Transcript for the cap highlighting video

# Cap highlighting

### Undertake a consultation

In this video we will demonstrate the cap highlighting technique using bleach. First, establish the client’s requirements with a consultation and check that any skin tests have been carried out. It may help to use visual aids such as magazines or a colour chart to be clear on your client’s exact colour requirements. Consider your client’s lifestyle. For example, if they are very busy then a high-maintenance service may not be suitable. Take into account your client’s skin tone, age, personality and dress sense, as well as the hair characteristics, such as the existing depth and tone, and also the presence of any white or grey hairs. Look out for any contra indications during the hair and scalp analysis.

### Conduct an elasticity and porosity test

Test he elasticity and the porosity of the hair. More porous hair will need less development time and poor elasticity may be a contra indication to any chemical treatment. Check for psoriasis or eczema, as well as any lumps, moles, cuts or abrasions.

### Use safe practices

It is important to mix colours in a well-ventilated area, always following the manufacturers’’ instructions. Protective clothing is essential for you and your client. You must wear gloves to protect from contact dermatitis and a plastic apron to protect your clothes. Protect your client’s clothing with a gown and a towel. Use a trolley for your equipment and your colour so you do not need to stretch to reach your tools.

### Techniques for creating highlights using a cap

Once you have thoroughly combed and detangled your client’s hair, check the quality of the cap and carefully fit the cap for the client. Check and adjust until the client is comfortable.

### Pull through hair using a hook

Now we need to use the highlighting hook to pull through the hair to be coloured. Be careful to pierces the hole at an angle so that you don’t stab your client’s head. Starting at the back of the head, carefully work your way up. Comb the hair to remove any loops at the root hair.

### Apply product

Starting at the back of the head, use a tint brush to apply the product. Separate the hair using the end of the tint brush. This will help the product to develop evenly. Carry out a developmental test removing a bit of bleach using damp cotton wool to check the colour has developed as expected. Once the process is complete, take the client to the backwash basin. Rinse the bleach from the cap and check the water temperature with the client. Apply some anti-oxi conditioner before you gently ease the cap from the client’s head, checking with the client that there is no discomfort. You may need to use your fingers to help ease the hair from the cap.

### Remove bleach

Make sure all the bleach is removed from the hair, shampoo and condition using the appropriate massage technique. Finally, blow dry your client’s hair and complete the service.

### Provide aftercare advice

Remember to provide aftercare advice for your client on the best way to maintain their new hair colour such as product recommendation and the ideal time until their next treatment.

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