Transcript for the fishtail plait video

# Fishtail plait

### Undertake a consultation

In this video we will demonstrate how to create fishtail plaits. 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.

### Techniques for creating a fishtail plait

Comb your client’s hair evenly from the roots to the ends to make sure that it is free of tangles. Subdivide the hair into two equal-sized stems at the nape of the neck. Whilst holding each section in each hand, subdivide each one, taking the outer narrower section and passing it across the other and into the centre. Maintain good tension. Do the same with the other side. Maintain good tension throughout.

Repeat this method, keeping good tension and small, even sub-sections until all of the hair is plaited. 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 0:02:26.4