



Image courtesy of Michael Barnes

# 105

---

## Plaiting and twisting

Plaiting and twisting is fresh and fashionable for all hair types and lengths. More and more clients want to combine different plaiting and twisting effects, for their own individual look. You will learn how to carry out basic methods of plaiting and twisting to create a range of images on and off the scalp, using two and three strand techniques. As you gain in confidence, so will your skills, progressing onto more intricate effects for partial and full-head images.

# Assignment mark sheet

## Unit 105 Plaiting and twisting

This page is used to record when you pass the 'What you must know' and 'What you must do'. The practical task is not graded in this unit.

What you must know	Tick when complete	Grade
Task 1: style book		

What you must do	Tick when complete
Task 2: practical observation	

Complete overall	
------------------	--

Candidate name:

Candidate signature: Date:

Assessor signature: Date:

Quality assurance co-ordinator signature (where applicable): Date:

## What does it mean?

Some useful words are explained below

### Aftercare advice

Information given to the client to help with style and hair maintenance.

### Aftercare products

Products such as dressing lotions, sprays, serums and oils that maintain a style after the client has left the salon.

### Cornrows

Also known as canerows. These are small tracks of raised scalp plaits that can be sectioned to go in any direction required.

### Hair elasticity

An indicator of the condition of the hair's cortex and the strength of the hair: strong hair can stretch and return without damage.

### Features of the head and face

Nose, ears, high forehead, short forehead, chin, etc.

### Finishing products

Used during the dressing and finishing of the style to help maintain the effect.

### Fishtail plait

Also called a herringbone plait, this is a four-stem plait achieved by crossing four pieces of the hair over each other to create a herringbone look, usually in the nape area of the head.

### Flat twists

A method of rolling and twisting the hair by hand to achieve a twist that sits close to the head.

### Hair density

The concentration of hairs on the head. For example, a sparse head of hair has low hair density.

### Hair texture

The thickness of each single hair.

### Materials

Bands, beads, clips, pins, etc – anything that secures the plaits and twists in place.

### Serum

A dressing product used to add shine and smooth the hair cuticles.

### Tension

How tight the hair is pulled/held.

### Traction alopecia

Hair loss from excessive tension on the hair and scalp over time. This is usually around the hairline, and sometimes on the partings, where the most tension has been applied when securing hair.



Image courtesy of iStockphoto.com/Shoots imaging

## What you must know

You must be able to:

- 1 Identify the range of finished looks that use plaiting and twisting techniques
- 2 State the factors that influence the choice of plaiting and twisting techniques
- 3 State the importance of the preparation procedures for plaiting and twisting hair
- 4 State when and how to use products, tools and equipment
- 5 State the purpose of home care advice

### Revision tip

An elasticity test is carried out to determine how much the hair will stretch and return to its original position. This is carried out by holding a few strands of wet hair from the client's head between your fingers and thumb at both ends (points and roots). Gently pull the hair to see if it will stretch, then release to see if the hair returns to the starting length.

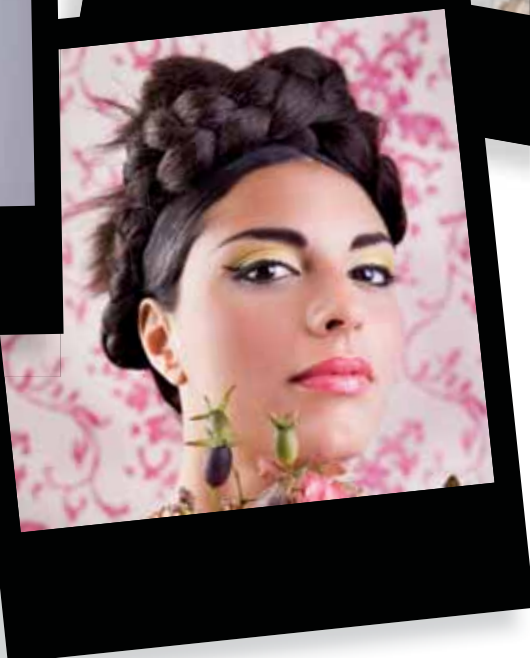


Image courtesy of iStockphoto.com/Shoots imaging

Image courtesy of iStockphoto.com/Quavondo | Photographer

Image courtesy of iStockphoto.com/Alia



Image courtesy of Errol Douglas MBE

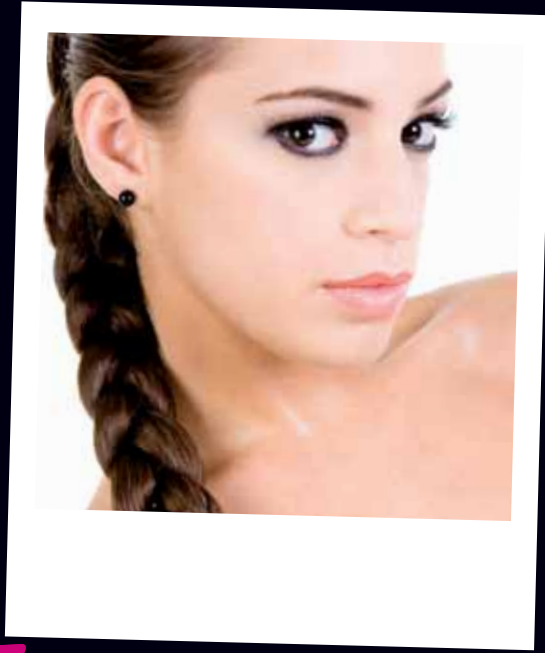


Image courtesy of [Istockphoto.com/](https://www.istockphoto.com/) kislev

# Plaiting and



Using spray sheen or serum on the finished style will add shine and maintain hair condition.

Image courtesy of Michael Barnes

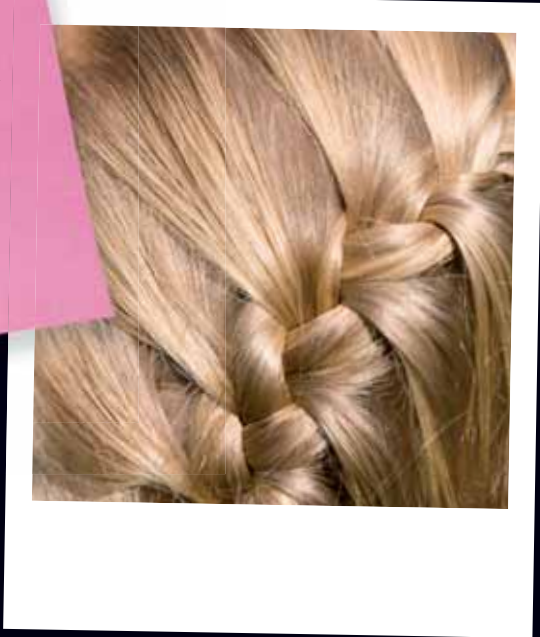
Image courtesy of iStockphoto.com/Bubutim



# and twisting

Image courtesy of iStockphoto.com/SweetieMommy

Only use professional hair bands to secure the ends of the hair, to avoid damage and hair breakage.





# What you must do

## Practical observations

This page shows what you need to do during your practical task. You can look at it beforehand, but you're **not** allowed to have it with you while carrying out your practical task. You must achieve **all** the criteria. The practical task is not graded in this unit.

- 1 Complete consultation sheet
- 2 Gown and protect to a professional standard for the service required
- 3 Identify requirements for basic plaiting/ twisting technique
- 4 Prepare the hair for plaiting and twisting techniques
- 5 Select products, tools and equipment with supervision and prepare work area/trolley
- 6 Section hair cleanly and evenly for required technique
- 7 Secure plaits/twists with supervision to minimise risk of excessive tension
- 8 Provide homecare advice
- 9 Ensure client comfort at all times (if appropriate)
- 10 Follow safe and hygienic working practice
- 11 Communicate in a professional manner
- 12 Behave in a professional manner

Candidate signature  
and date

Assessor signature  
and date

Tick when complete

# Comment form

## Unit 105 Plaiting and twisting

This form can be used to record comments by you, your client, or your assessor.

---

---

---

---

---

---

---

---

