

The text "Blow drying" is displayed in a large, bold, teal-colored font. It is centered within a white rectangular box that has a thin teal border. The background of the box is a blurred image of a hair salon, showing a hairdresser in a black shirt working on a client's hair.

## Learning outcomes

- Maintain effective and safe methods of working when setting and dressing hair.
- Set hair.
- Dress hair.

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## Introduction

Drying your finished hairstyle is important. Your clients will judge the quality of your work by the end result.

When blow drying, you can make hair curly, straight or wavy, or you can make it fuller and give it more volume.

# Blow drying

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## Tools required for this treatment



Gown



Towel



Hand-held hairdryer



Nozzle/ attachments



Combs



Flat brush



Round brush



Vent brush



Section clips



Straighteners



Tongs



Conical wand



Styling products



Finishing products

## General tips

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### Contact dermatitis

According to the Health and Safety Executive (HSE), up to 70% of hairdressers have to leave the profession due to contact dermatitis. Symptoms can range from slightly inflamed areas of the skin to severe splitting and weeping areas with irritation and soreness. The following steps can help you avoid this condition:

- Wear disposable nitrile or polyvinyl gloves when shampooing, conditioning, colouring, lightening or using any chemical substances.
- Dry your hands thoroughly with a soft cotton or paper towel.
- Moisturise after washing your hands, as well as at the start and end of each day. It's easy to miss finger tips, in-between fingers and wrists.
- Change gloves between clients. Make sure you don't contaminate your hands when you take them off.
- Check your skin regularly for early signs of dermatitis.

### Influencing factors

The client's physical features and their lifestyle have an impact on the choice of styling. Their face and head shape may not be suitable for what they have in mind. Similarly, if their job or leisure activities affect their options, then you need to discuss these factors.

### Importance of damp hair

In blow drying or setting, the hairstyle is fixed as the **alpha keratin** changes to **beta keratin**. This takes place at the point where hair changes state from moist to dry. So when blow drying, finger drying and setting, it is better to work with hair that is damp, rather than wet. This approach cuts down on drying time and maximises your efficiency.

### Using products without being wasteful

For successful services, you need to know the effects of different products on all hair types. There is a wide range of products available and you need to know when and why you are using these products and the amount of product that you should be using. If you are wasteful when using products, you will be 'eating into' your salon's profits.

# Blow drying short hair

## Step 1

### Tools required for this treatment



Gown



Towel



Hand-held hairdryer



Nozzle



Combs



Brushes



Styling products



Finishing products



Section clips



Always protect your client with the appropriate personal protective equipment, such as a gown and towel.



Once the client's hair has been shampooed, conditioned and towel-dried, the hair is now ready to blow dry.

#### Tip:

Think about the style the client wants. Bigger sections will create a looser curl and smaller sections will create a tighter curl.

Before using any electrical appliance, always check that the plug and wire look in good working condition and safe to operate. Never operate any electrical appliance with wet hands.

## Step 2



Apply an appropriate styling aid, e.g. mousse, gel and spray.

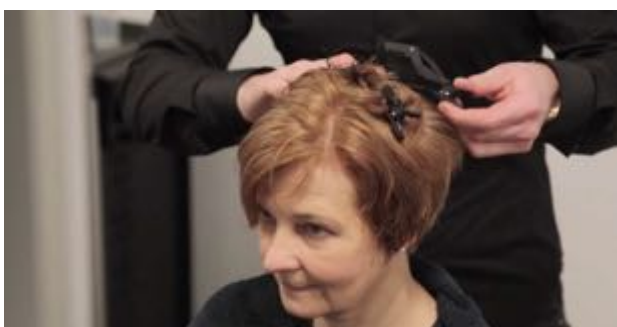
#### Tip:

Choosing the right product is essential to successful blow drying.

## Step 3



Divide the hair into small sections and clip each section if required.





## Step 4

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- Starting at the nape, work the hair in small sections so that the brush can get close into the root and give greater lift.

## Step 5

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- Direct the nozzle on the hair dryer down the hair shaft. This will smooth the cuticle down and give you a better finished look.

## Step 6

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- Smooth the hair at the nape of the neck.
- Use the brush to gradually give the hair more lift as you work up.

### Tip:

Don't be afraid to pull - tension is key to blow drying and this technique helps to achieve root lift and body and avoid flatness. The stronger you blow dry, the longer the style will last.



## Step 7

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- Do not over-dry. The hairdryer must not touch the hair or be too close to it, or the hair will dry out or scorch.

- Check all sections, brush through and make sure the hair is completely dried.

**Tip:**

Always keep the dryer a safe distance away from the client's scalp to protect them from any discomfort.



## Step 8

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- Work the top of the head in small sections.

- Looking in the mirror as you work helps you to ensure that the style is balanced from the sides.

## Step 9

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- Blow dry the hair into the desired shape.

- Use any of the available fixing and finishing products. These include gel, wax, serum and hair spray.

**Tip:**

Provide aftercare to your client. Explain how they can achieve the finished hairstyle and recommend the correct products to help them care for their hair at home.



# Blow drying long hair

## Step 1

### Tools required for this treatment



Gown



Towel



Hand-held hairdryer



Nozzle or attachment, e.g. diffuser



Combs



Brushes



Section clips



Styling products



Finishing products



Always protect your client with the appropriate personal protective equipment, such as a gown and towel.



Once the client's hair has been shampooed, conditioned and towel dried, the hair is now ready to blow dry.

#### Tip:

Before using any electrical appliance, always check that the plug and wire look in good working condition and safe to operate. Never operate any electrical appliance with wet hands.

## Step 2



Prepare the hair by applying the required product to towel dried hair.



Comb through to distribute through the hair.

#### Tip:

Choosing the right product is essential to successful blow drying.

## Step 3



Divide the hair into four sections and clip each section if needed.





## Step 4

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- Section the hair further to start the blow drying and use the correct brush for the look required.
- Put the brush into the roots to lift and then pull the hair down - direct the hairdryer at the same time and follow from root to tip.
- Check all sections, brush through and make sure the hair is completely dried.

### Tip:

Don't over-dry. Always keep the dryer a safe distance away from the client's scalp to protect them from any dis- comfort.

## Step 5

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- Blow dry the hair into the desired shape.
- Use any of the available fixing and finishing products. These include gel, wax, serum and hair spray. Apply the styling aids best suited for the desired style and your client's hair type and characteristics.

### Tip:

Provide aftercare to your client. Explain how they can achieve the finished hairstyle and recommend the correct products to help them care for their hair at home.