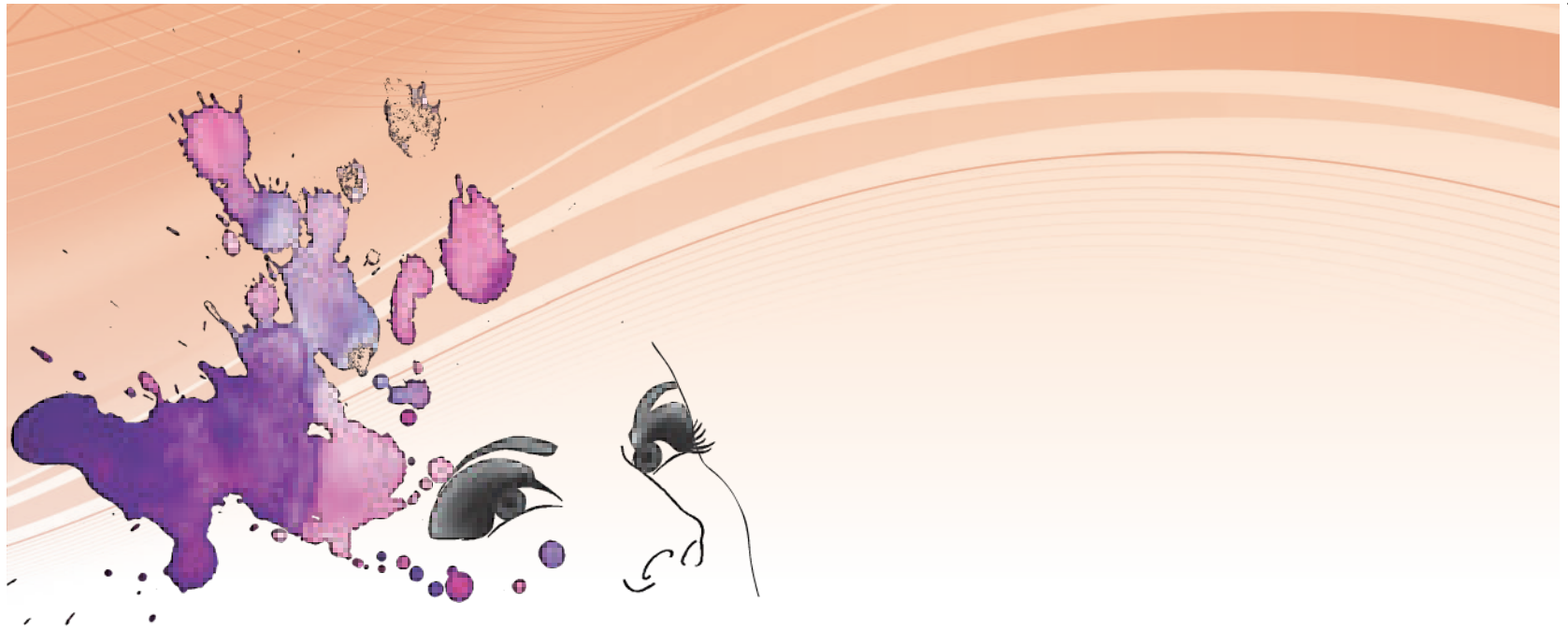




UNIT - 5



Hair Care



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Unit Overview & Description

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Unit Overview & Description

This unit will provide the student information about the various aspects of Body Care and Wellness.

Knowledge and Skill Outcomes

The following knowledge must be assessed as part of this Unit:

- Shampoo
- Hair Conditioner & Rinses
- Preparation and Procedure for Shampooing & Conditioning
- Henna or Mehendi Application on Head
- Hair Cutting and Styling
- Blow Drying
- Hair Styling and Designing

Resource Material

1. Beauty Therapy the Foundation Level II, Lorraine Nordmann
2. NVQ 2 Hair Dressing ; ISBN 978-0-4354-6202-4
3. Milady's Standard Cosmetology, ISBN-978-15625-3880-2
4. Reagents/Prentice – Hall Text book of Cosmetology by Mary Healy



Learning Outcomes

Session	Topic	Outcomes
1	Introduction to Shampoo, Hair Conditioner and Rinses	- Identify types of shampoo - Identify types of conditioner and rinses
2	Shampooing & Conditioning	- Identify material and supplies - Identify the procedure of shampooing and conditioning
3	Henna or Mehendi Application on Head	- List of Material and supplements used for henna application - Identify the procedure of henna or mehendi application on head
4	Hair Cutting Techniques	- Identify various implements and materials - Identify sectioning - Identify medium length cut
5	Blow Drying	Identify the blow drying technique
6	Hair Styling and Designing	List different types of braids on long hair

Assessment Plan: (For the Teachers)

Session	Topic	Assessment Method	Remarks
1	Introduction to Shampoo, Hair Conditioner and Rinses	Exercise: Question & Answer Audio Visual Aids	
2	Shampooing & Conditioning	Exercise: Question & Answer Audio Visual Aids; Practical demonstration by the learner	
3	Henna or Mehendi Application on Head	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
4	Hair Cutting Techniques	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
5	Blow Drying	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	
6	Hair Styling and Designing	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner	

Session 1: Introduction to Shampoo, Hair Conditioner and Rinses

Shampoo could be any of various liquid or cream preparations of soap or detergent used to wash the hair and scalp. Conditioner is a substance used, often after shampooing, to detangle and improve the condition of the hair. Like shampoo, it is applied to wet hair and then rinsed out after applying. Shampoos are designed to cleanse the hair and scalp by removing oil, dirt, dandruff, dead skin, environmental pollutants and other contaminant particles that gradually build up in the hair. They form the heart of hair care daily routine. A good shampoo does not interfere with the production of sebum or natural oil secretion. Shampoo cannot change the process of overactive oil glands.

History

The word shampoo is derived from the word “Campo” in 1762. Shampoo had originated in Bengal region. It was introduced as head massage and contained alkali, natural oils and fragrance. The modern shampoo was first introduced in 1930 which contains synthetic surfactants.

Washing with shampoo does not dry out hair because an ideal shampoo will not cause drying of hair or scalp or stimulates greasy scalp.

Composition of Shampoo

Shampoo is generally made by combining a surfactant, most often sodium lauryl sulfate and/or sodium laurethsulfate with a co-surfactant, most often cocamidopropylbetaine in water to form a thick, viscous liquid. Other essential ingredients include salt (sodium chloride), which is used to adjust the viscosity, a preservative and fragrance.[9] Other ingredients are generally included in shampoo formulations to maximize the following qualities:

- Pleasing foam
- Easy rinsing
- Minimal skin/eye irritation
- Feels thick and/or creamy
- Pleasant fragrance
- Low toxicity
- Good biodegradability
- Slightly acidic (pH less than 7)
- No damage to hair



Many shampoos are pearlescent. This effect is achieved by addition of tiny flakes of suitable materials, e.g. glycol distearate, chemically derived from stearic acid, which may have either animal or vegetable origins. Glycol distearate is a wax. Many shampoos also include silicone to provide conditioning benefits.

Types of Shampoos

Shampoo contains detergents which remove dirt and grease from hair and can be rinsed off with water.

All shampoos fall into two **categories**:

1. Cleaners – those need a follow up conditioners.
2. Shampoo + Conditioners – these shampoo plays double role of a shampoo and a conditioners most shampoos available are in this category only other special shampoo are as follows:
 - **Daily use Shampoo**- They are very gentle and have low amounts of cleansers and generally contains conditioners.
 - **Dry Shampoo**- They are called powder shampoo as they are applied directly onto the dry hairs and then brushed out. They don't really clean the hair but they are helpful when you can't shampoo hairs because of cold weather, pronged illness, in hurry, or in long travel these shampoo help.
 - **Baby Shampoo**-These are special shampoos for babies who have very fine hairs. These are very mild shampoo preparations.
 - **Shampoo for color treated hairs**- These shampoos are rich in natural oils and moisture so that they can restore water to the hair shaft. They are low in alkalinity. They don't have saturated castor oils so that the color doesn't strip.
 - **Shampoos for permed or processed hairs**- They are rich in moisturizes and protein and are low in alkalinity. They are made for damaged or chemically treated hair as these hair tangles easily; use instant conditioners after each shampooing service.
 - **Medicated Shampoos/Anti-dandruff shampoos** – Apart from regular ingredients for daily use shampoos they contains some special chemicals in ingredients to remove dandruff such azonic. Tar derivatives, anti-bacterial as well as antifungal etc.
 - ♦ **Anti lice Shampoo** – Applied in proper manner they can kill the lice these shampoos contains Gama benzene hexa chloride as permethrin, a carbaryl or melathion etc.



- **pH Balance Shampoo-** These shampoos have pH factor similar to the stains hair, which is between 4.5 to the 5.5. They counteracts the effect of chemicals on the scalp.
- **Herbal Shampoos-** These shampoos are prepared with plant extract and herbs. There natural shampoos are beneficial for all types of hairs. They contain shikakai, amla, trifala etc.
- **Two-in-one Shampoo:** Contains detergent to clean your hair and few drops of conditioner to moisturize your hair. Gives quick results because your hair can be shampooed and conditioned at the same time.
- **Peroxide Shampoo:** This shampoo is used to give hair brightening and highlightingaffect. These shampoos are strong and can lighten the natural color of hair and thus should not be used on regular basis.

Hair Conditioners & Rinses

Natural oil sebum secreted by scalp helps to keep hair glossy, sometimes there oil glands may not produce enough oil in this case conditioning adds brilliance to the hair, especially dry hair can be benefited to get a luminous shine. All types of hair require conditioning Conditioners help the hairs that has been exposed to excess sunlight, bleaching, and faulty diet. Conditioners help to find in moisture and keep the hair smooth & self-conditioning, helps in removing tangles and makes the hair easy to manage conditioners should be applied to freshly shampoo hair that has been blotted by with a towel to remove excess moisture.

HISTORY – For centuries natural oils have been used to condition human hair. This natural product oil is still used today. Modern conditioner was created in 20th century called brilliantine. Conditioners were made with silicon, fatty alcohols and some ammonium compounds. These chemical products allow the benefits of hair conditioner without feeling greasy or heavy hair conditioner is a thicker substance which coats the cuticle of the hair.

Hair Rinse

Hair rinse is the product you use to coat your hair after shampooing & Conditioning. The main aim of Hair rinse is to restore the acid-alkaline balance of the scalp. Hair rinses gives luster and volume to hair. There are two types of hair rinses natural and chemical. Chemical based rinses are available in the market. Some commonly used natural rinses are Natural rinses are Tea Rinse, Lemon Rinse, Beer Rinse, Vinegar Rinse, Chamomile rinse.



Hair Conditioners

When considering the question of how hair conditioner works you first need to know about the structure of hair. Hair, as you may know, is composed of a protein called keratin. This fact is important because keratin has a high percentage of those amino acids which have negative charges sticking out, like the hairs on a nettle.

The next thing you need to know is that most hair conditioners contain positively charged molecules called cationic surfactants. Soap, shampoo, and other cleaners contain surfactants (also called detergents) that are anionic; that is, negatively charged. These cleaners are very effective at removing dirt, but they also remove natural oils and positive charges from the hair.

The positively charged surfactants in hair conditioner are attracted to the negative charges in your hair, and do not rinse out completely with water. When the hair dries, it is coated with a thin film, which adds weight, makes the hair easier to comb, and prevents static electricity from building up and ‘frizzing’ the hair.

Types of Conditioners

Conditioners add brilliance to all types of hairs, especially the dry hairs. Sebum the natural oil secreted by the scalp helps to keep the hair glossy sometimes oil glands may not produce enough oil or other factors may affect the production of sebum

Glossy hair has cuticle scales that lie flat and neatly overlap. In this condition, hair reflects the light. Chemical perming or colouring and rough handling of hairs conspire to lift the cuticle, which allows moisture to be lost from the cortex which in turns make the hair dry and luster less and prone to tangle. Hairs get thinner and breakeasily. To put the shine backandto repair the split ends, it is necessary to use a specific conditioner.

- **Basic Conditioners** – They coat the hair with a fine film temporarily smooth the cuticle and making the hair shiny & soft. They should leave on the scalp for few minutes before rinsing out. They are available for all hair types. The restore body and acid volume to the hairs. They include protein and polymer fibers.
- **Conditioning sprays** – They are used prior to styling and form a protective barrier against the harmful effects of heat. They are also good for reducing static electricity on flyway hairs.
- **Intensive conditioners** – These helps the hair to retain their natural moisture good for split, dry – frizzy or difficult to managed hairs.
- **Leave in Conditioner** – Apply after shampoo but don’t rinse off. These form a barrier around your hair, which reduces damage from heat styling. Available in form of spray, liquid and monssier.



Class X: Beauty and Wellness

- **Hot oils** – Good for very dry and damaged hairs. They give an intensive, deep nourishing treatment. Olive and Almond oil is good for dry hairs. They coats the hair shaft and repairs a damaged cuticles.
- **Deep Conditioners** – This is used of excessively brittle & broken hairs. They contains large amount of protein and it should be applied over a long time for absorption.
- **Restructurants**- Good for flat hairs which is damaged and lost its elasticity. They penetrate the cortex and helping to repair the inner part of damaged hair.
- **Color/Perm Conditioner** – They are specially designed for chemically treated hairs. Add a protective film around porous areas of hair it helps in preventing colour loss. After perm it helps to stabilize the hair and helps to keep the bounce in curls.
- **Split end treatment/Serum** – They condition the damaged hairs. As an intermediate solution, hair can't be temporarily sealed from the ends. They worked on newly washed hair, they surround the hairs with a microscopic film that leaves the hair shaft smoother.

Review Questions

1. Give one word answer for the following:
 - a) These shampoos are prepared with plant extract and herbs _____ .
 - b) These shampoos are used to give hair brightening and highlighting effect _____ .
 - c) These shampoos can be applied directly on dry hair and then brushed out _____ .
 - d) These conditioners are applied on wet hair after shampoo but are not rinsed off _____ .
2. Explain to the client purpose of using following hair care products:
 - 1) Shampoo _____



2) Rinse

3) Conditioner

3. Suggest a type of shampoo and conditioner for the following:

	Shampoo	Conditioner
a)	05 yr old Babita	
b)	Mrs. Ahuja with chemically treated hair	
c)	15 yr old school going girl with lice problem	
d)	Mr. Gulati suffering from high fever for last 10 days	
e)	Itchy and irritated scalp with split ends	

4. Ms. Nidhi wanted to purchase a good quality shampoo for herself. Explain her the qualities of good shampoo so that she can select a good product.



5. Differentiate between the two:

Conditioner	Rinses
_____	_____
_____	_____
_____	_____
_____	_____

Checklist for Assessment Activity

Use the following checklist to see if you’ve met all the requirements for assessment activity.

PART A

- Explain the history , composition and type of shampoos.
- Explain the history, composition and type of hair conditioner and rinses.

PART B

Discussed in class the following: -

- Benefits of using correct shampoo for the hair.
- Benefits and purpose of using hair conditioners and rinses.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different types of shampoos.		
Able to select right type of shampoo as per the hair condition.		
Able to identify different types of conditioners and rinses.		
Able to select right type of conditioner as per the hair type.		



Session 2: Shampooing & Conditioning

Trolley Setting

This is a preparation of work unit which is based on the type of shampooing and procedure to be followed. This unit is to provide hair shampooing and conditioning service to the client. You will develop the ability to perform a variety of manual hair shampooing techniques using a range of different products and equipments. This unit will also develop your ability to provide after care advice to the clients.

Following are the common list of equipment and material used for shampooing:

Equipment

- Shampoo basin
- Hot and Cold spray unit
- Shampoo chair

Material

- Gloves
- Neck cape
- Towels
- Combs
- Brushes
- Cotton
- Eye pads

Cosmetics

- Shampoo & Conditioner (as required)

Preparation of The Client

Instructions for Draping the Clients

- Wash your hands.
- Ask your client to remove all the jewellery and glasses and secure in safe place.
- Pull the client's hair up into a clip turn the client's shirt colour inward and place a towel lengthwise over the clients shoulders and cross the towel ends in front. You may secure the crossed ends with a clip.



Porous items are made of cloth, wood, or other absorbent materials. Porous items include cotton, paper mats, towels, and buffer blocks. Porous items that are damaged or destroyed by cleaning or disinfection procedures are single-use items (disposable) and must be thrown away after one use.

- Porous items of any type (including those that say they can be disinfected) that are contaminated by blood, body fluid, broken skin (skin that is not intact), infections, or unhealthy conditions must be thrown in the trash.
- Towels, chamois, and similar items can be cleaned in a washing machine with regular detergent at the end of each day.

Non-porous items are made of hard materials like metal, plastic, or glass, and include nippers, scissors, combs, metal

- All non-porous tools can be (and must be) disinfected even if they do not contact blood or unhealthy conditions. These are all multi-use items.
- To clean a non-porous item, clean all visible debris then completely immerse the tool for 10 minutes in a disinfectant, bleach solution (1 part bleach to 9 parts water), or 70% or higher isopropyl or ethyl alcohol.
- Other items that are not designed to touch skin, and are used in waterless products such as nail polish, acrylic monomer and powder, or light-cured gels, do not spread germs and do not need to be disinfected. Brushes that are used to remove debris from a shampoo basin, must be properly cleaned and disinfected between each use.

Products	How	Why
Aerosols	Fully empty. Don't bend or pierce container. Place in bin that will not contain hot ashes.	Highly flammable. Gasses may ignite.
Chemical waste	Dilute with water. Wash down basin	Contact with chemicals can be harmful, but are less effective when diluted.
Sharps/Glass	Wrap up any sharps in paper or tissue before disposal in cardboard box.	Sharps and glass can be dangerous if not securely contained.
Recyclable containers	Fully clean and dry containers before clearly marking them	



Safety Practices in Shampooing & Conditioning

- Read and follow manufacturers' instructions for products used in the salon. Labels include information about how to use the product safely, expiration dates, safety precautions to be followed in case of a spill or reaction, and proper disposal. Also, be sure to follow local and state regulations for chemical disposal.
- Have a Material Safety Data Sheet (MSDS) on file in your salon for every product used in the salon that could cause injury or harm. MSDS include important information about reactions, spills, ingredients, and disposal of chemicals. Make certain that the information on the MSDS is read and understood by all salon workers. Most states require MSDS to be available upon request by an inspector, and a fine might be levied for salons that don't have them, so keep MSDS for all of your products in an easily accessible location. Many manufacturers have MSDS on their websites that can be easily downloaded.
- Proper ventilation in salons is essential for client and worker safety and comfort. Make certain that your ventilation system provides fresh air intake as well as exhaustion of stale air. Air control in the salon reduces your exposure to airborne particles and bacteria as well as reduces your inhalation of product vapors, creating a healthier work environment.
- Use a ventilation system that directs airborne debris (like filing dust) away from the breathing zone (the two foot square area between your mouth and nose and your work area) of you and your client. A mask can also be worn for further protection.
- Use a metal trashcan with a lid (a self-closing trashcan is ideal) to reduce vapors from soiled material getting into the salon. This also reduces odor.
- Smoking should never be permitted in a salon, nor should lighted candles be used anywhere. Store all chemicals in closed containers, always away from any sources of heat or ignition.

Precautions and Contra Indications

- The client must be adequately protected from water so clothes should be completely covered by a gown and towels tucked well down at the nape. If a front wash is to be used the client should be given a face cloth to protect their eyes and possibly make up.
- Hairs must be untangles before Shampooing.
- The temperature of the water should be checked on the wrist or the back of the hand before using.



Class X: Beauty and Wellness

- Correct shampoo should be used for the type of hairs.
- Liquid shampoo should be allowed to run over the back of the hand then the scalp to minimize coldness.
- Cream shampoo should be applied to the palm of the hand before being evenly distributed over the whole head.
- Friction hand massage should be used in circular movements from hairline to crown throughout the whole head.
- Care must be taken to ensure that the hair is thoroughly rinsed after each massage.
- After shampooing hair should be towel dried and untangle away from the face.

Contra-Indications

- Do not use in case of hyper sensitivity from any chemical.
- In case of accidental contact with eyes rinse with plenty of water.
- If shampoo or conditioner gets on your clothes, face or any other part of the body it should be completely washed immediately to prevent skin irritation.
- Stop using the product if any of the following occurs – difficulty in breathing, skin or eye irritation, scalp irritation or redness on the scalp.

Review Questions

1. Fill in the blanks
 - a) Test the _____ of water before wetting client's hair.
 - b) _____ should be applied after the shampooing.
 - c) Shampoo should be applied using _____ movement.
 - d) Porous material used in shampooing is generally _____ type.



2. Prepare a shampoo station for a client, List the following on the table given below:

S. No.	Equipment	Material	Cosmetics
1.			
2.			
3.			

3. True or false:

- a) Before giving any hair treatment, hair and scalp analysis is necessary. (T/F)
- b) Towel should be secured onto the neck cape. (T/F)
- c) Porous items can be used again for different clients. (T/F)
- d) After shampooing hair should be towel dried before detangling them. (T/F)
- e) Temperature of water should be checked before starting the procedure of shampooing. (T/F)
- f) Detangling of hair should be done before proceeding for head wash (T/F)

4. Somya has joined the hair salon recently and is not familiar with the process of shampooing, instruct her as now she should prepare a client and how to proceed for the service.

Preparation of the client _____

Procedure of shampooing/conditioning _____



Material and implements used

- Henna
- Towels
- Dye cape
- Double Boiler
- Rubber gloves
- Wide tooth comb
- Clips hairbrush
- Shampoo + Rinse
- Plastic Bowl

Henna preparation

Preparing the henna, gather the following:

- Towels (use old ones, they will get stained)
- Plastic bowl
- Large spoon for stirring
- Plastic cling wrap
- Acidic liquid such as lemon juice, apple cider vinegar or orange juice (if desired)
- Water (preferably filtered)
- Dry henna powder, enough for your length of hair
- Tint brush
- Disposable latex or vinyl gloves

Place the dry henna powder in the bowl. Add a small amount of the acidic liquid to the powder and enough water to make a paste that is the consistency of yogurt. Stir well to remove lumps. Cover the bowl with plastic wrap and let set until the dye releases from the henna, usually around 12 hours at 70 degrees F (21 degrees C).



Henna Color Choices

The reds are the most used, have the least amount of additives, and- if they are pure are completely safe. The browns and blonds are available too.

Henna does not lighten hair. It won't lift the color, like commercial dyes can do. So you must get a shade that somewhat matches your own, or is darker. Brunettes can easily go red; blonds can go brunette or red. But there's no way a brunette can go blond.

A Few Words of Caution

- Do not use henna over commercially colored hair. It's safest to wait at least 2 months after a commercial dye job, before using henna. Do strand test before applying henna on chemically coloured hair.
- About a week or so before you're planning to henna, use a clarifying shampoo. That will help strip out the old color.
- Be sure you're buying a brand of henna that does not contain metallic salts. These are extremely unhealthy. They may be labeled on the box as compound henna dye, or they may not be listed at all.
- How can you tell if your henna contains metallic salts if they're not listed in the ingredients? If your strand test leaves your hair swatch brittle or dried-out, or if the color "takes" very quickly, that probably means it contains metallic salts. Don't use it.
- Black henna is alright to use as long as it's made with Indigo.

Procedure

- Seat and prepare the client.
- Cover the clients clothing with Dye Cape.
- Mix and heat henna in a double boiler.
- Mix 3 table spoon of henna.
- Two table spoon strong coffee or tea decoction.
- One egg
- 1 Teaspoon ground fenugreek powder.
- ½ tea spoon of coconut oil.
- 1 cup of soaked dried Amla.
- Measure and mix the ingredients until smooth. Blend well shampoo hair.
- Use only one application of shampoo and rinse with water.



Class X: Beauty and Wellness

- Towel Dry, leave hair little moist so the henna will reach the deep surface and action will be faster.
- Protect hands with rubber gloves.
- Comb and part the hair in four sections.
- Apply henna paste.
- Check the henna temperature.
- Use brush or gloved hand for application.
- Start from nape and work upward with making 1 inch partings.
- Work quickly and apply thoroughly so that colouring will be equivalent.
- Leave 1 inch around face line free from henna until rest of hair has started to develop colour.
- Apply henna to face line to avoid discolouration.
- Put cap on to avoid dripping.
- Test the desired shade by judging the time, you can apply steamed towel to faster the action.
- Rinse out henna with water spray.
- Shampoo hair to remove stains from the scalp & set hair in desired style.
- Clean and sterilize equipments and make out record of the clients.

Benefits & Contra indications of Henna**Benefits**

- Henna gives the colour to your hair.
- It makes the hair healthy, strong, thick and silky.
- Henna is considered to be a natural conditioner for hair.
- Henna makes hair manageable and tangle free.
- Henna don't gives any side effect like other chemical hair colours do.
- It helps to control dandruff.

Contra indications

- Although rare but henna reaction may occur, when contacted with skin.
- May give symptoms of itching, redness and even scaly dryness.
- Those with naphthalene sensitivity, or has ever been advised by the physician not to use aspirin and anti-inflammatory drugs should not apply Henna.
- People with traumatic symptoms are advised not to use henna.



Sanitation techniques for shampooing, conditioning & hair care:

- Sweep floors clean after each client service, especially after every shampooing and conditioning service
- Deposit all waste materials in a waste receptacle with a self-closing lid
- Mop floors and vacuum carpets daily.
- Control all types of dust.
- Keep windows, screens, and curtains clean.
- Regularly clean fans, ventilation systems, and humidifiers.
- Keep all work areas well lit.
- Keep rest rooms clean and tidy. Remember to clean bathroom door handles.
- Provide toilet tissue, paper towels, and pump-type liquid soap in the rest room
- Provide disposable drinking cups.
- Avoid touching your face, mouth, or eye areas during services.
- If you drop an implement on the floor, disinfect it before using it again. Properly clean and disinfect all tools and implements after each use and store them in a clean, covered container
- Do not place any tools, combs, rollers, or hairpins in your mouth
- Keep the outside of all containers clean.
- Make sure all containers are properly marked, tightly closed, and properly stored.
- Wear clean, freshly laundered clothing.
- Empty waste receptacles regularly throughout the day.
- Prohibit eating, drinking, and smoking in areas where services are performed
- Never place food in refrigerators used to store salon products.
- Keep the salon free from insects and rodents
- Clean and disinfect all work surfaces, including manicure tables, aesthetic beds, workstations, and chairs, between client services. Clean shampoo bowls and disinfect the neck of the bowl after each client.
- Use only freshly laundered or new disposable linens on clients. Use separate closed containers for soiled linens. Use disposable towels or tissues whenever



possible. Use neck strips or towels to ensure that there is no skin contact shampoo capes. Disinfect all linens during the wash cycle with detergent and bleach.

- Monitor air quality in the salon. Four to ten air changes per hour are recommended for public buildings. Air changes remove suspended particles such as hair spray, nail filings, and microscopic particles

Review Questions

1. True or False

- Strand test should be done before applying Henna on Chemically coloured hair (T/F).
- Natural colour of Henna is orange (red) (T/F)
- Henna cannot be used as natural hair conditioner (T/F)
- Henna should not be applied for sensitive scalp condition (T/F).

2. List the material supplies and implements used for henna application.

3. Prepare a henna mask for a client using 200 gm of henna powder.

4. Write down five benefits of henna application.

-
-
-



4. _____
5. _____
5. Fill in the blanks:
- a) The natural colour of henna is _____ .
 - b) Black henna is alright to use as long as its made with _____ .
 - c) Henna should not contain _____ salts.
 - d) Do not use henna over commercially coloured hair for at least _____ months.
 - e) To speed up the processing time of henna use _____ .

Checklist for Assessment Activity

Use the following checklist to see if you’ve met all the requirements for assessment activity.

PART A

- Explain the procedure of preparing client for henna application on head.
- Explain the process of preparing henna pack.
- Explain procedure of applying henna on head.

PART B

Discussed in class the following: -

- Precautions to be taken while preparing henna.
- Benefits of applying henna pack on hair.
- Contraindications of applying henna.

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to prepare client and work station for henna application.		
Able to prepare henna pack.		
Able to apply henna on head.		
Able to identify contra indications of henna application.		



4. Short answer question:
- a) Sectioning for the top.

- b) Holding the shears.

- c) Types of hair cutting shears.



