

The word "Cutting" is written in a large, bold, teal-colored sans-serif font. It is centered within a white rectangular box that has thin teal horizontal lines above and below it. The background of the entire page is a close-up photograph of a person's hair being cut with scissors.

Learning outcomes

- Maintain effective and safe methods of working when cutting hair.
- Cut hair to achieve a variety of looks.



Introduction

Hair cutting is an art form. It gives shape and structure to hair styles. Without a good, professional cut, styling has no basis.

When designing a cut, you need:

- precision
- good technique
- creativity
- a good sense of balance

Cutting

The ability to cut hair well is built on a structured and formal learning process. Sectioning, using the comb and scissors, and understanding how to achieve balance in a style are all essential elements of your learning.

A competent and professional haircut is the basis of good hairdressing. You should be able to create styles by using different cutting techniques and you should be able to adapt your techniques to suit your individual clients' hair types and specific requirements.

Cutting hair is the foundation for styling hair. It incorporates balance, line and movement. As well as having good technique, you should use care, precision, creativity and, above all, control. A hairstyle is an expression of form and shape. Its purpose is to enhance your client's appearance.

Before carrying out cutting treatments

It is important to prepare the client correctly; ensure their gown is on properly and fastened around the neck, also use a cutting collar around the shoulders to further protect the client's clothing during the treatment. You will also need to make sure that the hair is clean: you can't cut hair if it is loaded with hairspray or other product and, therefore, it will need to be thoroughly shampooed before the cut.

For health and safety reasons, and to prevent the spread of infections, tools and equipment need to be correctly sterilised between uses. You should prepare your workstation before the client arrives at the chair from the basin: collect equipment from the steriliser, rinse tools which have been soaking in sanitising liquid, dry them and put them on your work station ready for the cutting treatment.





Cutting hair - one length hair

Tools required for this treatment



Scissors



Gown



Cutting collar



Cutting comb



Sectioning
clips



Neck brush

Step 1

- During consultation, it is vital that you understand the client's requirements. Always check the condition of the hair and scalp during client consultation, examine the hair texture, type and volume.

Tip:

Look out for any skin conditions like eczema or psoriasis. Any lumps, moles, cuts or abrasions may also limit the services available to the client. Ask the client if they are aware of any such conditions.



Step 2

- Once the consultation is completed, the stylist can then make suitable recommendations. Perform the service only if you do not find any contraindications.

- For a wet cut, first shampoo the client's hair.

Step 3

- Section the hair into four equal sections and drop a fine mesh of hair at the nape. This is referred to as the 'baseline'. Note that the head is tilted slightly forwards to prevent unwanted graduation. Cut this first mesh to the required length, this is the 'guideline'.

- Continue to bring even sections down, working towards the crown area and cutting to the guideline.

Tip:

Check the length and balance of the hair cut by taking hair from the same place on each side of the head. Run your fingers down to check the length is even.



Step 4

- Connect the sides to the back by dropping a fine mesh of hair and cut from the back sections, working towards the front.

- Continue to bring all of the sections down, working towards the client's parting.

Tip:

Cross check the cut to ensure it is evenly balanced.

Step 5

- Once the cut is complete, you are ready to finish the look with a blow dry and dressing out with products to achieve the client's desired style.

- Finally, check that the client is happy with their new style and offer to make adjustments, if needed.

Tip:

Remember to provide aftercare advice on the best products, how to maintain their style at home and the ideal time interval until their next visit.

Please note: as with all hair cutting, this method is subjective and open to adaptation as there are different methods of cutting hair in order to achieve the same look.



Cutting hair - uniform layer

Tools required for this treatment



Scissors



Gown



Cutting collar



Razor



Cutting comb



Sectioning
clips



Neck brush

Step 1



During consultation, it is vital that you understand the client's requirements. Always check the condition of the hair and scalp during client consultation, examine the hair texture, type and volume.

Tip:

Look out for any skin conditions like eczema or psoriasis. Any lumps, moles, cuts or abrasions may also limit the services available to the client. Ask the client if they are aware of any such conditions.



Step 2

- Once the consultation is completed, the stylist can then make suitable recommendations. Perform the service only if you do not find any contraindications.

- For a wet cut, first shampoo the client's hair.

Step 3

- Comb the damp hair into four sections to form a 'hot cross bun' effect: from the front to the nape and the top of the hairline to the ears, using clips to hold the sections in place if required.

- Drop a fine mesh of hair in the nape and cut the baseline to the desired length.

Tip:

Never keep scissors in your pockets: it is unhygienic but, more importantly, it is a dangerous thing to do.

Step 4

- Take a panel of hair from the crown down the middle of the head to the nape baseline. Cut the hair, beginning at the crown, pulling the hair from the head at 90° and cutting at 90°. Continue working in 'orange sections' throughout the back of the head.



Now we need to go back to the hair on the top crown and pull up a section of hair at 90° to the head. Continue to remove the appropriate length, always using a small amount of hair from the previous section as a guideline. Following the head shape round, continue to cut the hair either side of the section, working towards the front hairline.

Step 5



When all inner layers have been cut 90° to the head, go back to the perimeter length and remove any unwanted hair to ensure a clean, even shape.



Complete the uniform layer cut and then finish the look with a blow dry, using products to produce the client's desired style. Finally, check that the client is happy with their new style.

Tip:

Remember to provide aftercare advice on the best products, how to maintain their style at home and the ideal time interval until their next visit.



Please note: as with all hair cutting, this method is subjective and open to adaptation as there are different methods of cutting hair in order to achieve the same look.



Cutting hair - short graduation

Tools required for this treatment



Scissors



Gown



Cutting collar



Razor



Cutting comb



Sectioning
clips



Neck brush

Step 1



During consultation, it is vital that you understand the client's requirements. Always check the condition of the hair and scalp during client consultation, examine the hair texture, type and volume.

Tip:

Look out for any skin conditions like eczema or psoriasis. Any lumps, moles, cuts or abrasions may also limit the services available to the client. Ask the client if they are aware of any such conditions.



Step 2

- Once the consultation is completed, the stylist can then make suitable recommendations. Perform the service only if you do not find any contraindications.

- For a wet cut, first shampoo the client's hair.

Step 3

- Divide the hair into a 'horseshoe section'. Cleanly secure the top section and sides away.

- Start the cut at the centre back in the underneath section, pulling the hair out from the head holding fingers at a 450 angle. This section will determine the length of the cut. Pivoting from the centre, point work out towards the ears.



Step 4

- At the point behind the ear, change the angle of the sections from vertical to slightly diagonal and begin to over-direct, reducing elevation.

- Continue this procedure into the front of the side sections, decreasing elevation and increasing over-direction.



Step 5

- Use the crown area as a pivot and connect the top sections into the underneath using the same process of over-direction and increased elevation.

- Complete the short graduation cut, then finish the look with a blow dry, using products to achieve our client's desired style. Finally, check that the client is happy with their new style and offer to make adjustments, if needed.

Tip:

Remember to provide aftercare advice on the best products, how to maintain their style at home and the ideal time interval until their next visit.

Please note: as with all hair cutting, this method is subjective and open to adaptation as there are different methods of cutting hair in order to achieve the same look.





Cutting hair - long graduation

Tools required for this treatment



Scissors



Gown



Cutting collar



Razor



Cutting comb



Sectioning
clips



Neck brush

Step 1



During consultation, it is vital that you understand the client's requirements. Always check the condition of the hair and scalp during client consultation, examine the hair texture, type and volume.



Check the condition of the hair and scalp during client consultation, examine the hair texture, type and volume.

Tip:

Look out for any skin conditions like eczema or psoriasis. Any lumps, moles, cuts or abrasions may also limit the services available to the client. Ask the client if they are aware of any such conditions.



Step 2

- Once the consultation is completed, the stylist can then make suitable recommendations. Perform the service only if you do not find any contraindications.

- For a wet cut, first shampoo the client's hair.

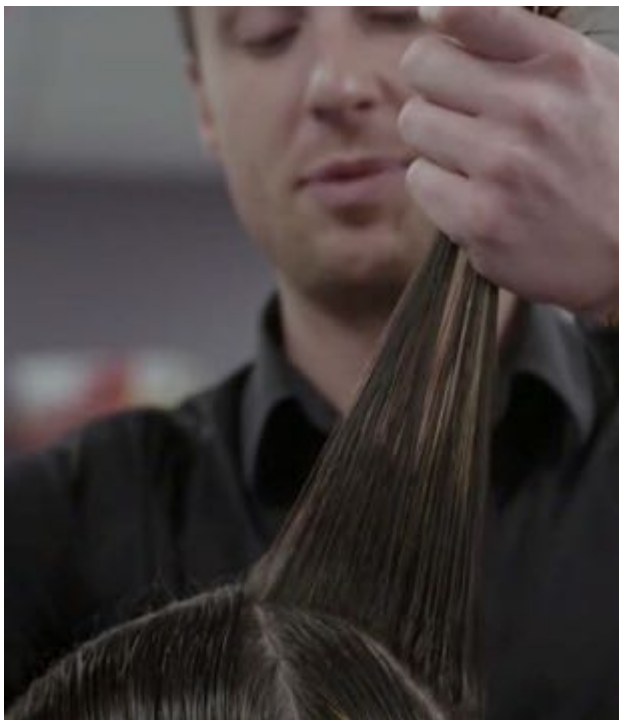
Step 3

- Start by parting the wet hair into four sections. Start at the back and cut the perimeter guideline.

- At the crown, take up a section roughly the length of the comb. Hold this up at 90° from the head, letting shorter lengths fall naturally to maintain the length.

Tip:

Use point cutting to create a guide, then carry on down towards the base line, following the head shape.



Step 4

- Rotating from the original central point take cheese triangle sections (or orange segments), using a piece of the old section with the new section to ensure a balanced result.

- Carry on in this way across the sides.

Tip:

Check the balance and fall by pulling hair out from the same place on either side of the head.





Step 5

- Comb the outer 1cm sides of the completed sections towards the front to use as guides.
- ● Depending on the hair, point cut to blend/match the baseline between the front and back sections to continue the graduation.

Step 6

- Complete the long graduation cut, checking it. Finish the look with a blow dry and dressing out with products to achieve the client's desired style.
- ● Finally, check that the client is happy with their new style and offer to make adjustments, if needed, e.g. personalise the cut.

Tip:

Remember to provide aftercare advice on the best products, how to maintain their style at home and the ideal time interval until their next visit.

Please note: as with all hair cutting, this method is subjective and open to adaptation as there are different methods of cutting hair in order to achieve the same look.

Cutting hair - curly hair

Tools required for this treatment



Scissors



Gown



Cutting collar



Razor



Cutting comb



Sectioning clips



Neck brush

Hair that is curly can be difficult to cut. Look at the curl and the density of the hair before you start to cut it.

When it is wet, curly hair appears to be straighter and longer than it is but springs back into its curl when it dries. It is important to compensate for this when you are cutting curly hair. You can leave the hair longer or it may be better in some cases to cut the hair when it is dry. Just make sure to pay attention to the tension.

Different types of curly hair require different considerations:

Wavy hair - most techniques work well with this hair type, although if it is particularly fine/thin you may need to leave some length to aid body within the cut.

Medium and coarse wavy hair - this hair type can be frizzy so avoid texturizing techniques that will enhance a fluffy appearance, such as razor cutting. Club cutting can help by keeping all hair lengths the same.

Coarse wavy hair - can be resistant to styling so it may benefit from being texturised or thinned out, but avoid using a razor on the hair.

Soft, loose curly hair - can have a combination of textures to consider: it may be frizzy in appearance and have lots of body. Avoid using razors or heavily texturizing the hair if it tends to be frizzy.

Tight curly hair - can also have combined textures and will spring up after the hair has been cut when it is dried - particularly fine curly hair. Consider the amount of tension you place on the hair during the cutting service and use a wide-toothed comb.

Soft, very curly hair - this type of hair is often very fragile so be careful if using razors or clippers. Comb the hair gently using a wide-toothed comb and use a conditioning spray to prevent client discomfort. Choose a style to suit and work with the curls, rather than try to fight them.

Wiry curly hair - also very fragile but can have less of a defined curly pattern. Avoid techniques that texturise the hair and use mostly club cutting and freehand techniques. Take care with tools if using razors or clippers. Comb the hair gently using a wide-toothed comb and use a conditioning spray to prevent client discomfort and damage to the fragile hair.

Cutting hair - fringes

Tools required for this treatment



Scissors



Gown



Cutting collar



Razor



Cutting comb



Sectioning clips



Neck brush

You do not have to create a fringe with all haircuts. You should discuss this option with your client during your consultation. Fringes should always be cut using the freehand technique. You must not use any tension, but instead comb the hair into position and cut. To the right are instructions for adding a fringe to some more common cuts:

Long graduation: To create a fringe, take a section from the natural parting. From the parting, take a curved section out to the corner of the eyes on both sides. Comb the hair down, using the wide teeth of your comb. This will show up - and help you work with - any irregularities at the front, such as an uneven hairline. If there are any irregularities in the hairline, they should not come as a surprise. You should have been looking for them during your client consultation and analysis.

Graduated bob: To allow for any movement or irregular hairlines, cut the fringe area freehand. Take a section from the outside corner of the eye to the front centre of the head. Cut from the outside towards the centre, keeping the hair wet at all times. Repeat the same steps on the other side, checking the balance as you go. The hair will fall freely from the head to achieve its natural shape. Continue to work up to your section, remembering to cut freehand.

Layer: Take a triangle section from the centre parting out to the corner of the eye. This will become your fringe section. Comb the rest of the hair away. Depending on the front hairline shape, the length and shape will vary from head to head.

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