

CHAPTER 17: HAIRSTYLING

Cosmetologists should have a thorough understanding of hairstyling because **this foundational skill allows you to create and deliver a specific outcome to the client; you can teach clients how to style their hair based on lifestyle; you can help clients keep up with current trends; and clients rely on you to be able to create the perfect style for the perfect day.**

Client consultation (p. 420)

- the first step in the hairstyling process
- remember the principles of hair design regarding face shape, hair type, and lifestyle
- you may have to be a creative problem solver; be sure to be honest with your client if they are asking for a style that will be unflattering-explain why the exact style might not work and offer alternative styling options

Wet Hairstyling Basics (p. 421)

Wet hairstyling tools include the following:

- combs
- brushes
- rollers (plastic)
- clips (duckbill, sectioning, finger waving, double prong and single prong)
- pins (bobby and hairpins)
- clamps (sectioning)



FINGER WAVING (p. 421-422)

- **Finger waving**- the process of shaping and directing the hair into an S pattern through the use of fingers, combs, and waving lotion
- All the rage in the 1920s and 1930s
- **Waving lotion**- hair gel that makes the hair pliable enough to keep it in place during the finger-waving procedure; traditionally made from karaya gum (harmless to hair; does not flake); is often replaced with liquid styling gels
- Horizontal finger waves are sideways and parallel to the head; vertical finger waves run up and down the head

PIN CURLS (p.422-425)

- Serve as the basis for patterns, lines, waves, curls, and rolls
- Can be used on all hair types
- Works best when hair is layered and smoothly wound

Parts of a Curl (p. 422-423)

- **Base**- the stationary (non-moving) foundation of a curl; area closest to the scalp, the panel of hair on which a roller is placed
- **Stem**- section of pin curl between the base and the first arc (turn) of the circle that gives the curl its direction and movement; hair between the scalp and the first turn of the roller
- **Circle**-part of the curl that forms a complete circle and ultimately the wave; the size of the circle determines the width and strength of the wave

Mobility of a Curl (p. 423)

The stem determines the amount of movement in a section of hair; curl mobility is classified as: no stem, half stem, and full stem

- **No-stem curl**- placed directly on the base of a curl; produces a tight, firm, long-lasting curl; allows minimum mobility
- **Half-stem curl**- curl is placed half off the base; permits medium movement; gives good control to the hair
- **Full-stem curl**-curl is placed completely off the base; allows for the greatest mobility; base may be square, triangular, half-moon or rectangular

Shaping for Curl Placement (p. 423)

- **Shaping**- a section of hair that is molded in a circular movement in preparation for the formation of curls
 - will have either open- or closed-end
 - always begin a curl at the open end or convex side of a shaping
- **Open-center curls**- produce even, smooth waves and uniform curls
- **Closed-center curls**- produce waves that get smaller toward the end; good for fine hair or if you want a fluffy curl

Pin Curl Bases or Foundations (p. 424)

Before you begin to make pin curls, divide the wet hair into sections or panels. Subdivide each section into the type of base required for the various curls.

- **Rectangular based curls-** usually recommended at the side front hairline for a smooth, upswept effect; to avoid splits, the curls must overlap
- **Triangular based curls-** recommended for along the front or facial hairline to prevent breaks or splits in finished hairstyle; allows a portion of each curl to overlap the next
- **Arc base (half-moon; C-shaped) curls-** carved out of a shaping; give good direction; may be used at the nape or at the hairline
- **Square based curls-** suitable for hairstyles without much volume or lift; can be used on any part of the head; to avoid splits, stagger the sectioning

Pin Curl Techniques (p. 424-425)

- **Ribboning-** forcing the hair between the thumb and the back of the comb to create tension; may also be done by pulling the strands while applying pressure between your thumb and index finger out towards the ends of the strand
- **Carved curls (sculptured curls)-** pin curls sliced from a shaping and formed without lifting the hair from the head
- **Ridge curls-** pin curls placed immediately behind or below a ridge to form a wave
- **Wave-** uses two rows of pin curls; set one row clockwise and one row counterclockwise
- **Skip waves-** two rows of ridge curls, usually on the side of the head; strong wave pattern with well-defined lines between the waves; is a combination of finger waves and pin curls
- **Barrel curls-** large center openings fastened to the head in a standing position on a rectangular base; same effect as stand-up pin curls; similar effect to a roller but without the same tension as a roller
- **Cascade curls (stand-up curls)-** create height in a hair design; fastened to the head in a standing position; size of curl determines amount of height in comb out

Roller Curls (p. 426-428)

Roller curls are used to create many of the same effects as pin curls.

The **advantages of roller curls** are:

- **Faster**- a roller holds the equivalent of two to four stand up curls
- **Stronger and longer lasting**- hair is rolled with tension
- **More creative possibilities**- rollers come in a variety of sizes, shapes, and widths

Parts of a Roller Curl

- **Base**- panel of hair on which the roller is based; the base should be the same length and width as the roller
- **Stem**-the hair between the scalp and the first turn of the roller
- **Curl (circle)**- hair that is wrapped around the roller

Choosing Your Roller Size

The relationship between the length of hair and the size of the roller will determine whether the result will be a C-shape, wave, or curl.

- **C-shape**- one complete turn around the roller
- **Wave**- one and a half turns around the roller
- **Curls**- two and a half turns around the roller

Roller Placement (p. 427- 428)

The amount of volume that is achieved depends on the size of the roller and how it sits on its base. The general rule of thumb is, the larger the roller, the greater the volume. There are three kinds of placement:

- **On Base (full base)**- full volume; roller sits directly on base; over direct the strand slightly in front of the base and roll the hair down to the base
- **Half Base**- medium volume; roller sits halfway on base and halfway behind base; hold strand up 90 degrees from head and roll hair down
- **Off Base**- least volume; roller sits completely off base; hold hair 45 degrees from base and roll the hair down

Roller direction: *placement of rollers usually follows the movement of the finished style; downward directional wrap gives option to style in all directions*

- **Hot rollers-** used only on dry hair; heated either electrically or by steam; follow same setting pattern as wet hair but leave on for about 10 minutes; may use thermal protector before setting; curl is weaker than a wet set but stronger and more long-lasting than a curling iron
- **Velcro rollers-** are not allowed by some states because they are difficult to clean and disinfect properly; used only on dry hair; more volume than a round brush but less than a wet set or hot roller; stays in 5-10 minutes; no clips needed

COMB-OUT TECHNIQUES (p. 429-430)

- **Backcombing** (teasing, ruffling, matting, French lacing)- combing small sections of hair from the ends toward the scalp, causing shorter hair to mat at the scalp and form a cushion
- **Backbrushing** (ruffling)- build a soft cushion or to mesh two or more curl patterns together for a uniform and smooth comb out

**During the 1950s and 1960s women had their hair wet set, combed out, and the set would last for an entire week with backcombing and backbrushing. Now used for styling updos or adding height.*

BACKCOMBING TECHNIQUE (p. 429)

- **Section hair-** starting in the front, pick up a section of hair no more than 1 inch thick and no more than 2-3 inches wide
- **Insert comb-** insert the fine teeth of your comb into the hair at a depth of about 1-1/2 inches from the scalp
- **Press comb down-** press the comb down gently toward the scalp, sliding it in and out of the hair. Repeat the process until the desired volume is achieved
- **Create a cushion-**if you wish to create a cushion, the third time you insert the comb, use the same sliding motion but push the hair firmly down to the scalp
- **Repeat for volume**
- **Smooth the hair-** hold the teeth of the comb at a 45 degree angle pointing away from you and lightly move over the surface of the hair

BACKBRUSHING TECHNIQUE (p. 430)

- **Hold strand**- pick up and hold a strand straight out from the scalp
- **Place brush**- maintaining a slight amount of slack in the strand, place a teasing or grooming brush near the base of the strand. Push and roll the inner edge of the brush with the wrist until it touches the scalp
- **Roll brush**
- **Turn brush**- remove the brush from the hair with a turn of the wrist, peeling back a layer of hair; the hair will be interlocked to form a cushion at the scalp
- **Blend hair**- this will create softness and evenness of flow
- **Complete styling**- use the tail of a comb to lift areas that may not be as full as you wish; finishing touches must be done lightly

HAIR WRAPPING (p. 430)

- **Hair wrapping**- a technique used to keep curly hair smooth and straight while retaining a beautiful shape; may be done on wet or dry hair; on curly hair, wet wrapping creates a sleek look; if working with very curly hair, press first and then dry wrap

BLOWDRY STYLING (p. 431)

Blowdry styling is the technique of drying and styling damp hair in one operation.

Tools for Blowdry Styling (p. 431-434)

- **Blowdryer**- electrical appliance for drying and styling hair
 - **Its main parts are:** handle, slotted nozzle, small fan, heating element, and speed/heat controls
 - **Concentrator**- a directional feature that creates a concentrated stream of air
 - **Diffuser**- attachment that causes the air to flow more softly; helps to accentuate or keep textural definition
 - **Safety**- be sure hair is clean and free of dirt and oils (which can overheat and cause burns); be sure the air intake is uncovered and free of dirt/debris
- **Combs and picks**- designed to distribute and part the hair; teeth that are closely spaced remove definition from the curl and create a smooth surface; wide teeth shape larger sections of hair for a more textured surface

- **Brushes**
 - **Classic styling brush-** half-round, rubber based; typically have 7 or 9 rows of bristles; heat resistant, antistatic, ideal for smoothing and untangling all types of hair; perfect for blowdrying precision cuts (little volume) but less suitable for smooth, classic looks
 - **Paddle brush-** large, flat based brush; well-suited for mid-length to longer length hair; some have ball-tipped nylon pins and staggered pin patterns that keep hair from snagging
 - **Grooming brush-** usually oval; mixture of boar and nylon bristles (boar bristles distribute oils over hair shaft giving it shine; nylon bristles stimulate the circulation of blood to the scalp); useful for adding polish and shine to fine/medium hair; great for combing out updos
 - **Vent brush-** used to speed up the blowdrying process; ideal for blowdrying fine hair and adding lift to the scalp
 - **Round brush-** come in various sizes; clients hair should be long enough to rap twice around the brush; usually have natural bristles with nylon mixed in for better grip; smaller brushes add more curl; larger brushes straighten the hair and bevel the ends of the hair; medium can be used to lift the hair at the scalp
 - **Teasing brush-** thin, nylon styling brush that has a tail for sectioning along with a narrow row of bristles; perfect for backcombing
- **Sectioning Clips-** usually metal or plastic and have long prongs to hold wet or dry hair in place
- **Styling Products-** “liquid tools”; give style more hold; can be used to increase or decrease the amount of curl; may be used to add shine
 - **Foam (mousse)-** light, airy, whipped styling product that resembles shaving cream; builds moderate body and volume; massage into damp hair to highlight textural movement or blowdry for style without texture; good for fine hair; holds for 6-8 hours in dry conditions
 - **Gel-** thickened styling preparation that comes in a tube or a bottle; create the strongest control for slicked or molded styles; add distinct texture definition when spread with fingers; creates long-lasting body when brushed out
 - **Liquid gels (texturizers)-** similar to firm hold gels but lighter and less viscous (more liquid); they had volume and body with brushing; good for all hair types; offer firmer, longer hold with less heaviness

- **Straightening gel**- creates smooth, straight look that provides the most hold in outdoor conditions; counters frizz; may come undone in high humidity
- **Volumizers**- sprayed into base of fine, wet hair then blown dry, adds volume; using a vent brush or round brush adds more volume
- **Pomade (wax)**- makes hair very easy to mold; adds considerable weight; use sparingly on fine hair
- **Silicone**- adds gloss and sheen while creating textural definition; useful for all hair types as it does not add weight
- **Hairspray (finishing spray)**- applied in a mist; available in a variety of holding strengths; used when a style is complete

THERMAL STYLING (p. 435-440)

Thermal waving and curling (Marcel waving) are methods of waving and curling straight or pressed dry hair using thermal irons and special manipulative techniques.

- **Thermal irons**- implements made of quality steel that are used to curl dry hair; provide even heat that is controlled by stylist; can be electrical or stove heated
 - Electrical have barrels ½ to 3 inches
 - Stove heated can be much larger with higher heat capacities-better for curlier hair; heated in specially designed electric or gas stove
 - All thermal irons have four parts: rod handle, shell handle, barrel (or rod) and shell
- **Flat irons**- have two hot plates ranging in size from ½ to 3 inches; flat irons with straight edges are used to create smooth, straight styles even on very curly hair; flat irons with a beveled edge can be manipulated to bend or cup the ends; the edge nearest the stylist is the **inner edge** and the edge farthest from the stylist is the **outer edge**.

TESTING THERMAL IRONS

- After heating to the desired temperature, test the iron on a piece of tissue paper or white cloth: clamp the iron over this material and hold for five seconds-if it scorches or turns brown, it is too hot and you must let it cool a little.

CARE OF THERMAL IRONS

- Check the manufacturer's directions; you may usually use a damp towel or rag to wipe down the barrel with a soapy solution containing a few drops of ammonia. DO NOT CLEAN WHILE HOT.

COMB USED WITH THERMAL IRONS

- should be about 7 inches long and made of hard rubber or other nonflammable material; should have fine teeth to firmly hold hair.

TEMPERATURE

- there is no set temperature; it depends on the texture of the hair (fine or coarse) and whether it has been lightened or tinted

THERMAL CURLING WITH ELECTRIC THERMAL IRONS

- **straight hair**- thermal curling permits quick styling because it eliminates the need for rollers
- **pressed hair**-permits styling without fear of returning to former extremely curly condition
- **wigs and hairpieces (human)**- quick and effective method for styling

CURLING IRON MANIPULATIONS (p. 437-438 with pictures)

OTHER TYPES OF CURLS

- **spiral**- curling the hair by winding a strand around the rod; creates hanging curls suitable for medium or long hair (technique described on p. 439)
- **end curls**- can be used to give finished appearance to hair ends; may be curled over or under

VOLUME THERMAL IRON CURLS (p. 439)

- **Volume based curls**- provide maximum lift or volume; curl placed very high on the base; section hair off, hold strand at 135 degree angle, slide iron over strand about ½ inch from scalp, wrap strand over rod with medium tension, hold for 5 seconds, roll curl in usual manner and place firmly forward and high on base
- **Full-base thermal curls**- sit in the center of the base; hold hair at 125 degree angle, slide over strand about ½ inch from scalp, wrap strand over rod with

medium tension, hold for 5 seconds, roll curl as usual and place firmly in center of base

- **Half-based thermal curls-** sit half of their base; provide strong curl with medium lift or volume; hold hair at 90 degree angle, slide iron over hair about ½ inch from scalp, wrap hair over rod with medium tension, hold for five sections, roll in usual manner and place half off its base
- **Off-based curls-**offer a curl with only slight lift or volume; section off hair, hold hair at 70 degree angle, slide iron over the hair about ½ inch from scalp, wrap hair over rod with medium tension, hold for 5 seconds, roll as usual with curl completely off its base

To finish: brush hair up from the neckline and push waves into place as you progress over the entire head; if hairstyle is to be finished with curls, do the bottom curls last.

USING THERMAL IRONS SAFELY (p. 441)

- Use only after receiving instruction in use
- Do not overheat as this can damage the iron
- Test the temperature of the iron on white paper or a white cloth
- Handle carefully to avoid burning yourself or the client
- Place hot irons in a safe place to cool
- Make iron is properly balanced in the heater and the handle is not too close to the heater
- Use only hard rubber or non-flammable combs, do not use metal as they can become hot and burn the scalp
- Place a comb between the scalp and the thermal iron to prevent burns
- Only use on clean and completely dry hair
- Do not allow ends to protrude over the iron; this will cause fishhooks (hair that is bent or folded)
- When ironing lightened, tinted, or relaxed hair, always use a gentle heat setting

THERMAL HAIR STRAIGHTENING (p.441-446)

Thermal hair straightening or pressing is a popular service; hair pressing temporarily straightens extremely curly or unruly hair by means of a heated iron or comb; generally lasts until the hair is shampooed

- **Soft press-** removes about 50 to 60% of the curl; accomplished by pressing the thermal comb once on each side of the hair
- **Medium press-** removes about 60 to 75% of the curl; accomplished by pressing the thermal comb once on each side of the hair using slightly more pressure
- **Hard press-** removes 100% of the curl; accomplished by applying thermal comb twice on each side of the hair; can also be done by passing a thermal iron through the hair first- this is called a **double press**.

Analysis of Hair and Scalp (p. 442)

Look at all of the following before straightening hair: wave pattern, length, texture, elasticity, color, condition of hair, condition of scalp

- If the scalp is diseased, refer client to a doctor
- If hair is abused or neglected, you must recommend conditioning treatments prior to pressing or hair can break
- Check for elasticity and porosity

Checking all of these areas will help a cosmetologist to determine the right choices for temperature and pressure so as to ensure hair does not break or become damaged.

Hair texture:

- coarse hair can be difficult to press because it has the greatest diameter; requires more heat and pressure than medium or fine hair
- medium curly hair is the type cosmetologists seem most often see in the salon; this hair type is least resistant to pressing
- fine hair requires special care; use less heat and pressure to avoid breakage
- wiry, curly hair is very resistant to pressing and requires more heat and pressure than other types of hair

Scalp Condition:

- normal scalp- proceed with analysis of hair texture and elasticity
- tight scalp with coarse hair- press in the direction of the hair growth to avoid scalp injury
- flexible scalp- use enough tension to press hair satisfactorily

Service Notes:

- be sure to record the results of your hair and scalp analysis as well as all pressing treatments

Conditioning Treatments:

- effective conditioning treatments involve special cosmetic preparations for the hair and scalp through brushing and scalp massage; conditioning usually results in better hair pressing

Pressing Combs:

There are two types of pressing combs, electric and regular.

- Both should be constructed of quality stainless steel and brass with wooden handles that do not readily absorb heat
- Space between the teeth varies; closely spaced teeth provide a smooth press; as spacing gets wider, press gets less smooth
- Shorter combs are used to press short hair and longer combs are used to press longer hair

Tempering the Comb:

- You may need to temper a new brass comb so that it will hold heat evenly
- Heat the comb until it is extremely hot; coat the comb in petroleum or pressing oil; let cool down naturally and rinse under hot running water to remove the oil
- This allows you to burn off all the polish the manufacturer may have used to coat the comb

Heating the Comb:

- Pressing combs vary in their ability to accept and retain heat
- Heat comb to proper temperature; test on light paper; if scorches paper, allow to cool

- Electric combs come in two forms: electric comes with on/off switch and the other has a thermostat that indicates high or low heat

Cleaning the Comb:

- Pressing combs work most effectively if kept clean. Wipe the comb clean of loose hair, grease and dirt. The comb's intense heat keeps its sterile.
- With non-electrical irons, remove carbon by rubbing the outside surface and between the teeth with a fine steel-wool pad or fine sandpaper; place the metal portion of the comb in a hot baking soda solution for about one hour; rinse and dry the comb thoroughly; the metal will acquire a smooth and shiny appearance

Pressing Oil or Cream:

- Makes hair softer
- Prepare and condition the hair for pressing
- Help protect the hair from burning or scorching
- Prevent hair breakage
- Condition hair after pressing
- Add sheen to pressed hair
- Help hair stay pressed longer

Touch-Ups:

- May be necessary when hair becomes curly again due to perspiration, dampness, or other conditions
- Process is the same with the shampoo omitted

STYLING LONG HAIR (p. 446-447)

- **Updo-** hair is arranged up and off the shoulders and secured with implements such as hair pins, bobby pins, and elastics
- **Knot-** also known as a chignon; created out of a simple ponytail; if hair is very straight and silky, you may want to set hair for ten minutes so the style will last; if hair is very wavy, blowdry it straight; if extremely curly, press hair first or leave curly for a textured chignon.
- **Twist-** very sleek elegant look
- **Pleat-** classic French twist is more severe and folded than the basic twist