Transcript for conditioning the hair video

# Conditioning hair

### Undertake a consultation

Thoroughly shampoo and detangle your client’s hair prior to conditioning. Remove any excess water to assist the conditioning process. 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. The right deep conditioning treatment can leave the hair moist and shiny.

### Techniques for conditioning and massaging the hair

Before carrying out the conditioning treatment ensure that you are wearing the correct protective clothing. 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 which could get caught. Continue to apply the conditioning treatment until the client’s hair has full coverage. Massage using petrissage.

You can put the hair under a climazone hooded dryer to heat for ten minutes, or cover with a plastic cap and under a hood dryer for processing.

Let the hair cool and take the client back to the basin. When the hair is ready for rinsing, turn the water back on. Check temperature on your wrist, then rinse the hair using the cupping method, checking the temperature with the client.

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.

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. 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. Now our client is ready for her next service.

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