

A woman with dark hair is shown in profile, looking to the left. Her hair is styled in loose, bouncy curls. Several silver clock spring pins are visible, inserted into her hair to hold the curls in place. The background is slightly blurred, showing what appears to be a salon or training environment.

Clock spring pin curling

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 reforming them into the new style, whereas a dry setting approach requires high heat to set the hair into the new shape.

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 clock spring pin curling technique in particular, can be used to create curls that are looser at the root and gradually tighter towards the ends.

Tools required for this treatment



Trolley



Hair styling products



Selection of brushes



Double-pronged metal hair clip



Hood dryer



Water spray



Tail comb



Protective gown



Hand-held mirror

Equipment/Product	Used for	Effect achieved	Maintenance
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 they 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 they 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. They 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 section marks.



Clock spring pin curling

Step 1

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

●● Comb the client's hair and apply the appropriate products.

●●● Starting at the nape, section the hair using sectioning clips.

Tip:

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

Step 2

● Take the first section of hair and wind from point to root, to create a close-centred curl.

●● Position the curl flat against the head.

●●● Pin or clip the curl in place.

Tip:

Think about the direction you want the curl to go to create the desired look. Winding the hair clockwise or anti-clockwise will give different results.





Step 3

- Repeat step number two until all the hair has been rolled and pinned.

Tip:

If you're using the wet-setting technique, ensure the hair remains damp throughout the service by using the water spray - if required.

Step 4

- If wet-setting, dry the hair using a hairdryer or hood dryer. If dry setting, use a hood dryer to heat the hair.

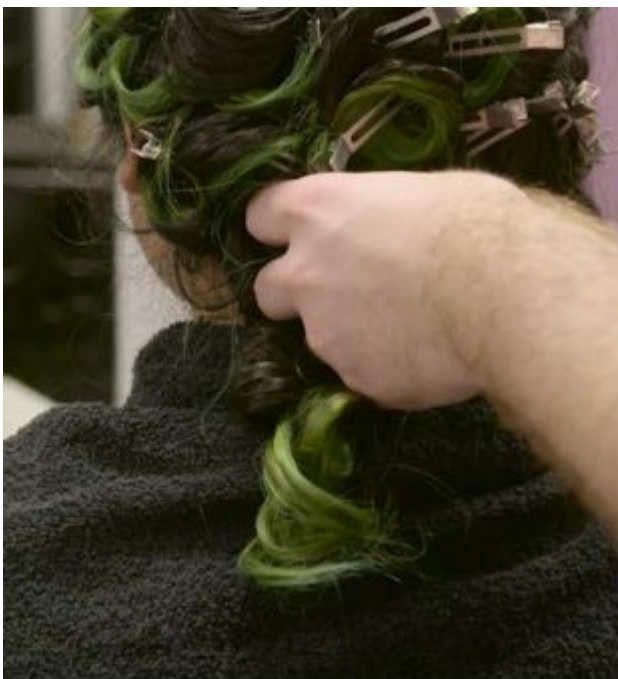
Tip:

Remember to check that you haven't placed the pins/clips against the scalp, as they will get extremely hot and might burn the client's head.

- Wait for the hair to cool, or use the cool setting on a hairdryer.

Tip:

Hair must be allowed to completely cool before removing the pins/clips, to ensure the hair's bonds have reset in the new style.



Step 5

- Starting at the nape of the neck, gently remove the pins/clips.

Tip:

Make sure you leave the curls where they are when removing the pins/clips to minimise the risk of the curls falling out.



Step 6

- 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 finishing products.

Step 7

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

- Provide aftercare advice.

Tip:

When setting hair, we alter the chemical bonds in the cortex. 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.