



## Dressing long hair – French Plait Step by step guide

### Step 1 – French Plait

---

Comb the hair away from the face.

Make sure that it is free of tangles. Starting at the top of the crown, comb it through evenly from the roots to the ends.

Tilt the head back and divide the hair into three equal strands.

### Step 2 – Weaving the hair

---

The French plait is created by crossing the outside strands of hair over the central strand. Which strand you start with will depend on whether you are left- or right-handed.

Take one of the outside strands and cross it over the centre strand.

Repeat this move with the other outside strand.

Using your little finger, take a further section of hair, about half the thickness of your original section, and add it to the outside section on that side.

How much hair you take from the centre section will depend on how thick you want your plait to be and the density of your client's hair. You should have considered both these issues during your initial client consultation.

**Tip:**

Keep an even tension in the three strands and make sure the hair is tangle free.

## Step 3 – Weaving the hair 2

---

Cross the thickened section over the centre section. Repeat on the other side.

Continue down the length of the hair, working from one side to the next and gathering all the hair from the central section into the outside sections.

You should only ever be working with three sections.

## Step 4 – Finishing

---



Continue working down the length of the sections until you run out of hair.

Secure the ends of the hair with either a covered elastic band or other ornamentation.



*[This work is licensed under a Creative Commons Attribution – Non Commercial – Share Alike 4.0 International License.](https://creativecommons.org/licenses/by-nc-sa/4.0/)*