

A photograph of a hairdresser in a black shirt styling a client's long, dark brown hair. The client is wearing a black salon cape and is seated in a purple salon chair. The background shows a typical salon environment with shelves and equipment.

# Directional Roller Setting

## Learning outcomes

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

---

## Introduction

There are many diverse ways to set hair and a huge variety of tools which can be used to do it. But, whatever technique is used, there are some basic rules that will always apply. Moisture and heat together can cause hair to change shape. When we change the shape of hair, we are altering the bonds on the cortex. Setting the hair changes its shape only temporarily, as with blow-drying. In its natural state, hair is referred to as alpha keratin. When we have curled it or set it into a new shape, it is called beta keratin. As the setting and dressing techniques are very versatile, looks can be created for one-off events or for everyday wear based on your clients' needs.

# Directional Roller Setting

## Tools required for this treatment



Trolley



Hair styling products



Selection of brushes



Double-pronged metal hair clip



Heated rollers



Rollers



Roller pins



Tail comb



Protective gown



Hand-held mirror



Water spray



Hood dryer



Wands



Tongs



Straighteners

Equipment/Product	Used for	Effect achieved	Maintenance
<b>Setting rollers</b>	Wet	Provide a long lasting effect on wet/damp hair or softer results on dry hair	After use, remove any hair and wash with hot soapy water, scrub clean then dry and put back in tray/trolley ready for next use
<b>Velcro rollers</b>	Dry setting only	Provide a soft and not as durable curl effect as wet setting rollers	After use, remove any hair and wash with hot soapy water, scrub clean then dry and put back in tray/trolley ready for next use
<b>Heated rollers</b>	Dry setting only	Provide a soft but longer-lasting, more durable effect than Velcro rollers	After use, remove any hair and wash with hot soapy water, scrub clean then dry and put back in tray/trolley ready for next use
<b>Heated tongs</b>	Dry curling only - used to add more movement	Provide a long lasting effect on dry hair	Once cooled, spray clean and dry thoroughly afterwards. Remove hairstyling product build-up from the curling surface
<b>Tail comb</b>	Sectioning hair into workable sizes dependent on the setting technique used	Provide tension when combing through sections and help to manage the hair	Wash in hot soapy water then place in sanitising liquid for ten mins. When needed, it should be rinsed and dried first

<b>Straight comb</b>	Dressing out hair/enabling the hair to be backcombed and smoothed	Provide tension when combing through sections and help to manage the hair	Wash in hot soapy water then place in sanitising liquid for ten mins. When needed, it should be rinsed and dried first
<b>Flat brush</b>	Used initially on wet hair to work setting agents through and to detangle	Used during dressing to remove roller/setting marks, smooth or shape the hair or introduce back brushing into the hair	Wash in hot soapy water and scrub clean to remove hair and particles. They should be sanitised and put away for future use
<b>Grips and hair pins</b>	Fixing hair into position as part of the finished hairstyle	Hair ups, partial hair ups/ back effects	Wash and dry and put into trolleys or trays
<b>Pin clips</b>	Wet or dry setting hair	Provide a narrow curl stem that can be positioned either flat against the skin or standing away	Wash with hot soapy water and scrub clean, then dry and put back in tray/trolley ready for next use
<b>Setting lotions</b>	Protecting the hair from excessive heat, they also increase the time that the hair is held in shape and the volume and/or movement created	N/A	N/A
<b>Finishing products</b>	Enhancing the hair by adding shine or gloss and improve handling and control by removing static, fluffiness or frizziness from the hair	N/A	N/A

## 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.

### Applying the correct techniques

When setting hair you will need to consider whether volume, lift and curl are required. Hair can be rolled to sit on base or off base, and the wind can be directed to suit the style, or a brick wind can be used to avoid roller and section marks. Roller size must also be considered; if your roller size is unsuitable and too large, your curl result will be unsatisfactory and may loosen with time. If too small, the resulting curl may be too tight and the hair length may also appear shorter than expected.

# Directional Roller Setting

---

## Step 1

---



Consult with client, evaluate potential of client's hair to achieve desired look.



Comb client's hair and apply appropriate product.

## Step 2

---



Start at the top front of the head applying rollers in the direction you want the finished result to fall.



Take sections of hair that are the appropriate size for the size of the roller and pull the hair up to give good tension.



Wind hair around the roller, ensuring the ends are smooth around the rollers.



Roll the roller down onto the scalp and into an appropriate position on the base of the root.



Fasten in place, securing using a clip or a pin.



Continue this process until the directional row is completed.





## Step 3

---

- Repeat step two processes until all directional rows are completed.

## Step 4

---

- Hair now needs to be dried, or if using heated rollers, left to cool for fifteen minutes.

**Tip:**

If using heated rollers, ensure they are completely cooled before removing so that the hair's temporary bonds have reset in the new style.

- Start to gently remove rollers, ensuring you start from the top of the head to avoid tangles.

- Apply product for extra hold if necessary.

## Step 5

---

- Begin to dress out the hair.

- Apply appropriate product.

**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 with - you can dispense more later if needed.



Use appropriate tools (tail comb or brush) and/or hands to dress the hair into the desired style.



Finish by applying hairspray or finishing product.



Check the client is happy and provide information about aftercare.

**Tip:**

Think about what products the client should use and make sure they know how to maintain their new style.

**Tip:**

When setting hair, the weak temporary hydrogen bonds are softened by water and heat and hardened by drying and cooling the hair. Hair changes from its alpha keratin state to its beta keratin state during the setting process. However, hair can absorb moisture from the atmosphere which will make it revert back to its alpha keratin state and cause the style to be lost. Therefore, it is important you advise your client to avoid moist environments wherever possible. You can also use styling and finishing products to help protect the hair from the effects of moisture.