Transcript for the relaxing hair video

# Relaxing hair

### Undertake a consultation

In this video we will demonstrate how to relax hair. Relaxing is a way to make curly hair easier to manage and straighten. 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 alopecia, a condition of hair thinning or hair loss before proceeding.

### Apply a protective lotion

Starting at the top of the crown, comb your client’s hair through evenly from the roots to the ends to make sure that it is free of tangles. Shampoo the hair twice in order to open the cuticles, ensuring that you use a sulphur-free shampoo. When shampooing, make sure you wear gloves or apply a protective lotion on the hands, as we have done here.

### Blow dry and apply the product

Roughly dry with a towel and return your client to your station. Detangle the hair using a brush and then blow dry. When the hair is dry, initially separate this into two parts, using a brush. Ensure that you are wearing an apron and protective gloves before applying the product. Dispense the product into a bowl and, using a tint brush, start from the scalp outwards. Comb out any excess product so that the hair is not over-saturated. Do this for each section until all the hair is coated, separated into four sections as you progress around the client’s head. Once complete, cover the hair with a plastic cap, using a hair clip to tie the hair up if required.

Let the product sit on the hair for 20 minutes to complete penetration. After 20 minutes, remove the plastic cap and blow dry completely with the dryer on its highest setting, using a round brush. Use sectioning clips to allow easier access to the desired area. Advise your client that this will take place prior to drying, in order to reassure them.

### Rinse and blow dry

Apply the flat iron at 235 degrees Celsius, or 450 degrees Fahrenheit, in small sections, at least seven to ten times for each section to seal the cuticle. Next, shampoo and condition the hair to remove any remaining product. Again, ensure that you use a sulphur-free shampoo. Rinse the hair thoroughly and towel dry before moving the client back to the station. Finally, blow dry the hair until it is fully dried.

### Provide aftercare advice

Check that the client is happy with the results. Remember to provide aftercare advice on the best way to maintain the style and the ideal time until their next treatment.

#### Transcript ends 0:03:43.0