

Chapter 15: Scalp Care, Shampooing, and Conditioning

Cosmetologists should study and understand scalp care, shampooing and conditioning **because shampooing is the first opportunity to attend to the needs of a client; you can examine, identify, and address hair and scalp conditions that might require a physician and refer them to a physician if necessary; a knowledge of products will help you decide the best prep for other services; and you can make good home-care suggestions.**

Scalp Care and Massage (p. 308)

- Two basic requirements for a healthy scalp are cleanliness and stimulation.
- Scalp treatments are given with a continuous, even motion that will stimulate the scalp and relax the client.

DO NOT massage a client's scalp if abrasions are present.

- Scalp treatments and massage may be performed before a shampoo if a scalp condition is apparent or during a shampoo after the conditioner is applied for relaxation.

Hair Brushing (p. 310-311)

Correct hair brushing:

- Stimulates blood circulation to the scalp
- Helps remove dust, dirt, and hairspray build-up
- Gives hair added shine

Brushing should be a part of every shampoo and scalp treatment UNLESS:

- you are giving a chemical service
- the scalp is irritated

Brushes

- Natural bristles have tiny, overlapping scales which clean and add luster to the hair
- Nylon bristles are shiny and smooth and more suitable for hairstyling

Selecting the Proper Shampoo (p. 312-313)

- Select shampoo that supports the health of the hair
- Read labels and make informed decisions
- Select shampoo according to the condition of the client's hair and scalp
- Always be aware if hair has been chemically treated
- Recommend the right home-care products and educate about use

The pH Scale (p. 313)

- pH scale has a range of 0 to 14.
- 7 is a neutral solution
- Acidic solutions are rated 0 to 6.9
- Alkaline solutions are rated 7.1 and higher
 - *High pH shampoos are harsher; can leave hair dry, brittle and porous; can cause fading in color treated hair*

The Chemistry of Water (p. 314)

Facts about Water

- Most abundant element on Earth
- Universal solvent- it can dissolve more substances than any other solvent known to science
- Sedimentation- water is purified by matter sinking to the bottom
- Filtration- water is purified by passing through a porous substance (like filter paper or charcoal)
- Public water has a small amount of chlorine added to kill bacteria
- Boiling (212 degrees F) kills most microbes
- Distillation is the process of heating water until it becomes vapor and then condensing the vapor so it collects as a liquid

****Water is of crucial importance in Cosmetology because it is used for shampooing and mixing solution as well as other functions.***

**You need to know if you have hard or soft water in order to make a good shampoo choice.*

- **Hard water**- often well-water; contains minerals that reduce the ability to lather; also may change the results of hair color service
- **Soft water**- contains only small amounts of minerals; allows soap and shampoos to lather freely; preferred for shampooing

The Chemistry of Shampoo (p. 314-315)

Ingredients in shampoos

- **Water**- usually the main ingredient; generally is **deionized** water meaning it has had the impurities removed
- **Surfactants**- a base detergent; cleansing agents; each molecule has two ends-one attracts water and the other attracts oil. This causes little balls of dirt and oil to form that can be rinsed away
- **Moisturizers**- add moisture to dry hair or help retain moisture
- May also have **oil, protein, preservatives, foam enhancers, and perfume**

Types of Shampoo (p. 316-318)

- **pH balanced shampoo**- balanced to the pH of skin and hair (4.5-5.5); usually done by adding citric acid or phosphoric acid
- **conditioning shampoo**- also known as moisturizing; makes hair appear smooth and shiny; improves manageability
- **medicated shampoo**- contain special ingredients that are effective in reducing dandruff or relieving other scalp conditions; can be strong; can affect color-treated hair; may need to stay on hair longer so read manufacturer's directions
- **clarifying shampoo**- active chelating agents that binds to metals and removes them from hair; use when build-up is evident
- **balancing shampoo**- washes away excess oiliness without letting hair dry out
- **dry shampoo**- also known as **powder shampoo**; cleans hair without soap and water; powder picks up dirt and oils as you brush or comb it through; ***never apply dry shampoo before a chemical service***
- **color enhancing shampoo**- combines surfactant base with basic color pigment

Prepared wig-cleaning solution is available for shampooing wigs and hairpieces.

Understanding Conditioner (p. 318-320)

- **Conditioner**-special chemical agent applied to the hair to deposit protein or moisturizer to help restore hair's strength, to give hair body, and to protect hair against possible breakage. *They are a temporary fix and cannot improve the quality of new growth.*
- **Rinse-out conditioner**- finishing or cream rinses that are rinsed out after being worked through hair for detangling
- **Treatment or repair conditioner**- deep, penetrating conditioners that restore protein and moisture; may require longer processing time or application of heat
- **Leave-in conditioner**- applied to hair and not rinsed out
- **Humectants**- substances that absorb moisture or promote the retention of moisture
- **Silicone**- reflects light and makes hair look shiny
- **Spray-on thermal protectant**- applied to hair before any thermal service to protect hair from harmful effects of heat
- **Scalp conditioner**-usually found in a base cream; softens and improves the health of the scalp; contains moisturizing and emollient ingredients.
- **Medicated scalp lotion**- a conditioner that promotes the healing of the scalp
- **Scalp astringent lotion**- removes oil from the scalp; used after scalp treatment but before styling
- **Deep-Conditioning treatment**- also known as a hair mask; chemical mixture of concentrated protein and intensive moisturizer

DRAPING (p. 321)

- **Shampoo draping (wet draping)**- used for shampoo/styling or shampoo/haircutting service; Use two terry towels- ones under the cape and one over it; remove towels after shampoo and replace with a paper neck strip
- **Chemical draping**- used for clients getting a chemical treatment (no shampoo before the service); use two towels-one under the cape and one over the cape; remain on client until service is completed although stylist should check for dryness and replace as necessary

The book also contains all the steps for the pre-service procedures, service procedure, and post-service procedure. Be sure to review all of these on pages 323-339.