Transcript for the twist hair video

# Twist hair

### Undertake a consultation

Our client has requested flat twists, also known as the two-strand twist technique. Unlike plaits, twists do not result in an interlocking of 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. Also, be wary of traction alopecia before proceeding – a condition of hair thinning or hair loss due to excessive tension on the hair follicle. This can be a result of wearing the hair in tight plaits or twists.

### Technique for twisting hair

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. Spray it with hairspray to smooth the hair. Section off a central, narrow channel of hair from the front hairline to just before the crown. Twist the section firmly back towards the crown. Use grips to firmly hold the twisted section into place before moving on to the next section.

Continue with the same technique on each channel. Twist the back sections from the nape to the crown in the same way. Dress the loose hair to soften the look. Complete with finishing products.

### 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 twists.

#### Transcript ends 0:01:52.1