

Conditioning procedure

Learning outcomes

- Maintain effective and safe methods of working when shampooing, conditioning and treating the hair and scalp.
- Shampoo, condition and treat the hair and scalp.

Introduction

Having the hair shampooed and conditioned is often the client's first impression of the professionalism of the salon, therefore, the process needs to be both relaxing and therapeutic. It is important to choose the correct shampoo and conditioner which are suitable for the hair and scalp type that you have identified during the consultation. The incorrect choice may negatively affect subsequent services.

The action of shampooing cleanses the hair by removing dirt, grease, skin scale, sweat and product build-up, leaving the hair ready for blow-drying, setting or chemical services. Conditioning treatments are applied to smooth the cuticle layer, provide protection for the hair, improve handling and combing, make the hair look healthier and help the hair to resist external elements.

Tools required for this treatment



Gown



Towels



Apron



Wide toothed comb



Brush



Conditioner



Bowl



Tint brush



Gloves

Penetrating conditioner

Step 1

- Thoroughly shampoo and detangle your client's hair prior to conditioning. Remove any excess water to assist the conditioning process.

- Before carrying out the conditioning treatment, ensure that you are wearing the correct protective clothing.

Tip:

Hair can get dried out and damaged from the use of heat styling tools, dyes, chemical straighteners and exposure to the sun. Hair's moisture and body can be restored with a high quality deep conditioning treatment. A deep conditioning treatment can leave the hair moist and shiny.

Step 2

- To ease the application of the conditioning treatment, separate the hair into four sections.

- Apply the conditioning treatment with a brush to each section. Mesh within each section, ensuring that you look out for any piercings that could get caught. Continue to apply the conditioning treatment until the client's hair has full coverage, massage using petrissage.

Tip:

'Petrissage' techniques are large, circular, slow, deep kneading massage movements used to stimulate the scalp when conditioning. This increases the blood flow to the area, stimulates the sebaceous glands to secrete sebum and is relaxing for the client.





Step 3

- You can put the hair under a CLIMAZONE or hooded dryer to heat for ten minutes (follow manufacturer's instructions) or cover with a plastic cap for processing.

- Let the hair cool and take the client back to the basin.

Step 4

- When the hair is ready for rinsing, turn the water back on, check temperature on your wrist - then rinse the hair starting at the front hairline, cupping the hand to direct the water towards the wash basin as you wet the hair, so that you don't wet the client's face. Remember to check the temperature with client.

- Massage using petrissage techniques. Next, use the Effleurage technique. 'Effleurage' movements are slow, smoothing, stroking massage movements done with the palms of the hands to detangle the hair when rinsing is complete.

Step 5

- Turn off the water and gently squeeze hair to remove excess water.

- Wrap a towel around the hair to stop any drips from the hair entering the eyes or face.



Types of conditioner available

Surface conditioners - these conditioners do not enter the hair but remain on the cuticle surface. Their main purpose is to coat and protect the hair and improve the look and feel by adding shine and moisture.

Penetrating conditioners - these have deeper-acting benefits. They enter the hair shaft through the cuticle layer and are deposited into the cortex by capillary action. They are designed to temporarily repair the physical structure of the fibres within the cortex and damaged areas within the cuticle layers.

Scalp treatments - these conditioners are designed to remedy a variety of skin problems. These scalp-active treatments are chemical preparations that are developed to target specific disorders.

Leave-in conditioners - these do not need to be rinsed out of the hair. These contain moisturisers that help lock in and attract moisture to the hair. Once the hair is dry, these will cause the style to collapse.