Transcript for lightening hair colour video

# Lightening Hair Colour

### Undertake a consultation

In this video we will be demonstrating the foiling technique to lighten, to add depth and tone to our client’s hair.

First establish the client’s requirement with a consultation and check that any skin tests have been carried out. Before you make any recommendations, ask about and 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; also if they have any white or grey hair.

### Conduct an elasticity and porosity test

Test the elasticity and porosity of the hair. More porous hair may need less development time. Poor elasticity is a contra indication to any treatment. Check for any psoriasis or eczema, as well as any lumps, moles, cuts or abrasions. Ask if the client is aware of any such conditions. Applying a chemical treatment could be very painful if any open wounds or skin conditions are present. It may help to use visual aids, such as magazines, or a colour chart, to be clear on your client’s exact requirement. Look out for any contra indications during the hair and scalp analysis. Ask the client about any previous chemical treatments and carry out an incompatibility test if required to ensure there will be no reaction to the products that you are going to use. Remember to record your client’s responses. 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 clothes with a gown and towel.

### Mix and apply the colour

It is important to only mix colours in a well-ventilated area. Always follow manufacturers’ instructions. Use a trolley for your equipment and colour so you do not need to stretch or reach for your tools.

Divide the hair into four sections and, starting at the back of the head, use a tail comb to weave out a mesh of hair to be coloured. Firmly pull and hold the woven hair at an angle and then colourfully tuck the foil underneath as close to the root as possible. Holding the foil at the top, use a tint brush to apply colour along the length of the woven hair and the foil. Take extra care not to overlap the lip of the foil with the colour. You must also be careful to leave a clean gap at the sides and the bottom of the foil, free of any colour. Leaving room in this way will reduce the chance of any bleeding from the foil when the colour expands as it develops.

Carefully fold the foil in half, making sure a one millimetre margin of foil underneath is still visible. Fold the foil in half again, then neatly fold in the sides by using the tail comb as a guide to crease and fold five millimetres from the edges. If you notice any leaks, wipe it clean using damp cotton wool immediately.

### Allow to process

Continue to work through horizontal sections, weaving out meshes to be coloured as required. Once all the foils are in place, ensure no bleeding has occurred and allow them to process for the manufacturers’ recommended development time. A climazone may be required to aid with the development of the colour. Check back at regular intervals.

### Rinse the hair

Once the development has completed, rinse the hair while removing the foils. Make sure all colour is removed from the hair and that the water runs clear. Shampoo and condition using the appropriate massage techniques.

### Provide aftercare advice

Finally, we return to the station to blow dry your client’s hair and complete the service. Remember to provide aftercare for your client on the best way to maintain their new hair colour, such as product recommendations and the ideal time until their next service.

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