Transcript for a one length cut video

# One length cut

### Undertake a consultation

During consultation it is vital that you understand the client’s requirements. 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. Once the consultation is completed, the stylist can then make suitable recommendations. Perform the service only if you do not find any contra indications. Before you make any recommendations, ask about and consider the client’s lifestyle. For example, if they are very busy, then a high-maintenance style may not be suitable.

### Techniques for cutting hair

This is a wet cut so we first need to shampoo our client’s hair. Section the hair into four equal sections and drop a fine mesh of hair at the nape. This is referred to as the baseline. Note that the head is tilted slightly forwards to prevent unwanted graduation. Cut this first mess to the required length. This is the guideline. Continue to bring even sections down, working towards the crown area and cutting to the guideline.

### Tips for getting a balanced cut

Check the length and balance of the haircut by taking hair from the same place on each side of the head. Run your fingers down to check the length is even. Connect the sides to the back by dropping a fine mesh of hair and cut from the back sections working towards the front. Continue to bring all of the sections down, working towards the client’s parting.

Cross-check the cut to ensure it is evenly balanced. The stylist completes the one length cut. Now we are ready to finish the look with a blow dry and dressing out with products to achieve our client’s desired style.

#### Transcript ends 0:02:34.7