

A close-up photograph of a hairdresser's hands using a heated styling tool, possibly a curling iron or a hot air brush, on a client's blonde hair. The hair is being styled into a spiral. The background is slightly blurred, showing a salon environment.

Dry set spirals using heated styling equipment

Learning outcomes

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

Introduction

Setting and dressing techniques can be used to create a wide range of looks, including added volume or soft waves and curls, through the use of heat. This can be done in two ways: wet or dry setting. A wet setting approach works by breaking down the hair's hydrogen bonds and re-forming them into the new style, whereas a dry setting approach requires high-heat equipment to 'bake' the hair into the new style.

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. The channel wind setting technique in particular, can be used to create volume and soft waves for styles that don't have a specific parting or direction.

Channel wind setting technique

Tools required for this treatment



Trolley



Hair styling products



Selection of brushes



Double-pronged metal hair clip



Straighteners



Tail comb



Protective gown



Hand-held mirror



Wands



Tongs

Equipment/Product	Used for	Effect achieved	Maintenance
Setting rollers	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
Velcro rollers	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
Heated rollers	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
Heated tongs	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
Tail comb	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
Straight comb	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

Flat brush	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. It should be sanitised and put away for future use
Grips and hair pins	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
Pin clips	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
Setting lotions	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
Finishing products	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.



Channel wind roller technique

Step 1



Briefly describe what you're going to do to achieve the client's look and ensure they're in agreement.



After the shampooing and conditioning process, towel dry the hair. Comb the client's hair and apply the appropriate products.

Tip:

If using a curling wand and irons, they are best applied to dry hair. If possible, advise the client to wash their hair before the cut, to help maintain curl.

Step 2



Starting at the nape of the neck, take a small section of hair and wind it onto the curling wand in a spiral technique.



Remove the hair from the wand, taking care not to disturb the curl.



Taking horizontal sections of hair, place sections between the plates of the irons - keeping the irons horizontal.

Tip:

Rotate the irons 360° and gently pull through to the ends of the hair to create curls.



Repeat this throughout the style in a uniform pattern.



Step 4

- Apply product to the hair.

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.

- Dress the hair into the desired style, using the appropriate tools.

- Finish the style by using hairspray or other finishing products.

Step 5

- Check that the client is happy with the style, using the hand-held mirror.

- Provide aftercare advice.

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.

Tip:

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