's head					
Put on disposable gloves					
Removed client's makeup					
Cleansed area thoroughly with a mild cleanser					

## ESSENTIAL EXPERIENCE 4

# Eyebrow Waxing Using Soft Wax Procedure

### **ACTIVITY** Eyebrow Waxing Procedure

Number the steps for an eyebrow waxing procedure in the order in which they should occur.

#### **Eyebrow Waxing Procedure**

- \_\_\_\_\_ Lightly apply pressure to the treated area.
- \_\_\_\_\_ Remove the remaining wax.
- \_\_\_\_\_ Cover the top of the facial chair.
- \_\_\_\_\_ Put on disposable gloves.
- \_\_\_\_\_ Place a hair cap or headband on the client's head.
- \_\_\_\_\_ Spread the wax with a spatula.
- \_\_\_\_\_ Cleanse the skin and apply emollient or antiseptic lotion.
- \_\_\_\_\_ Apply a fabric strip over the waxed area.
- \_\_\_\_\_ Melt the wax in the heater.
- \_\_\_\_\_ Remove the fabric strip.
- \_\_\_\_\_ Remove makeup and cleanse the area.
- \_\_\_\_\_ Test wax on your inner wrist,
- \_\_\_\_\_ Repeat the procedure on the other eyebrow.

## ESSENTIAL RUBRICS

Rubrics are used in education for organizing and interpreting data gathered from observations of student performance. A rubric is a clearly developed scoring document used to differentiate between levels of development in a specific skill performance or behavior. A rubric is provided in this study guide as a self-assessment tool to aid you in your behavior development.

Rate your performance according to the following scale:

- (1) Development Opportunity:** There is little or no evidence of competency; assistance is needed; performance includes multiple errors.
- (2) Fundamental:** There is beginning evidence of competency; task is completed alone; performance includes few errors.
- (3) Competent:** There is detailed and consistent evidence of competency; task is completed alone; performance includes rare errors.
- (4) Strength:** There is detailed evidence of highly creative, inventive, mature presence of competency.

Space is provided for comments to assist you in improving your performance and achieving a higher rating.

# ESSENTIAL EXPERIENCE 2

## Describe and Discuss Temporary and Permanent Methods of Hair Removal

### **ACTIVITY 1** Methods of Hair Removal

In the space provided, identify the following methods of hair removal as either temporary or permanent.

- Hard wax \_\_\_\_\_
- Shaving \_\_\_\_\_
- Electrolysis \_\_\_\_\_
- Tweezing \_\_\_\_\_
- Electric trimmer \_\_\_\_\_
- Epilator \_\_\_\_\_
- Soft wax \_\_\_\_\_
- Photoepilation \_\_\_\_\_
- Laser \_\_\_\_\_
- Depilatory \_\_\_\_\_
- Threading \_\_\_\_\_
- Sugaring \_\_\_\_\_

### **ACTIVITY 2** Alleviate Discomfort

It is important to understand that clients may experience various levels of discomfort while receiving hair removal services. Role play this exercise with a classmate. Place one adhesive bandage on the back of your hand, and place another adhesive bandage on your forearm. Leave the bandages there for approximately 5 to 10 minutes. Have your partner remove each bandage separately. On a scale of 1 to 5, where level 5 is the highest level of discomfort, rate your level.

What steps can you take to minimize the discomfort level of your clients?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# ESSENTIAL REFLECTIONS

How can the information in this chapter help you to be a better beauty industry professional?

---

---

---

---

## ESSENTIAL EXPERIENCE 1

### Consult the Client and Review Contraindications

#### **ACTIVITY** Client Intake Form

Based on the information listed on the sample client intake form, determine if hair removal services can be performed. Please explain your answers.

---

---

---

---

---

---

How would you advise the client if it is determined that hair removal services cannot be performed?

---

---

---

---

---

---

# ESSENTIAL DISCOVERIES AND ACCOMPLISHMENTS

In the space provided, write down key points learned in the chapter. Share your Essential Discoveries with the other students in your class and ask if they are helpful to them. You may want to update your discoveries based on any good ideas shared by your peers.

## Discoveries:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

List at least three things you have accomplished since your last entry that relate to your career goals.

## Accomplishments:

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

42. The melanin that gives black and brown color to hair is known as \_\_\_\_\_.
- a) pheomelanin
  - b) eumelanin
  - c) neomelanin
  - d) euromelanin
43. The ability of the hair to absorb moisture is called \_\_\_\_\_.
- a) density
  - b) texture
  - c) elasticity
  - d) porosity
44. Haircolor that partially penetrates the hair shaft and stains the cuticle layer, slowly fading with each shampoo, is known as \_\_\_\_\_.
- a) permanent
  - b) semipermanent
  - c) demipermanent
  - d) temporary
45. The number of hairs per square inch (2.5 square centimeters) on the head relates to the hair's \_\_\_\_\_.
- a) density
  - b) texture
  - c) elasticity
  - d) porosity
46. The oxidizer that is added to hydrogen peroxide to increase its chemical action is known as the \_\_\_\_\_.
- a) generator
  - b) penetrator
  - c) activator
  - d) contributor
47. The two methods of parting hair for a foil technique are \_\_\_\_\_.
- a) slicing and striping
  - b) weaving and striping
  - c) slicing and threading
  - d) slicing and weaving
48. The free-form technique of hair painting is also called \_\_\_\_\_.
- a) toning
  - b) baliaage
  - c) brushing
  - d) swabbing
49. The first important guideline when color services do not turn out as planned or as expected is to \_\_\_\_\_.
- a) call your instructor
  - b) apply color rinse
  - c) not panic
  - d) give money back
50. The system for understanding color relationships is the \_\_\_\_\_.
- a) level System
  - b) color system
  - c) law of color
  - d) law of hair
51. The process of treating gray or very resistant hair to allow for better penetration of color is known as \_\_\_\_\_.
- a) presoftening
  - b) prelightening
  - c) activating
  - d) accelerating
52. To some degree, the \_\_\_\_\_ is designed to protect the school or salon owner from responsibility for accidents or damages.
- a) client record card
  - b) posted price list
  - c) release statement
  - d) indemnity insurance

22. Haircolor that is able to deposit without lifting because it is less alkaline and is mixed with a low volume developer is \_\_\_\_\_.
- a) permanent  
b) semipermanent  
c) demipermanent  
d) temporary
23. Haircolor that is mixed with a developer and remains in the hair shaft until the new growth of hair occurs is called \_\_\_\_\_.
- a) permanent  
b) semipermanent  
c) demipermanent  
d) temporary
24. Haircoloring products fall into four classifications including temporary, semipermanent, and \_\_\_\_\_.
- a) permanent and perpetual  
b) permanent and demipermanent  
c) demipermanent and perpetual  
d) vegetable and demipermanent
25. Metallic haircolors are also called \_\_\_\_\_ colors.
- a) advancing  
b) gradual  
c) delayed  
d) accelerated
26. One safety precaution in haircoloring is to never apply color if \_\_\_\_\_ are present.
- a) parents  
b) children  
c) abrasions  
d) dandruff particles
27. Permanent haircolor is applied by either the bowl and brush method or with a/an \_\_\_\_\_.
- a) spatula and brush  
b) applicator bottle  
c) bowl and bottle  
d) brush and bottle
28. Porous hair of the same color level will lighten faster than hair that is nonporous because the bleaching agent can enter the \_\_\_\_\_ more rapidly.
- a) medulla  
b) cortex  
c) cuticle  
d) follicle
29. Primary and secondary colors that are positioned opposite each other on the color wheel are considered to be \_\_\_\_\_.
- a) neutral  
b) complementary  
c) contradictory  
d) contrary
30. Products created to remove artificial pigment from the hair are known as \_\_\_\_\_.
- a) haircolor removers  
b) pigment or melanin removers  
c) porosity removers  
d) highlight removers
31. The predominant tonality of an existing color is referred to as a/an \_\_\_\_\_.
- a) base color  
b) even color  
c) neutral color  
d) deep color

## **ACTIVITY 4** Haircoloring Fill in the Blanks

Complete the following review of Chapter 21, Haircoloring, by circling the correct answers.

- \_\_\_\_\_ are specialized preparations designed to help equalize porosity and deposit a base color in one application.
  - Pre-softeners
  - Color conditioners
  - Conditioning activators
  - Color Fillers
- A system for understanding color relationships is called \_\_\_\_\_.
  - the law of color
  - the level system
  - the color wheel
  - primary color system
- A \_\_\_\_\_ lightener is strong enough for high-lift blonding but gentle enough to use on the scalp.
  - oil
  - cream
  - powder
  - paste
- A product prepared by combining permanent haircolor, hydrogen peroxide, and shampoo is \_\_\_\_\_.
  - soap cap
  - highlighting shampoo
  - color filler
  - highlighting shampoo
- A mixture of shampoo and permanent color creates a \_\_\_\_\_.
  - soap cap
  - highlighting shampoo
  - color filler
  - highlighting shampoo tint
- A no-lift deposit-only color that adds shine and tone to the hair is called a \_\_\_\_\_.
  - polish
  - wax
  - spray
  - glaze
- A process that lightens and colors hair in a single application is known as \_\_\_\_\_.
  - double-process haircoloring
  - temporary rinsing
  - single-process haircoloring
  - virgin haircoloring
- A patch test is generally conducted behind the ear or on the \_\_\_\_\_.
  - inner wrist
  - inner forearm
  - temple or forehead
  - inside of the elbow
- A combination of equal parts of prepared permanent color mixture and shampoo that is applied during the last 5 minutes of haircolor service is called a \_\_\_\_\_.
  - color filler
  - hair presoftener
  - soap cap
  - shampoo tint
- A/an \_\_\_\_\_ contains a powdered oxidizer that is added to hydrogen peroxide to increase its lifting power.
  - activator
  - protinator
  - prohibitor
  - developer

- \_\_\_\_\_ 8. Oxidizing agent that mixes with an oxidation color and supplies oxygen gas
- \_\_\_\_\_ 9. Used to treat gray or resistant hair
- \_\_\_\_\_ 11. Chemical compound for decolorizing hair

**Down**

**Word**

**Clues**

- \_\_\_\_\_ 1. Industry term that refers to artificial haircolor products
- \_\_\_\_\_ 3. Colors opposite each other on the color wheel
- \_\_\_\_\_ 4. Technique involving slicing or weaving out sections
- \_\_\_\_\_ 7. Coloring some strands lighter than natural color
- \_\_\_\_\_ 10. 1/8-inch (0.3 centimeters) section of hair positioned over foil

 **ACTIVITY 2** Word Search

After identifying the correct word from the clues provided, locate the words in the word search puzzle.

**Word**

**Clue**

- \_\_\_\_\_ Painting of lightener
- \_\_\_\_\_ Involves pulling hair through a perforated cap
- \_\_\_\_\_ Used to ensure an even shade
- \_\_\_\_\_ Coloring some strands lighter than natural color
- \_\_\_\_\_ Strength of color tone
- \_\_\_\_\_ Haircolor containing metal salts
- \_\_\_\_\_ First step in double-process haircoloring
- \_\_\_\_\_ Process of treating gray or resistant hair to allow better penetration
- \_\_\_\_\_ Pure or fundamental colors than cannot be achieved by mixing other colors
- \_\_\_\_\_ Color obtained from mixing equal parts of two primary colors
- \_\_\_\_\_ Involves taking an 1/8-inch (0.3 cm) section of hair and placing it on foil
- \_\_\_\_\_ Intermediate color achieved by mixing a secondary color with its neighboring primary color
- \_\_\_\_\_ Used primarily on prelightened hair to achieve pale or delicate colors
- \_\_\_\_\_ The measure of varying strengths of hydrogen peroxide
- \_\_\_\_\_ Picking up strands with a zigzag motion of the comb

Performance Assessed	1	2	3	4	Improvement Plan
Rinsed hair immediately to prevent color from affecting untreated hair					
Applied haircolor glaze to hair from scalp to ends					
Worked glaze into hair to make sure it was completely saturated					
Processed according to manufacturer's instructions					
Rinsed hair thoroughly					
Shampooed hair					
Conditioned hair					

# SPECIAL EFFECTS HAIRCOLORING WITH FOIL PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Draped client for a haircolor service					
Parted hair into six sections					
Prepared the lightening formula and used immediately					
With a tail comb, took a slice of hair at the right back section of the head. Took a fine weave of hair from the slice and placed a piece of foil under the hair					
Held hair taut and brushed on lightener from upper edge of the foil to the hair ends.					
Worked the product up to ¼ inch (0.6 centimeter) from the edge of the foil					
Folded foil in half until ends met					
Folded foil in half again					
Used comb to crease foil					
Took a ¼-inch (0.6 centimeter) subsection in between foils					
Clipped hair up and out of the way					



Performance Assessed	1	2	3	4	Improvement Plan
Rinsed hair					
Towel-dried hair					
Conditioned as necessary					
Put on gloves					
Selected desired toner shade					
Applied protective cream around hairline and over ears					
Took strand test					
Recorded results on client's service record card					
If using a toner with developer, mixed toner and developer in nonmetallic bowl or bottle, following manufacturer's directions					
Parted hair into four equal sections, using end of tail comb or applicator brush					
Avoided scratching scalp					
At crown of back section, parted off ¼-inch (0.6 centimeter) partings and applied toner from scalp up to, but not including, porous ends					

Performance Assessed	1	2	3	4	Improvement Plan
Parted hair into four sections					
Applied protective cream around hairline and over ears					
Prepared lightening formula and used immediately					
Placed cotton around and through all four sections to prevent lightener from touching the scalp					
Applied lightener ½ inch (1.25 centimeters) from scalp, working lightener through the mid-strand, up to the porous ends					
Double checked application, adding more lightener as necessary					
Did not comb lightener through hair					
Kept lightener moist					
Checked lightening action about 15 minutes before time indicated by strand test					
Sprayed a hair strand with water and removed lightener with a damp towel					
Examined strand					
Reapplied mixture and continued testing frequently until desired level was reached					
Applied lightener to scalp and ends					
Removed cotton from scalp area					

# SINGLE-PROCESS COLOR ON VIRGIN HAIR APPLICATION PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Draped client for haircolor service					
Put on gloves					
Parted dry hair into four sections					
Applied protective cream to hairline and ears					
Prepared color formula for either bottle or brush application					
Began in most resistant area or where color change was expected to be the greatest					
Parted off ¼-inch (0.6 centimeters) horizontal subsection with the applicator					
Lifted subsection and applied color to the mid-strand area					
Stayed at least ½ inch (1.25 centimeters) from the scalp					
Did not go through the porous ends					
Used vertical subsections on the sides					
Began application at the back of the section					
Worked through all four quadrants					
Processed according to strand test results					
Check for color development					
Applied color to the hair at the scalp					
Pulled color through hair ends					
Massaged color into a lather and rinsed thoroughly with warm water					
Removed any stains around hairline with shampoo or stain remover using towel					

Performance Assessed	1	2	3	4	Improvement Plan
Applied color following proper application method					
Checked development at five-minute intervals					
Removed foil or plastic wrap					
Placed towel under strand and misted thoroughly with water					
Added shampoo and massaged through hair					
Rinsed by spraying with water					
Dried strand with towel and observed results					
Made needed adjustments and proceeded with color service					

## TEMPORARY HAIRCOLOR APPLICATION PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Draped client for haircoloring service					
Shampooed hair					
Towel-dried hair					
Seated client comfortably at shampoo bowl					
Put on gloves					
Applied color based on manufacturer's directions					
Applied color and worked it around entire head					
Blended color with comb, applying more color as necessary					
Did not rinse the hair					

## ESSENTIAL EXPERIENCE 4

# Understand the Special Challenges in Haircolor and Corrective Solutions

### **ACTIVITY** Find the Solution

In the grid below, explain the solutions to the haircoloring challenges listed.

Challenge	Solution
Yellowed Discoloration	
Resistant Gray Hair	
Damaged Hair (due to blowdrying, wind, harsh products, chemical services)	
Damaged, Overly Porous Hair	
Red Hair	
Brunette Hair	

## ESSENTIAL RUBRICS

Rubrics are used in education for organizing and interpreting data gathered from observations of student performance. A rubric is a clearly developed scoring document used to differentiate between levels of development in a specific skill performance or behavior. A rubric is provided in this study guide as a self-assessment tool to aid you in your behavior development.

Rate your performance according to the following scale.

- (1) Development Opportunity:** There is little or no evidence of competency; assistance is needed; performance includes multiple errors.

# ESSENTIAL EXPERIENCE 2

## Conduct an Effective Haircolor Consultation

### **ACTIVITY** The Consultation

In the space provided below, list all the steps required to complete a thorough haircolor consultation. Then choose another student as your partner. Conduct a haircolor client consultation on each other. Record your results on the school's client record card.

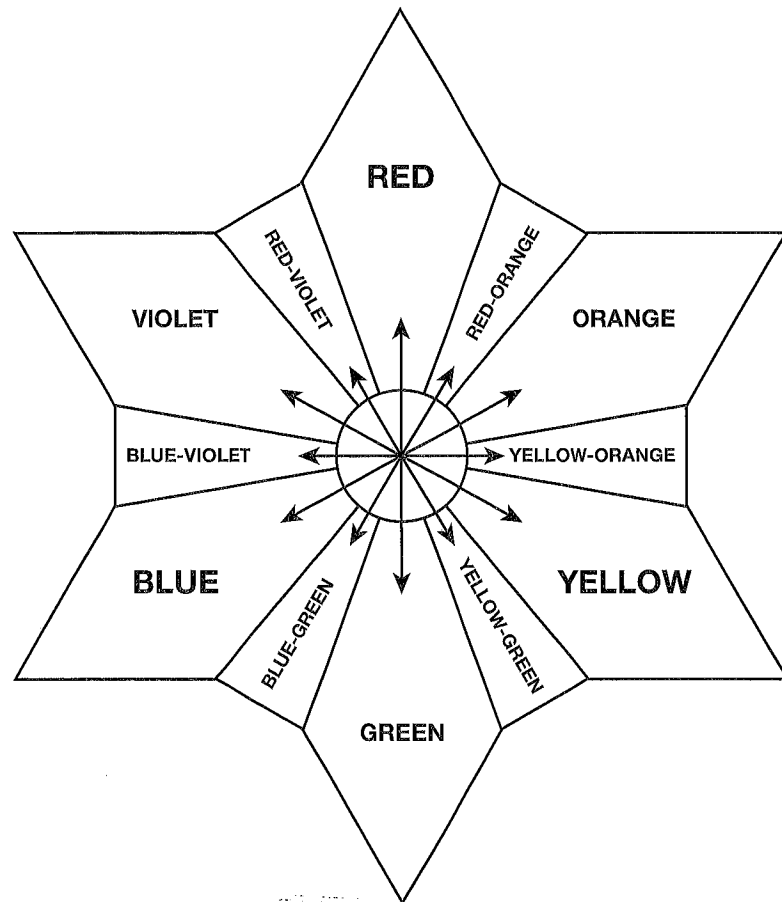
1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_  
\_\_\_\_\_
7. \_\_\_\_\_  
\_\_\_\_\_
8. \_\_\_\_\_  
\_\_\_\_\_
9. \_\_\_\_\_  
\_\_\_\_\_
10. \_\_\_\_\_  
\_\_\_\_\_

# ESSENTIAL EXPERIENCE 1

## Identify Natural Hair Color and Tone



### **ACTIVITY 1** The Color Wheel

In the diagram below, place the colors that correspond with the color found on the wheel. You may use crayons, markers, colored pencils, watercolor paint, or cut the various colors out of magazines. Your goal is to depict the primary, secondary, and tertiary colors, and label each accordingly.



**Fears**

**Plan of Action To Overcome Fear**





## ESSENTIAL OBJECTIVES

After studying this chapter and completing the Essential Companion components, you will be able to:

- LO 1 List the reasons why people color their hair.
- LO 2 Explain how the hair's porosity affects haircolor.
- LO 3 Understand the types of melanin found in hair.
- LO 4 Define and identify levels and their role in formulating haircolor.
- LO 5 Identify primary, secondary, and tertiary colors.
- LO 6 Know what roles tone and intensity play in haircolor.
- LO 7 List and describe the categories of haircolor.
- LO 8 Explain the role of hydrogen peroxide in a haircolor formula.
- LO 9 Explain the action of hair lighteners.
- LO 10 List the five key questions to ask when formulating a haircolor.
- LO 11 Understand why a patch test is useful in haircoloring.
- LO 12 Define what a preliminary strand test is and why it is used.
- LO 13 List and describe the procedure for a virgin single-process color service.
- LO 14 Understand the two processes involved in double-process haircoloring.
- LO 15 Describe the various forms of hair lightener.
- LO 16 Understand the purpose and use of toners.
- LO 17 Name and describe the three most commonly used methods for highlighting.
- LO 18 Know how to properly cover gray hair.
- LO 19 Know the rules of color correction.
- LO 20 Know the safety precautions to follow during the haircolor process.

67. The combination of a thio relaxer and a thio permanent wrapped on large tools is called a \_\_\_\_\_.
- a) soft curl permanent
  - b) thioglycolate reconstructor
  - c) relaxer curl permanent
  - d) hard curl permanent
68. The most commonly used methods of hair relaxing are the sodium hydroxide method and the \_\_\_\_\_ method.
- a) thermal
  - b) thio
  - c) ammonia
  - d) peroxide
69. To check relaxer processing, smooth and press a strand to the scalp using the back of the comb or your finger. If curl returns, \_\_\_\_\_.
- a) rinse immediately
  - b) add neutralizer
  - c) continue processing
  - d) add conditioner
70. What is used to restore the hair and scalp to their normal acidic pH?
- a) Cream conditioner
  - b) Medicated shampoo
  - c) Conditioning filler
  - d) Normalizing lotion
71. What is one safety precaution that must be followed with all chemical hair relaxing services?
- a) Shampooing the client's hair
  - b) Preconditioning the hair
  - c) Advising the client regarding processing time
  - d) Wearing protective gloves
72. When applying sodium hydroxide relaxer, the processing cream is applied last to the \_\_\_\_\_ and \_\_\_\_\_.
- a) scalp area, hair ends
  - b) scalp area, hair shaft
  - c) middle of hair shaft,
  - d) nape area, hair ends hair ends
73. When performing a sodium hydroxide retouch, where is the product applied first?
- a) To the hair ends
  - b) To the new growth only
  - c) To middle of the hair shaft
  - d) To the scalp area only
74. When using the comb method of application, how is the relaxing cream applied?
- a) With the back of the comb
  - b) With the fingers
  - c) With the applicator brush
  - d) With the rod
75. This innermost layer of hair does not play a role in chemical texture services, and is often called the core of the hair.
- a) Medulla
  - b) Cuticle
  - c) Cortex
  - d) Follicle

49. After saturating the rods with neutralizer in a soft curl permanent, the next step is to \_\_\_\_\_.
- a) rinse with water  
b) apply conditioner  
c) completely dry hair  
d) apply protective base
50. After the hair has been processed with a sodium hydroxide relaxer and before the shampoo, the hair should be thoroughly \_\_\_\_\_.
- a) oiled  
b) rinsed  
c) dried  
d) conditioned
51. Before giving a relaxing treatment to overly curly hair, the cosmetologist must judge its texture, porosity, and \_\_\_\_\_.
- a) length and elasticity  
b) elasticity and silkiness  
c) elasticity and extent of damage, if any  
d) softness and extent of damage, if any
52. If using a *no-base* relaxer, it is recommended that a protective cream be applied \_\_\_\_\_.
- a) at the nape of the neck  
b) over the earlobes  
c) the frontal hairline  
d) on the hairline and around ears
53. Inspecting the action of the relaxer by stretching the strands to see how fast the natural curls are being removed is called \_\_\_\_\_.
- a) periodic patch testing  
b) periodic relaxer testing  
c) periodic strand testing  
d) periodic elasticity testing
54. Of the general types of hair relaxers, which one does not require pre-shampooing?
- a) sodium hydroxide  
b) sodium thioglycolate  
c) ammonium thioglycolate  
d) acid-based relaxers
55. One safety precaution for hair relaxing is to avoid \_\_\_\_\_ the scalp with the comb or fingernails.
- a) massaging  
b) scratching  
c) smoothing  
d) stimulating
56. Relaxers, which are ionic compounds formed by a metal that is combined with oxygen and hydrogen, are known as \_\_\_\_\_.
- a) guanidine hydroxide  
b) metal hydroxide relaxers  
c) low-pH relaxers  
d) no-base relaxers
57. Sodium hydroxide relaxers are commonly called \_\_\_\_\_.
- a) guanidine hydroxide relaxers  
b) low pH relaxers  
c) lithium hydroxide relaxers  
d) lye relaxers

31. The length of time required for the hair strands to absorb the waving lotion and for the hair to re-curl is called \_\_\_\_\_.
- |                     |                     |
|---------------------|---------------------|
| a) application time | b) processing time  |
| c) rinsing time     | d) development time |
32. The main active ingredient in acid-balanced waving lotions is \_\_\_\_\_.
- |                               |                           |
|-------------------------------|---------------------------|
| a) glycerol monothioglycolate | b) ammonium thioglycolate |
| c) hydrogen peroxide          | d) sodium hydroxide       |
33. The main active ingredient or reducing agent in alkaline perms is \_\_\_\_\_.
- |                               |                           |
|-------------------------------|---------------------------|
| a) glycerol monothioglycolate | b) ammonium thioglycolate |
| c) hydrogen peroxide          | d) sodium hydroxide       |
34. The \_\_\_\_\_ wrap is used to prevent noticeable splits and to blend the flow of the hair.
- |                   |                  |
|-------------------|------------------|
| a) curvature perm | b) bricklay perm |
| c) spiral perm    | d) basic perm    |
35. The \_\_\_\_\_ wrap is done at an angle that causes the hair to spiral along the length of the tool, like the grip on a tennis racquet.
- |             |                |
|-------------|----------------|
| a) spiral   | b) croquignole |
| c) bricklay | d) barber pole |
36. The hydrogen atoms in the disulfide bonds are so strongly attracted to the oxygen in the neutralizer that they release their bond with the sulfur atoms and join with the \_\_\_\_\_.
- |              |             |
|--------------|-------------|
| a) salt bond | b) nitrogen |
| c) hydrogen  | d) oxygen   |
37. Underprocessing is caused by \_\_\_\_\_ processing time of the waving lotion.
- |                 |               |
|-----------------|---------------|
| a) excessive    | b) increasing |
| c) insufficient | d) exact      |
38. Waves that process more quickly and produce firmer curls than true acid waves are considered to be \_\_\_\_\_.
- |                           |                     |
|---------------------------|---------------------|
| a) alkaline               | b) acid-balanced    |
| c) ammonium thioglycolate | d) sodium hydroxide |
39. What can be used to determine the actual processing time needed to achieve optimum curl results when giving a perm for the first time on a client?
- |                  |                          |
|------------------|--------------------------|
| a) Patch test    | b) Strand test           |
| c) Porosity test | d) Preliminary test curl |

13. In order to make a smooth transition from the rolled section of the head to an unrolled section, use a larger tool for the last tool next to an unrolled section when giving a \_\_\_\_\_.
- a) curvature perm
  - b) partial perm
  - c) spiral perm
  - d) full perm
14. In neutralization, the bonds in the hair are re-formed \_\_\_\_\_.
- a) immediately
  - b) slowly
  - c) sporadically
  - d) randomly
15. In permanent waving, most of the processing takes place as soon as the solution penetrates the hair, within the first \_\_\_\_\_ minutes.
- a) 1 to 2
  - b) 2 to 3
  - c) 3 to 4
  - d) 5 to 10
16. Many male clients are looking for added \_\_\_\_\_, fullness, style, and low maintenance that only a perm can provide.
- a) color
  - b) shine
  - c) texture
  - d) length
17. Metallic salts leave a coating on the hair that may cause \_\_\_\_\_, severe discoloration, or hair breakage.
- a) mild odor
  - b) uneven curls
  - c) calcification
  - d) smooth curls
18. Neutralization rebuilds the \_\_\_\_\_ by removing the extra hydrogen bonds created by the waving solution.
- a) salt bonds
  - b) hydrogen bonds
  - c) disulfide bonds
  - d) polypeptide chains
19. Perming only a section of a whole head of hair is called \_\_\_\_\_.
- a) section perming
  - b) spotmatic perming
  - c) partial perming
  - d) limited perming
20. Some manufacturers recommend the application of a \_\_\_\_\_ after blotting and before application of the neutralizer.
- a) pre-neutralizing conditioner
  - b) pre-neutralizing shampoo
  - c) post-processing moisturizer
  - d) post-processing shampoo
21. The \_\_\_\_\_ wrap uses zigzag partings to divide base areas.
- a) curvature perm
  - b) weave technique
  - c) bricklay perm
  - d) straight perm

- |  |  |
|--|--|
| <p>_____ Loop rod</p> <p>_____ Normalizing lotion</p> <p>_____ Ammonia-free waves</p> <p>_____ Chemical texture services</p> <p>_____ Metal hydroxide relaxers</p> <p>_____ Chemical hair relaxing</p> <p>_____ Amino acids</p> <p>_____ Base sections</p> | <p>30. A thio-based chemical service that reformats curly and wavy hair into looser and larger curls and waves</p> <p>31. Hair is wrapped at an angle other than perpendicular to the length of the rod, which causes the hair to spiral along the length of the rod, similar to the stripes on a candy cane</p> <p>32. Perm rods that are equal in diameter along their entire length or curling area</p> <p>33. The most common reducing agent in permanent wave solutions</p> <p>34. Perm that uses an ingredient other than ATG as the primary reducing agent, such as cysteamine or mercaptamine</p> <p>35. Have a pH between 4.5 and 7.0 and require heat to process</p> <p>36. The measurement of the thickness or thinness of a liquid that affects how the fluid flows</p> <p>37. Wrapping technique that uses zigzag partings to divide base areas</p> |
|--|--|

## **ACTIVITY 2** Chemical Texture Services: Fill in the Blank

Complete the following review of Chapter 20, Chemical Texture Services, by circling the correct answers.

1. \_\_\_\_\_ rods have a small diameter in the center area and gradually increase to their largest diameter at the ends, resulting in a tighter curl at hair ends, with a loose, wider curl at the scalp.
 

a) Convex	b) Straight
c) Concave	d) Colored
2. A method of wrapping a permanent wave that is suitable for very long hair is the \_\_\_\_\_.
 

a) double halo method	b) double-rod wrap
c) single halo method	d) straight back method
3. A \_\_\_\_\_ is an example of a physical change that results from breaking and reforming the hydrogen bonds within the hair.
 

a) blowdry service	b) wet set
c) hair color service	d) comb-out

# ESSENTIAL REVIEW

## **ACTIVITY 1** Matching

- |                                     |  |
|-------------------------------------|--|
| ___ <b>Half-off base placement</b>  | 1. Compounds made up of carbon, oxygen, hydrogen, nitrogen, and sulfur   |
| ___ <b>Viscosity</b>                | 2. Perms that use an ingredient that does not evaporate as readily as ammonia, so there is very little odor associated with their use. |
| ___ <b>Off-base placement</b>       | 3. Position of the tool in relation to its base section, determined by the angle at which the hair is wrapped                          |
| ___ <b>Spiral perm wrap</b>         | 4. Angle at which the rod is positioned on the head  |
| ___ <b>Side bonds</b>               | 5. Refers to the position of the rod in relation to its base selection   |
| ___ <b>Thio-free waves</b>          | 6. Relaxers that require the application of protective base cream to the entire scalp prior to the application of the relaxer          |
| ___ <b>Straight rods</b>            | 7. Subsections of panels into which hair is divided for perm wrapping; one rod is normally placed on each base section.                |
| ___ <b>Base placement</b>           | 8. Also known as straight set wrap   |
| ___ <b>Weave technique</b>          | 9. Perm wrap similar to actual technique of bricklaying  |
| ___ <b>Bricklay permanent wrap</b>  | 10. Process or service that rearranges the structure of curly hair into a straighter or smoother form                                  |
| ___ <b>True acid waves</b>          | 11. Hair services that cause a chemical change that alters the natural wave pattern of the hair  |
| ___ <b>Soft bender rods</b>         | 12. Perm wrap in which one end paper is placed under and another is placed over the strand of hair being wrapped                       |
| ___ <b>Hydroxide neutralization</b> | 13. Also known as piggyback wrap   |
| ___ <b>Keratin proteins</b>         | 14. Main active ingredient in true acid-balanced waving lotions  |

Performance Assessed	1	2	3	4	Improvement Plan
Rinsed hair thoroughly for at least 3 minutes after processing was completed					
Blotted each rod gently to remove excess moisture					
Re-draped the client with a fresh cotton strip around the hairline and neck					
Measured approximately six to eight ounces of the Thio neutralizer in an applicator bottle, using more or less as needed					
Applied neutralizer to each rod					
Saturated each rod completely					
Set timer and neutralized according to the manufacturer's directions					
Rinsed hair thoroughly with water for about 2 minutes with rods still in the hair					
Did not remove rods during rinsing					
Blotted gently to remove excess water					
Removed the rods from the hair					
Rinsed thoroughly for about 2 minutes					
Towel-dried and applied hydrating conditioner					



Performance Assessed	1	2	3	4	Improvement Plan
Repeated application in remaining sections					
Reviewed application of all four quadrants					
If needed, applied cream until all strands were covered					
Applied cream to hairline and ends of the hair					
Using an applicator brush, the back of the comb, or your hands, smoothed each section					
Started with the first section where thio cream was applied; did not comb through the hair					
Processed according to the manufacturer's directions					
Performed periodic strand tests until time had elapsed					
Applied the Thio cream to the scalp and through the ends of the hair during the final remaining minutes of processing					
Smoothed all sections using an applicator brush, fingers, or the back of the comb					
Rinsed thoroughly with warm water					
Blotted with towel and parted hair into nine panels					
Used the length of the rod to measure the width of the panels					

Performance Assessed	1	2	3	4	Improvement Plan
Continued applying relaxer, using the same procedure, and worked way down the section toward the hairline					
Continued the same application procedure with the remaining sections					
Used the back of the comb, the applicator brush, or your hands to smooth each section after the relaxer was applied to all sections					
Processed according to manufacturer's directions					
Performed periodic strand tests					
Worked the relaxer gently down to the scalp during the last few minutes of processing					
Did not relax mid-shaft or ends					
Rinsed thoroughly with warm water to remove all traces of relaxer					
Combed normalizing lotion or condition through hair if the product came with the relaxer; followed the manufacturer's directions and procedures approved by the instructor					
Shampooed at least three times with an acid-balancing neutralizing shampoo					
Applied conditioner as per manufacturer's recommendation					
Rinsed					
Style the hair as desired					

Performance Assessed	1	2	3	4	Improvement Plan
Worked way down the section towards the hairline					
Continued the same application procedure with the remaining sections.					
Used the back of the comb or hands to smooth each section					
Did not comb the relaxer through the hair					
Processed according to the manufacturer's directions and what the initial strand test indicated regarding timing					
Worked the relaxer down to the scalp and through the ends of the hair during the last few minutes of processing.					
Used additional relaxer as needed					
Used an applicator brush, fingers or back of the tail comb and smoothed all sections					
Rinsed thoroughly with warm water to remove all traces of the relaxer					
Comb a normalizing lotion or conditioner throughout hair if products came with relaxer					
Rinsed thoroughly					
Shampooed at least three times with an acid-balancing neutralizing shampoo					
Rinsed thoroughly, conditioned and styled as desired					

Performance Assessed	1	2	3	4	Improvement Plan
If the ends of the hair needed additional relaxing, worked the relaxer through to the ends for the last few minutes of processing					
Rinsed thoroughly with warm water					
Shampooed three times with acid-balanced shampoo					
Blotted excess water from hair					
Applied this neutralizer in ¼-inch to ½-inch (0.6 to 1.25 centimeters) sections throughout the hair					
Smoothed with hands or back of comb					
Processed neutralizer according to manufacturer's directions					
Rinsed thoroughly					
Shampooed and conditioned					

## APPLYING HYDROXIDE RELAXER TO VIRGIN HAIR PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Performed an analysis of the hair and scalp by visually assessing the hair for breakage, sores on the scalp, or any visual signs of irritation					
Felt the hair and performed an elasticity test					

Performance Assessed	1	2	3	4	Improvement Plan
Rinsed thoroughly with warm water to remove all traces of the relaxer					
Shampooed with acid-balanced shampoo					
Blotted excess water from hair					
Applied thio neutralizer in ¼-inch to ½-inch (0.6 to 1.25 centimeters) sections					
Smoothed with hands or back of comb					
Processed neutralizer according to manufacturer's directions					
Rinsed thoroughly					
Shampooed and conditioned hair					

## THIO RELAXER RETOUCH PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Divided hair into four sections, from the center of the front hairline to the center of the nape, and from ear to ear					
Clipped sections up to keep them out of the way					

Performance Assessed	1	2	3	4	Improvement Plan
Began wrapping at opposite side from side where first row began					
Moved in the opposite direction established in first row					
Followed same procedure to wrap second row but began wrapping each rod at the opposite end established in first row					
Continued wrapping with same technique, in same direction, until second row was completed					
Sectioned out third row above and parallel to second row					
Followed same wrapping procedure, alternating rows from left to right while moving up the head					

## APPLYING THIO RELAXER TO VIRGIN HAIR PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Made sure client's hair was completely dry					
Parted hair into four sections, from the center of the front hairline to the center of the nape, and from ear to ear					
Clipped the sections up to keep them out of the way					
Applied protective base cream to the hairline and ears					
Wore gloves on both hands					

Performance Assessed	1	2	3	4	Improvement Plan
Secured the end rod on top of the base rod					
Maintained consistent dampness. Re-wet the hair with water if needed					
Continued with the same procedure in any sections where the effect is desired					
Processed and styled the hair					

## PERMANENT WAVE AND PROCESSING USING A SPIRAL WRAP TECHNIQUE

Performance Assessed	1	2	3	4	Improvement Plan
Performed pre-service steps including draping					
Began sectioning at the front hairline on one side of the head					
Combed the hair in the direction of growth					
Sectioned out individual panels to match the length of the rod					
Parted the hair into four panels from the center of the front hairline to the center of the nape, and from ear to ear					
Sectioned out a fifth panel from ear to ear in the nape area					
Sectioned out first row along hairline in nape area					

# PERMANENT WAVE AND PROCESSING USING A WEAVE TECHNIQUE

Performance Assessed	1	2	3	4	Improvement Plan
Performed pre-service steps including draping					
Began sectioning at the front hairline on one side of the part					
Combed the hair in the direction of growth					
Sectioned out individuals panels to match the length of the rod					
Parted out one base section the same size as two rods					
Combed the entire base section at a 90-degree angle to the head					
Used a tail comb to make a zigzag parting along the length of the base section					
Used two end papers, rolled half of the strand down to the scalp					
Maintained even dampness as worked. Re-misted the hair with water if needed					
Combed the remaining half of the base section at a 90-degree angle					
Used two end papers, rolled the strand down to the scalp					
Secured the rods and inserted picks to stabilize them and to eliminate any tension caused by the band					



Performance Assessed	1	2	3	4	Improvement Plan
Repeated same procedure used with third panel					
Followed same procedure with fifth panel					
The base direction remained consistent with the pattern already established					
The base direction in back flowed around and contoured to the perimeter hairline area					
All panels fit the curvature of the head and blended into surrounding panels					

## PERMANENT WAVE AND PROCESSING USING A BRICKLAY PERMANENT WRAP PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Performed pre-service steps including draping					
Began by parting out a base section parallel to front hairline that was the length and width of rod being used					
Base direction was back, away from face					
Held hair at 90-degree angle to head					
Using two end papers, rolled hair down to scalp					
Positioned rod half-off base					

Performance Assessed	1	2	3	4	Improvement Plan
Set timer according to manufacturer's directions					
Rinsed thoroughly					
Remove the rods					
If required by manufacturer, shampooed and conditioned hair					
Styled hair as desired					


## PERMANENT WAVE AND PROCESSING USING A CURVATURE PERMANENT WRAP PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Performed pre-service steps including draping					
Began sectioning at the front hairline on one side of the part					
Combed hair in direction of growth					
Sectioned out individual panels to match length of rod					
Alternated from side to side when sectioning out all curvature panels over entire head					
Began wrapping first panel at front hairline, on one side of part					

Performance Assessed	1	2	3	4	Improvement Plan
Using two end papers, rolled hair down to the scalp in the direction of hair growth					
Positioned rod half-off base					
Band was smooth, not twisted, and fastened straight across top of rod					
(Optional) Inserted picks to stabilize rods and eliminate any tension caused by band as needed					
Continued wrapping remaining eight panels in numerical order, using same technique					
Applied protective barrier cream to hairline and ears					
Applied a coil of cotton around entire hairline					
Offered client a towel to blot any drips					
Placed gloves on. Slowly and carefully applied perm solution with a bottle to hair on each rod					
Asked client to lean forward while applying to back area					
Asked client to lean back while applying solution to front and sides					
Avoided splashing and dripping					
Continued to apply solution until each rod was completely saturated					

# PRELIMINARY TEST CURL FOR A PERMANENT WAVE PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Draped client for shampoo					
Shampooed and towel dried hair					
Redraped for a chemical service					
Wrapped one rod in each different area of head (top, side, and nape)					
Wrapped a coil of cotton around each rod					
Applied perm solutions to the wrapped curls					
Processed according to the manufacturer's direction					
Checked test curl frequently for proper curl development					
Desired curl reached (a firm S that reflected the size of the rod used)					
Rinsed thoroughly with warm water for at least 5 minutes					
Blotted thoroughly					
Applied neutralizer					

 **ACTIVITY 5** Neutralization

This neutralization stops the action of the waving solution and rebuilds into its new curly form. What are the two important functions that neutralization performs?

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# ESSENTIAL EXPERIENCE 2

## Demonstrate the Proper Technique for Permanent Waving

 **ACTIVITY 1** Explain the Permanent Wave Process.


---

---

---

---

---

 **ACTIVITY 2** Hair Analysis

Choose three other students and perform a complete consultation and hair analysis on them. Fill out the school's service record card completely. Determine the correct rod size and product choice to create their desired textured look. Ask your instructor to review your service record card and make an assessment as to the results you might achieve.

 **ACTIVITY 3** Types of Permanent Waves

List the most commonly used perms.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

What makes an alkaline wave different from a true acid wave?

---

---

---

---

---

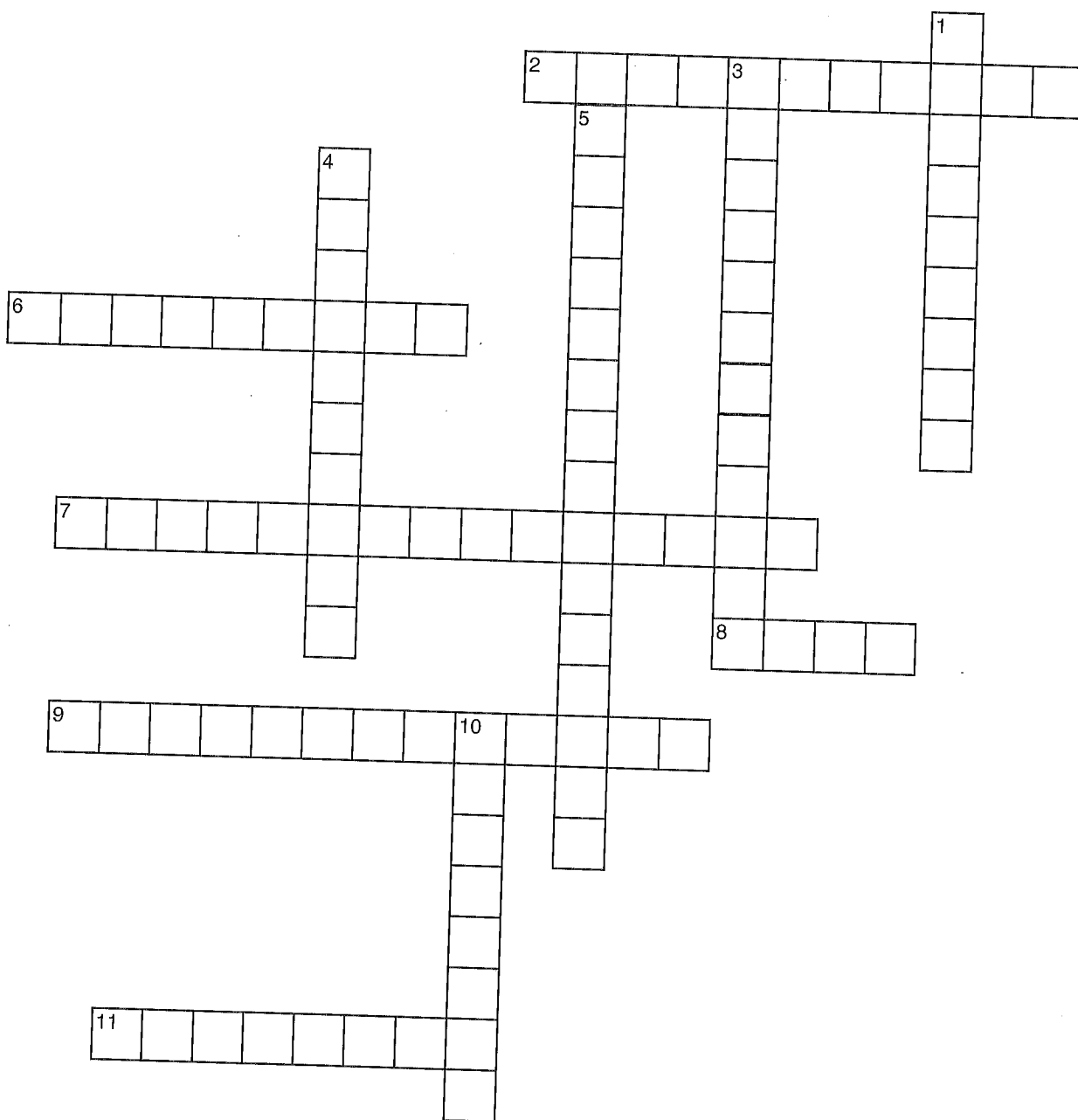
---

---

# ESSENTIAL EXPERIENCE ①

## Understand How Chemical Services Affect the Structure of Hair

### **ACTIVITY** Crossword Puzzle



## ESSENTIAL OBJECTIVES

After studying this chapter and completing the Essential Companion components, you will be able to:

- LO ① Explain the four chemical reactions that take place during permanent waving.
- LO ② Explain the difference between an alkaline wave and a true acid wave.
- LO ③ Explain the purpose of neutralization in permanent waving.
- LO ④ Demonstrate safe and effective perm techniques.
- LO ⑤ Describe how thio relaxers straighten the hair.
- LO ⑥ Describe how hydroxide relaxers straighten the hair.
- LO ⑦ Demonstrate safe and effective hydroxide relaxing techniques.
- LO ⑧ Describe curl-reforming and how it restructures the hair.

why study

## CHEMICAL TEXTURE SERVICES?

You will find that being able to provide your client with an appropriate texture service will improve your effectiveness as a hair designer and your ability to earn a higher income. Technology continues to improve and new products are introduced regularly that allow the professional cosmetologist to modify the texture of a client's hair and render it more suitable for the desired style.

Our client culture has changed dramatically in the last few decades. Clients today want instant gratification from their salon visit and nearly all want better hair manageability. A texture service can play a huge role in helping the client manage his/her personal style between visits to the salon. Relaxers remove wave or curl from the hair in varying degrees. Many individuals will want the curl in their hair reduced. Hair relaxing services generate significant revenue for you and the salon. As a professional, you will want to be fully prepared to offer a quality service when it is requested.



	Hair additions that are secured to the base of the client's natural hair in order to add length, volume, texture, or color
	Wigs constructed with a combination of synthetic hair and hair-tied human hair
	Also called Remi Hair, the root end of every single strand is sewn into the base so that the cuticles of all hair strands move in the same direction: down
	Method of attaching hair extensions in which hair wefts or single strands are attached with an adhesive or bonding agent
	Small wig used to cover the top or crown of the head, or a hair attachment of some sort



### ACTIVITY 3 Wigs and Hair Additions: Matching Exercise

Match each of the following essential terms with its definition.

- |                             |   |
|-----------------------------|---|
| _____ Turned hair           | 1. Method of attaching hair extensions, hair wefts, or single strands with an adhesive or bonding agent.  |
| _____ Fusion bonding        | 2. Clip-on top curls.   |
| _____ Cascade               | 3. A hairpiece that has openings in the base through which the client's own hair is pulled to blend with the hair of the hairpiece.                                     |
| _____ Capless wig           | 4. Also called <i>Remi hair</i> ; the root end of every single strand is sewn into the base so that the cuticles of all hair strands move in the same direction: down.  |
| _____ Block                 | 5. Small wig used to cover the top or crown of the head.  |
| _____ Wig                   | 6. Hair additions that are secured to the base of the client's natural hair in order to add length, volume, texture, or color.  |
| _____ Integration hairpiece | 7. Artificial covering for the head consisting of a network of interwoven hair.   |
| _____ Hair extensions       | 8. Head-shaped form, usually made of canvas-covered cork or Styrofoam, to which the wig is secured for fitting, coloring, and styling.                                  |
| _____ Toupee                | 9. Machine-made wig in which rows of wefts are sewn to elastic strips in a circular pattern to fit the head shape.  |
| _____ Bonding               | 10. Method of attaching extension in which the extension hair is bonded to the client's own hair with a bonding material that is activated by heat from a special tool. |

**Across**

**Word**

---

---

---

---

**Clue**

5. Method of attaching hair extensions with adhesive or bonding agent
6. Machine-made wig
8. Small wig used to cover top or crown of a man's head
9. Strips of hair woven with a threaded edge

**Down**

**Word**

---

---

---

---

---

**Clue**

1. Wig that consists of an elasticized, mesh fiber base to which hair is attached
2. Method of attaching extensions with bonding material activated by heat
3. Hair addition that sits on top of hair and is usually attached by temporary methods
4. Hairpiece attached with combs; curls or cluster of curls covering the entire top and back of the head
7. Method of attaching hair extensions in which a hook is used to pick up a small amount of hair off a parting

 **ACTIVITY 3** Practice Session with a Team!

Demonstrate putting on a wig. One class member will verbalize the instructions while another team member will demonstrate.

In your demonstration, complete the following tasks:

- (1) Block the wig
- (2) Cut the wig
- (3) Style the wig
- (4) Clean the wig

 **ACTIVITY 4** Special Tools for Wigs

List the tools used to complete the tasks in Activity 3.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# ESSENTIAL EXPERIENCE 2

## Establish the Differences Between Human and Synthetic Hair

### **ACTIVITY 1** Synthetic vs. Human Hair

How can you tell if hair is synthetic or human?

---

---

---

---

---

### **ACTIVITY 2** Advantages and Disadvantages of Human or Synthetic Hair

Chart the advantages and disadvantages of human and synthetic hair.

Type of Hair	Advantages	Disadvantages
Human Hair	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>
Synthetic Hair	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li><li>•</li></ul>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li><li>•</li></ul>

# ESSENTIAL REFLECTIONS

You will definitely want to be able to offer quality services to meet all of your clients' needs. You need to know about the construction and materials used in wigs and how to care for each type of product, whether it is a human hairpiece or one constructed of synthetic hair. It will be important for you to know how to properly measure a client's head size and properly fit a wig. You will also want to master the special care needed for human hair and hand-knotted wigs.

- **What is your experience working with wigs and hair additions?**

---

---

---

---

---

---

---

---

---

---

- **Do you enhance your style with wigs and/or hairpieces?**

---

---

---

---

---

---

---

---

---

---

- **If you answered yes to the question above, why do you like to use these enhancements?**

---

---

---

---

---

---

---

---

---

---

# ESSENTIAL DISCOVERIES AND ACCOMPLISHMENTS

In the space provided, write notes about key points learned in the chapter. Share your Essential Discoveries with other students in your class and ask if the notes are helpful to them. You may want to update your discoveries based on good ideas shared by your peers.

## **Discoveries:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

List at least three things you have accomplished since your last entry that relate to your career goals.

## **Accomplishments:**

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

# ESSENTIAL REVIEW

Using the following words, fill in the blanks below to form a thorough review of Chapter 18, Braiding and Braid Extensions. Words or terms may be used more than once or not at all.

<b>box braids</b>	<b>hackle</b>	<b>pomades</b>
<b>coil</b>	<b>hairstyle trend</b>	<b>rope braid</b>
<b>cornrows</b>	<b>halo braids</b>	<b>sister locks</b>
<b>cultures</b>	<b>human hair</b>	<b>spiral rod set</b>
<b>developmental</b>	<b>invisible</b>	<b>synthetic fiber</b>
<b>diffuser</b>	<b>lin</b>	<b>tree braiding</b>
<b>double-strand twist</b>	<b>locks</b>	<b>twist out</b>
<b>drawing boards</b>	<b>natural hairstyling</b>	<b>twisting</b>
<b>Egyptian</b>	<b>new growth</b>	<b>weaving</b>
<b>facial shape</b>	<b>palm roll</b>	
<b>fishtail braid</b>	<b>plaiting</b>	

1. \_\_\_\_\_ women wore braids or plaits decorated with shells, sequins, and glass or gold beads.
2. \_\_\_\_\_ uses no chemicals or dyes and does not alter the natural curl or coil pattern of the hair.
3. A natural hairbrush, also known as a boar-bristle brush, is best for stimulating the scalp as well as removing dirt and lint from \_\_\_\_\_.
4. Another term for a/an \_\_\_\_\_ braid is inverted.
5. Narrow visible braids that lie close to the scalp are called \_\_\_\_\_.
6. With regard to wave pattern, a \_\_\_\_\_ is a very tight curl pattern that is spiral in formation and, when lengthened or stretched, resembles a series of loops.
7. Techniques used in natural hairstyling include braiding of extensions; \_\_\_\_\_, overlapping two strands to form a candy cane effect; \_\_\_\_\_, sewing a weft of faux or natural hair onto a cornrow braid; wrapping and locking to create what are called African locks or dreadlocks.
8. The tool that dries the hair without disturbing the finished look and without dehydrating the hair is called a \_\_\_\_\_.
9. A board made of fine, upright nails through which human hair extensions are combed is called a \_\_\_\_\_.
10. A manufactured \_\_\_\_\_ of excellent quality that is less inclined to tangle is called Kanekalon®.
11. A beautiful wool fiber imported from Africa that has a matte finish and comes only in black and brown is known as \_\_\_\_\_.



Performance Assessed	1	2	3	4	Improvement Plan
Placed the client under the dryer					
Added oil for more sheen					

## CULTIVATING AND GROOMING LOCKS PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Draped the client for a shampoo					
Cleansed the hair and scalp with a sulfate-free shampoo					
Added light moisturizing conditioner, steamed and then rinsed locks					
Applied oil to the scalp and entire length of lock and massaged the scalp					
Starting at the base of the neck, used the larger end of the barber's comb to square off new growth of locked hair, creating a clean part					
Applied gel to the smaller end of the comb; placed a small amount of gel at the new growth base of each lock					
Pulled down all the loose hair together into the lock with comb and gel					
Rotated the comb once					

## ALTERNATIVE: TWIST-OUT STYLE

Performance Assessed	1	2	3	4	Improvement Plan
Once hair was completely dry, applied light oil and unraveled twists one by one					
Stretched each section of the head by slightly pulling the hair downward and out with two hands to create free, loose, curly hair					
Gently lifted up the hair 1 inch from the scalp for fullness with pick or wide-tooth comb					
Finger combed as desired					

## STARTING LOCKS WITH NUBIAN COILS PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Draped the client for a shampoo, combed and detangled the hair					
Cleansed with sulfate-free shampoo, then conditioned and rinsed					
Sprayed on leave-in conditioner and detangled with a wide-tooth comb					
Applied natural botanical oil to the scalp and massaged the oil into the scalp					
Detangled and divided hair into two sections					
Clipped for control					

Performance Assessed	1	2	3	4	Improvement Plan
Clipped hair off for control					
After you had created a few twists, Clipped off all twists to secure before moving on the next section					
Made parts in a brick lay formation so the sections would become invisible when the hair lay in between each part					
Made another part of 45 degrees, 1/2-inch (1.25 centimeters) diagonal above the ear, from the hairline to the back left nape of the neck on the left side of the head					
Continued diagonal parts until a V-shape was created with the parts moving up the head					
Misted the hair with the water bottle if hair started drying out					
Created twists for the entire row and clipped each twist off as you moved along the row and parted section					
Continued these diagonal partings on the right side until you reached the crown area					
Clipped each row off as you moved up the next parted section					
Moved to the left side and continued with a 45-degree, 1/2-inch (1.25 centimeters) diagonal parting on the left side of the head					
Repeated the same parts and sections as the right side.					
Continued twisting entire left back area of the head					

Performance Assessed	1	2	3	4	Improvement Plan
Positioned the comb and directed the hair					
Completed the right back to front section, started on the right side, twirling the comb toward the front of the head in a counterclockwise rotation					
Created a sculpting movement that features the head contour					
Continued coil movement at crown, kept contours and directions of coil uniform, directed from back to front in an upward and forward direction					
While front coils were damp, created a soft bang					
Place the client under the dryer					
Added oil for more sheen					

## TWIST PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Draped the client for a shampoo, combed and detangled the hair					
Cleansed with sulfate-free shampoo, then conditioned and rinsed					
Sprayed on leave-in conditioner and detangled with a wide-tooth comb					

Performance Assessed	1	2	3	4	Improvement Plan
Crossed the right strand (3) under the center strand (1)					
With each crossing under or revolution, picked up from the base of the panel a new strand of equal size and added it to the outer strand before crossing it under the center strand					
Picked up a strand from the scalp with each revolution, and added it to the outer strand before crossing it under, alternating pick-up sides					
Braided to ends					
Secured ends					
Repeated procedure until all hair was braided					
Applied oil sheen for shine					
Secured braid					
Braided the next panel in the same direction and in the same manner; kept the partings clean and even					

Performance Assessed	1	2	3	4	Improvement Plan
After several sections had been completed, alternated the direction of the diagonal to start parting and braiding on the other side of the head					
Completed section with bricklaying technique					
Once the back was finished, created a diagonal or horizontal parting above the ear in the front					
Did not add excessive amounts of fiber into a fragile hairline					
Continued braiding on the opposite side of the head. Created a V-shape at the top of the crown					
Continued diagonal partings on the crown of the head					
After the entire head was braided, removed all loose hair ends from the braid shaft with shears					
For natural hair, sprayed hair ends with water to activate the wave in the extensions and/or curl with barrel curling iron to create bounce					

## BASIC CORNROWS PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Draped the client for a shampoo					
Shampooed, applied conditioner, and rinsed thoroughly					

Performance Assessed	1	2	3	4	Improvement Plan
Next, the left side section crossed over the middle strand, picking up hair from each side as you created the braid					
Continued the inverted braid around the entire head until you reached the ear					
Continued braiding the hair until you reached the end of the entire strands					
Secured with a clear elastic band					
Placed the long braid around the head on top of the inverted braid					
Secured the braid with pins					
Finished the style with hairspray					

## SINGLE BRAIDS WITH EXTENSIONS PROCEDURE

Performance Assessed	1	2	3	4	Improvement Plan
Draped the client for a shampoo					
Shampooed, applied conditioner and rinsed thoroughly, and detangled the hair					
Separated the hair into four sections, and then blow dried the hair completely					

Performance Assessed	1	2	3	4	Improvement Plan
Used butterfly clips to separate front section from back section					
Parted the back of head into four to six sections					
Separated the sections with clips					
Beginning on left section in the back, combed the ends of the hair first, working up to the base of the scalp					
Used a picking motion to comb through the hair.					
Divided section into two equal parts and twisted them together to hold the section in place					
Continued sectioning until the entire head was sectioned					
Placed client under a medium-heat hood dryer for 5 to 10 minutes to remove excess moisture					
Opened one of the combed sections					
Applied blow drying cream to hair from scalp to ends					
Using a comb nozzle attachment on a blow dryer, held hair down and away from client's head to dry					



**ACTIVITY 2** The Developmental Stages of Locks

In the space provided, list all the five phases in the development of locks in the left column. In the right column, thoroughly explain each phase.

PHASE	DEVELOPMENT

# Classify Braids, Textured Sets, and Styles

## ACTIVITY 1 Word Search

After identifying the correct word from the clues provided, locate the words in the word search puzzle.

Word	Clue
_____	Another name for cornrows
_____	Narrow rows of visible braids that lie close to the scalp
_____	Flat leather pads with close, fine teeth
_____	Wrapping and locking; another name for locks
_____	Simple two-strand braid in which hair is picked up from the sides and added to the strands as they are crossed over each other
_____	Stage when hair begins to regain length
_____	A board of fine, upright nails
_____	Another name for invisible braid
_____	Three-strand braid produced by overlapping the strands of hair on top of each other
_____	A manufactured, synthetic fiber that is durable, soft, and less inclined to tangle
_____	Beautiful wool fiber from Africa
_____	Natural textured hair that is intertwined and meshed together to form a single or separate network.
_____	Phase of lock development when the lock is closed at the end
_____	Method of locking that takes advantage of the hair's natural ability to coil
_____	Stage of development when hair is soft and coiled into spiral configurations
_____	Braid made with two strands that are twisted around each other
_____	Free-hanging braids, with or without extensions; can be executed either underhand or overhand

- Does your salon offer braiding and/or extensions as a service?

Salon 1: \_\_\_\_\_

Salon 2: \_\_\_\_\_

Salon 3: \_\_\_\_\_

- If yes, what braiding services do you offer?

Salon 1: \_\_\_\_\_

Salon 2: \_\_\_\_\_

Salon 3: \_\_\_\_\_

- What braids are the most popular in your salon?

Salon 1: \_\_\_\_\_

Salon 2: \_\_\_\_\_

Salon 3: \_\_\_\_\_

- What is the average time it takes your stylists to complete a full head of cornrows?

Salon 1: \_\_\_\_\_

Salon 2: \_\_\_\_\_

Salon 3: \_\_\_\_\_

- What is the price structure your salon charges for braiding services?

Salon 1: \_\_\_\_\_

Salon 2: \_\_\_\_\_

Salon 3: \_\_\_\_\_

- Do you have any specific advice for a newly licensed professional with respect to offering braiding services?


Salon 1: \_\_\_\_\_

Salon 2: \_\_\_\_\_

Salon 3: \_\_\_\_\_

**Design Objective:** Look through various websites and style magazines to locate at least three different braided styles. Recreate these styles on a mannequin or a model. Share your work! Submit your before and after photo by tagging #StudyMilady on Twitter or on Instagram.

8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_

 **ACTIVITY 4** Preparing Textured Hair for Braiding:  
Working with Wet or Dry Hair

Number the following steps in their proper sequence.

- \_\_\_\_\_ Drape client
- \_\_\_\_\_ Section hair
- \_\_\_\_\_ Complete pre-service procedure
- \_\_\_\_\_ Comb hair applying detangling solution as needed
- \_\_\_\_\_ Ear-to-ear parting
- \_\_\_\_\_ Divide section into two equal parts and twist together to the end
- \_\_\_\_\_ Shampoo and condition the hair
- \_\_\_\_\_ Twist remaining sections until entire head is sectioned
- \_\_\_\_\_ Complete braid and complete post-service procedure
- \_\_\_\_\_ Open one combed section and apply blow dry cream from scalp to ends
- \_\_\_\_\_ Dry for 5 to 10 minutes under medium-heat dryer
- \_\_\_\_\_ Blow dry using comb nozzle attachment on blow dryer
- \_\_\_\_\_ Gently towel-dry hair

# ESSENTIAL REFLECTIONS

What is your skill level in braids and cornrowing?

---

Which braiding technique(s) have you mastered or would you like to master?

---

What is your favorite braid or cornrow hairstyle?

---

## ESSENTIAL EXPERIENCE 1 Know the History of Hair Braiding

### **ACTIVITY** The History of Braiding

Explain the history of braiding. (Note: You can refer to the knowledge learned in this chapter or research performed from outside resources. If you use the Internet, articles, books, etc., please document the source information for your instructor.)

- ---

---

---
- ---

---

---
- ---

---

---
- ---

---

---