

A close-up photograph of a person's hair being styled. A hand is shown twisting a section of hair, with another hand holding a small gold clip. The background is blurred, focusing on the hair and hands.

Twisting

Learning outcomes

- Maintain effective and safe methods of working when plaiting and twisting hair.
- Plait and twist hair.

Introduction

Twists are an alternative to plaited styles and can last up to a month. Because they do not involve any interlocking of hair, they usually require an application of pomade or light styling gel to bond the hair as the twists are being formed. However, these products should be used sparingly to avoid making the hair greasy.

Twisting is achieved by using the fingers or a comb to twist the hair into strands. This can be done in linear patterns along the scalp such as flat twists, or off the scalp, as with single twists or two-section twists.

Twisting

General tips

Factors that may influence setting and dressing services:

- Hair cut
- Hair growth patterns
- Hair length
- Hair density
- Head and face shape
- Hair texture
- Hair elasticity
- The occasion for which the style is required

Each of these factors will need to be discussed with your client during your consultation, in order to address and deal with the different ways they will affect the final result.

Effect on the hair structure

Plaiting and twisting involves some additional tension on the hair and this can put the client's hair roots under considerable excess stress. Our clients want their designs to be neat, controlled and easy to manage and to last for as long as possible. Because of this, it is very easy to cause traction alopecia.



Creating a flat twist

Tools required for this treatment



Grips



Tail comb



Brush



Gel or pomade



Spray fixative
or serum



Step 1

● Shampoo, condition and dry the hair roughly into shape. Brush to remove any tangles.

●● Start at the front of the hair by dividing with a tail comb.

●●● Twist the section of hair firmly, but not too tightly, back towards the crown. Grip the twisted section into place.

Step 2

● Continue with the same technique on each channel of hair.



Step 3



Twist the sections at the back, from the nape up to the crown, in the same way.



Leaving a section at the front to soften the hairline profile, lightly backcomb the remaining hair to finish.



Creating single twists

Tools required for this treatment



Sectioning clips



Tail comb



Gel or pomade



Spray fixative or serum

Step 1



Starting at the top of the crown, comb your client's hair through evenly from the roots to the ends to make sure that it is free of tangles.



Spray it with hairspray to smooth the hair.

Step 2



Section off a central, narrow channel of hair from the front hairline to just before the crown.



Twist the section firmly back towards the crown.



Use grips to firmly hold the twisted section into place before moving onto the next section.

Step 3



Continue with the same technique on each channel.



Twist the back sections from the nape to the crown in the same way.

Step 4



Dress the loose hair to soften the look, complete with finishing products.



Check that the client is happy with the results and be sure to provide aftercare advice on the best way to maintain the style and to remove the twists.

Tip:

Styling products are expensive. The profitability of the job you are doing relates directly to the amount of product you use. Always start with a small amount to begin - you can dispense more later if needed.



Maintaining and removing

In order to make sure the client is able to care for the style at home:

- Talk through the style as you work, so that the client sees how you handle different aspects of the look.
- Show and recommend the products and equipment that you use, so that the client can get the right things to help them achieve the same effect.
- Make sure you give your client advice on washing and conditioning their hair while it is twisted (for long-term twists), protecting it at night and moisturising the scalp, including product recommendations.
- Give them advice on how to remove the twists and take the style down. Most people will not know where to start when taking down a style, and this can lead to knotting and tangling.

Tip:

If hair is left in a plaited or twisted style for too long, the quality and condition of the hair can deteriorate. Here is a list of the potential effects:

- Dryness and brittleness (the hair lacks moisture)
- Hair damage or breakage
- Traction alopecia from constant root tension
- Hair knotting or becoming matted (may be impossible to remove without cutting)
- Scalp dryness and flaking

Creating two-section twists (rope plait)

Tools required for this treatment



Sectioning clips



Tail comb



Gel or pomade



Spray fixative or serum

Step 1

- Fix the hair centrally at the back in a ponytail with a covered band.



- Divide the ponytail into two equal parts.

Step 2



- Both sections should be twisted in a clockwise direction and then wound round each other.

Step 3



- Continue twisting and winding around each other down the length of the ponytail.



- Use a braiding band to bond the ends together.

