

Level 1 - Principal Learning

Hair and Beauty Studies (2762)

Unit 3: Introducing hair styling

Candidate answer for controlled assessment

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Diploma in Hair & Beauty Studies

Candidate answer

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Leah Nelson

Unit 1.3

Task 1

Hair types and their main characteristics and
how these are not defined by race

There are three ethnic hair types

1.African Caribbean



2.European



3.Asian



These all have their own features

How physical characteristics such as face shape, hair length and condition affect the choice of hairstyle and the techniques to be used

African Caribbean hair type

This type of hair is often very tightly curled.

The colour of this hair type is usually very

dark.



This is what the cross section looks like – it is kidney shaped

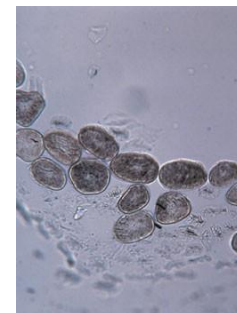
How physical characteristics such as face shape, hair length and condition affect the choice of hairstyle and the techniques to be used

European hair type

This type of hair is often wavy and comes in all colours like blonde and red and brown.



This is what a cross section of a European hair looks like –it is oval



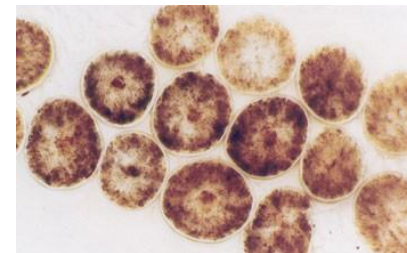
How physical characteristics such as face shape, hair length and condition affect the choice of hairstyle and the techniques to be used
Asian hair type

This type of hair is usually straight and is

often quite dark



This is what a cross section of an Asian hair looks like – it is round



How physical characteristics such as face shape, hair length and condition affect the choice of hairstyle and the techniques to be used

Hair type is not defined by race

Although the characteristics of hair are split into 3 groups, it is not normal to say that a person has one type of hair. Often people are from different races and their hair type is mixed. So someone that is African Caribbean can have straighter and lighter hair. And someone that is European can have dark, curly hair.

How physical characteristics such as face shape, hair length and condition affect the choice of hairstyle and the techniques to be used

Ancient culture: the Egyptians like Cleopatra used to wear their hair very straight and very dark – Egyptian priests made special products that would straighten hair

Ancient Greeks like to plait their hair and wear braids and jewellery in it if they were rich



How physical characteristics such as face shape, hair length and condition affect the choice of hairstyle and the techniques to be used

I think that the Egyptians have influenced us because they started with chemical straightening and the ancient Greeks started with hair jewellery and braids. We use both of these techniques nowadays

This is a modern 'Greek' hairstyle



How physical characteristics such as face shape, hair length and condition affect the choice of hairstyle and the techniques to be used

Fashion trends: there have been a lot of people wearing their hair long and straight for the last few years. In the eighties everyone had perms and really light high-lights and this made their hair fall out.

Farah Fawcett-Majors had her hair really long at the back with short layers so it stuck out. She had it high-lighted blonde and it looked dry.



How physical characteristics such as face shape, hair length and condition affect the choice of hairstyle and the techniques to be used styling

The one most recent development in tools is hair straighteners and the one most recent in products is foils.

Both of these have changed the services that hair stylists do but I think that hair straighteners have helped people to do their own hair at home so this is not good for the industry. Foils are really difficult to do yourself so you have to go to the salon for these.

How physical characteristics such as face shape, hair length and condition affect the choice of hairstyle and the techniques to be used

- a. Lifestyles – if a client is busy, she/he might not want to have something that's going to take them too long to do in the morning
- b. Culture – if a client is from a certain culture, they might want to reflect that in the way they do their hair.



How physical characteristics such as face shape, hair length and condition affect the choice of hairstyle and the techniques to be used

- c. Personality – if a client is out-going they



might have this style

- d. Occasions – if a client is getting married



they might have this style

- e. Gender – there are some styles that a man would never have!



How physical characteristics such as face shape, hair length and condition affect the choice of hairstyle and the techniques to be used

- Face shape – if a client has a round face they would suit a style that slimmed



down their face like this one

- Hair length – if your hair is really short you might not be able to have foil highlights – you might need a cap



How physical characteristics such as face shape, hair length and condition affect the choice of hairstyle and the techniques to be used

- Hair condition – if your hair is in really bad condition you won't be able to have any chemicals on it. This means that highlights, relaxers, colours and perms are not allowed. Your hair might end up looking like this...



...or even worse it might fall out!



Assignment Task 2 – Illustrated Record number 1

Learner name: **Leah Nelson**

Date: **23.3.09**

Observer's name: **A. R Teacher**

Brief overview of work undertaken today: **I created some corn rows on my friend Lisa's hair**

Image of style produced



Preparation methods used: **I shampooed the hair because I find it easier to do corn rows on wet hair.**

Styling techniques used: **Plaiting/corn rows**

Products used: **Gel and finishing spray**

Tools/equipment used: **wide toothed comb to de-tangle hair first then a pin tail comb to section.**

Advice to be given to maintain the Style: **Put finishing spray and oil on corn rows**

Image of stylist to show personal presentation/safe working practices



Feedback from model (if appropriate)

I'm very happy with my style

Feedback from teacher (on safe working practices, communication skills and appropriateness of products, tools and equipment used):

Leah showed a good amount of autonomy when working on her friend. She communicated in a professional way, advising the model about after-care. She selected her own tools to use but had to take advice from me when selecting products. Leah had initial guidance but was then able to get on with the task. She showed a good understanding of the requirements of the model when advising her and talking through style options.

Assignment Task 2 - Illustrated record number 1

Statement on the following:

The importance of following health and safety guidelines (give examples of those that were followed today):

I had to follow manufacturer's instruction when I used the shampoo and conditioner and I had to wear gloves when I washed Lisa's hair. It is important to protect myself so that I don't get dermatitis. It is important to read and follow instructions so that I use the products properly.

The importance of safe working practices and maintaining confidentiality in the hairdressing industry (give examples of safe working practices used on this occasion):

I used PPE for myself. I gowned and protected the model before I started. I made sure that I did not get water in her eyes or down her neck when I shampooed her. I did not pull her hair when I combed it.

I should make sure that I don't talk about my model when she wouldn't want me to and that if I take a record of her details that I keep them in a safe place.

Reflective statement (To comment on the effectiveness of the styling process and to identify areas for improvement):

My client was happy with what I did on her hair. She has African type hair and she often wears it like this. It is quite difficult to do but I've practiced a lot and I think I made quite a good job of it. Next time I will take smaller sections so it looks a bit neater.

Do again – which styles have you undertaken again and what improvements have you made?

N/A

Assignment Task 2 – Illustrated Record – number 2

Learner name: **Leah Nelson**

Date: **30.03.09**

Observer's name: **A. R Teacher**

Brief overview of work undertaken today: **I blow dried my mum's hair today**

Image of style produced



Preparation methods used: **I shampooed and conditioned her hair and towel dried it**

Styling techniques used: **a round brush blow dry**

Products used: **I used some mousse to give her hair volume and I put on wax at the end to give it shine.**

Tools/equipment used: **I used a round brush which was quite small so it made mum's hair curly. I used a nozzle on the hand dryer to direct the air flow.**

Advice to be given to maintain the Style: **I told my mum that she should have her hair coloured as it will make it shine more**

Feedback from model (if appropriate:

Leah did really well. LN

Image of stylist to show personal presentation/safe working practices



Wearing gloves for shampooing

Feedback from teacher (on safe working practices, communication skills and appropriateness of products, tools and equipment used)

Leah showed a small amount of autonomy when working on her mum. She communicated in a professional way, advising the model about having a colour. She selected her own tools to use but had to take advice from me when selecting products. Leah had continual guidance when completing this task.

Assignment Task 2 - Illustrated record – Template page 2

Statement on the following:

The importance of following health and safety guidelines (give examples of those that were followed today):

I had to make sure that my mum's ears were protected when I shampooed her because she has lots of ear problems. I put some cotton wool in them. I had to wear gloves so I don't get dermatitis. I had to follow manufacturer's instructions and also my teacher's instructions when I didn't know what products to use.

The importance of safe working practices and maintaining confidentiality in the hairdressing industry (give examples of safe working practices used on this occasion):

I wore an apron to protect my clothes from splashes and I gowned my mum up so she didn't get wet. It is important to gown people properly because they might get wet or get products on their clothes.

It is important that whatever I speak to people about is kept private and I don't gossip about them. They would soon lose trust in me if I was a gossip.

Reflective statement (To comment on the effectiveness of the styling process and to identify areas for improvement):

I think I did well but I could've done a bit better. It was really hard to get the hairdryer to not blow all over the place and my mum said that I burnt her head a couple of times. I think I need to practice this a bit more.

Do again – which styles have you undertaken again and what improvements have you made?

I did my mum's hair again and I practiced it at home a few times. It turned out much better and I didn't burn her at all. I remembered what products to use and what they did and I remembered that a small brush gives smaller curls.