Transcript for the French plait video

# French plait

### Undertake a consultation

In this video we will demonstrate how to create French plaits, otherwise known as the three-style scalp plait. Plaiting is a form of braiding or weaving hair. It’s important to understand and confirm your client’s desired look during consultation.

Always check the condition of the hair and scalp during client consultation. Examine the hair texture, type and volume. 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. Also, be wary of traction alopecia before proceeding; a condition of hair thinning or hair loss due to excessive tension on the hair follicle. This can be the result of wearing the hair in tight plaits or twists.

### Techniques for creating French plait

Comb your client’s hair through evenly from the roots to the ends to make sure that it is free of tangles, then take a section of hair at the front of the head and divide the hair into three equal stems. The French plait is created by crossing either one of the outside stems of hair over the central stem.

Take one of the outside stems and cross it over the centre stem. Repeat this move with the other outside stem. Using your little finger, take a further stem of hair about half the thickness of your original stem and add it to the outside stem on that side.

How much hair you take from the centre stem will depend on how thick you want your plait to be and the density of your client’s hair. Both these issues would have been identified during your initial client consultation.

It is important to keep the tension equal on both sides of the head while working so the finished plait will look even. Ensure the hair is tangle-free. Continue plaiting the three stems until the end of the hair. Secure the hair with a covered band or ornamentation. Use a tail comb to smooth the plait. Add any grips if needed and then spray the hair to fix the plaits.

### Provide aftercare advice

Check that the client is happy with the results and be sure to provide aftercare advice on the best way to maintain the style and to remove the plait.

#### Transcript ends 0:02:28.1