



Image courtesy of Michelle Thompson at Francesco Group

# 218

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## Relax African type hair

With ever-increasing demand from clients with African type hair to create sleek manageable styles and controllable curls, relaxing services have become a huge growth area for salons. You will gain a sound understanding of the science behind relaxing, the factors that influence relaxing services, and you'll explore the causes of and solutions to common relaxing problems. You will develop basic skills in relaxing, gaining the confidence to apply both a full head and root retouch application, for fantastic results!

# Assignment mark sheet

## Unit 218 Relax African type hair

Your assessor will mark you on each of the practical tasks in this unit. This page is used to work out your overall grade for the unit. You must pass **all** parts of the tasks to be able to claim a grade. **For each completed practical task, a pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.**

What you must know	Tick when complete
Task 1a: information sheet	
Task 1b: fact sheet	
Task 1c: chart	
<b>Or</b> tick if covered by a GOLLA online test	

What you must do	Grade	Points
Task 2a: virgin head application		
Task 2b: regrowth application		

**Conversion chart**

Grade	Points
Pass	1–1.5
Merit	1.6–2.5
Distinction	2.6–3

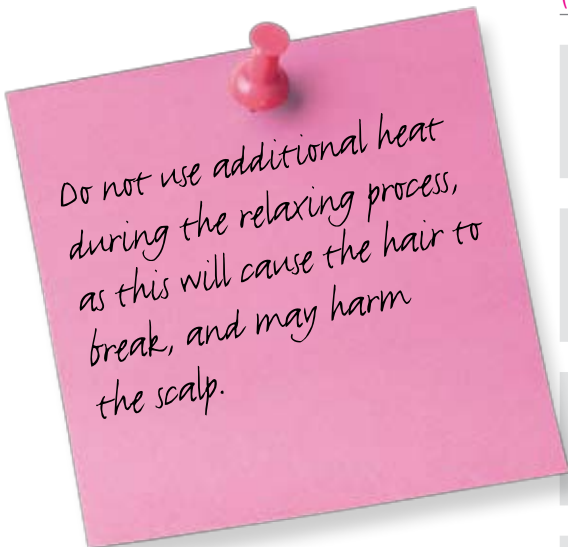
Total points for graded tasks \_\_\_\_\_

Divided by \_\_\_\_\_

= \_\_\_\_\_

**Overall grade**  
(see conversion chart)

<b>÷ 2</b>



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.

#### Contra-indication

Something that may cause an adverse reaction to a hairdressing product, service or chemical.

#### Factors

The things you need to take into consideration that may affect the choice of service or product, for example hair condition or scalp sensitivity.

#### Incompatibility

When a previous service or product is present in the hair, and will cause a reaction with any chemicals added to the hair.



#### Manufacturer's instructions

Guidance by manufacturers or suppliers on the use of products, tools and equipment.

#### Personal protective equipment (PPE)

Equipment available for use in the workplace to protect you, your skin and clothes from damage, for example gloves, aprons, or overalls.

#### pH scale

Measure of acidity or alkalinity.

#### Porosity test

A test of the hair's capacity to absorb or resist moisture.



#### Relaxing

A chemical treatment, removing or reducing the natural curl or movement from the hair.

#### Relaxing problems

Under- or over-development, skin/scalp irritation, hair breakage and discolouration.



*Long, flowing hair often complements soft features.*

## What you must know

### You must be able to:

- 1 State the factors that need to be considered
- 2 Explain the safety considerations that must be taken into account
- 3 Describe the different consultation techniques used to identify service objectives
- 4 Describe the salon's requirements for client preparation, preparing self and the work area
- 5 Describe the benefits and potential effects of different relaxing products on the hair's structure
- 6 Explain the importance of accurate timing and thorough rinsing of products
- 7 Explain the effect of pre- and post-relaxer treatments on the hair's structure
- 8 Describe the factors that should be considered when selecting sodium or non-sodium relaxing products and why it is important to use products from the same system
- 9 Describe the method and sequence of application of scalp protectors, relaxing and normalising products
- 10 Describe the potential problems that can occur when relaxing hair and how to remedy them
- 11 Outline safe and hygienic working practices
- 12 State how to communicate and behave within a salon environment
- 13 Describe the aftercare advice that should be provided

#### Revision tip

Sodium hydroxide relaxers are classified as lye products. Sodium hydroxide penetrates the hair's cuticle more quickly, which allows the hair to retain more shine, but can irritate the scalp more during the relaxing process.

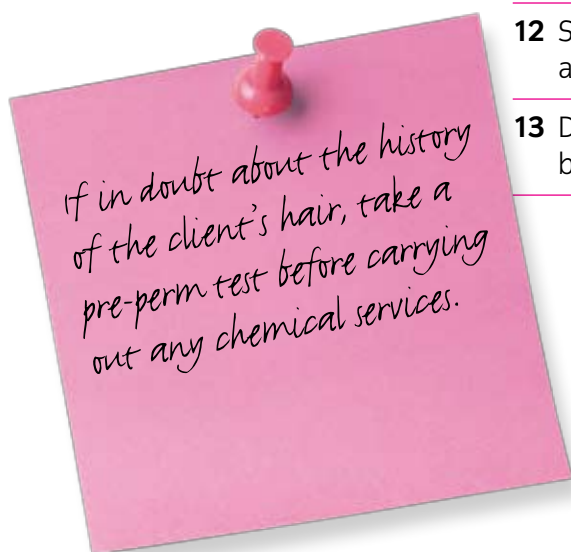




Image courtesy of Ishoka



# Relax

It is important to apply relaxing agents as quickly as possible, because the chemicals in the relaxing agent process rapidly.



Relaxing is one of the most dramatic and exciting changes you can make to your client's appearance.



# rebar



*Combine your techniques in the same service – the opportunities are endless!*

*It's crucial to make sure the client fully understands how to maintain their newly relaxed hair, and when to return to the salon.*



# 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; you can achieve 1 mark, 2 marks or 3 marks for the criteria indicated with \*.

- 1 Prepare self, the client and work area for relaxing services
- 2 Use suitable consultation techniques to identify service objectives \*
- 3 Assess the potential of the hair to achieve the desired look by identifying the influencing factors \*
- 4 Apply pre-relaxing products to protect the scalp and even out the porosity of the hair
- 5 Select and use products, tools and equipment suitable for the client's hair \*
- 6 Position self and the client appropriately throughout the service
- 7 Follow the manufacturer's instructions when applying and timing the relaxer, taking strand tests at suitable times throughout the process
- 8 Monitor the comfort of the client at regular intervals throughout the relaxing process, remedying any problems that may arise
- 9 Follow safe and hygienic working practices
- 10 Remove chemicals in a way that minimises the risk of damage to the hair
- 11 Use post-relaxing treatments to restore the hair's pH balance
- 12 Achieve the required degree of straightness that is acceptable to the client
- 13 Provide suitable aftercare advice \*
- 14 Communicate and behave in a professional manner \*

Totals

Grade

Candidate signature and date

Assessor signature and date

### Conversion chart

Grade	Marks
Pass	14–16
Merit	17–21
Distinction	22–24

Virgin head application			Regrowth application		
1			1		
1	2	3	1	2	3
1	2	3	1	2	3
1			1		
1	2	3	1	2	3
1			1		
1			1		
1			1		
1			1		
1			1		
1	2	3	1	2	3
1	2	3	1	2	3

## What you must do

### Practical observations descriptors table

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with \* on the previous page.

	1 mark	2 marks	3 marks
<b>2</b> <b>Use suitable consultation techniques to identify service objectives</b>	Basic consultation Example: uses open and closed questions	Good consultation Examples: uses open and closed questions, uses visual aids, aware of own body language	Thorough consultation Examples: uses open and closed questions, good use of visual aids, effective use of body language, repeats instructions clearly to gain confirmation
<b>3</b> <b>Assess the potential of the hair to achieve the desired look by identifying the influencing factors</b>	Minimal evaluation Examples: carries out all necessary tests, hair and scalp conditions, client requirements	Good evaluation Examples: carries out all necessary tests, hair and scalp conditions, client requirements, hair growth patterns, previous services, client lifestyle	High level of evaluation Examples: carries out all necessary tests, hair and scalp conditions, client requirements, hair growth patterns, previous services, client lifestyle, hair texture, haircut and length, hair density
<b>5</b> <b>Select and use products, tools and equipment suitable for the client's hair</b>	Basic selection of tools and equipment Example: suitable relaxing product for hair and scalp condition used	Good selection of tools and equipment Example: selection of products is based on analysis of all required test results, previous chemical treatments and client requirements	Excellent selection of tools and equipment Example: selection of products is based on analysis of all relevant factors

*Continues on next page*

# What you must do

## Practical observations descriptors table (continued)

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with \* on the previous page.

	1 mark	2 marks	3 marks
<b>13</b> <b>Provide suitable aftercare advice</b>	Basic aftercare advice Example: use of products	Good level of aftercare advice Example: use of products and equipment	Excellent level of aftercare advice Examples: use of products and equipment, maintenance of style and further services available
<b>14</b> <b>Communicate and behave in a professional manner</b>	Satisfactory communication and behaviour Examples: polite, friendly, positive body language, speaks clearly	Good communication and behaviour Examples: polite, friendly, positive body language, speaks clearly, respectful to colleagues and clients, listens and responds to clients' needs	Excellent communication and behaviour Examples: polite, friendly, positive body language, speaks clearly, respectful to colleagues and clients, listens and responds to clients' needs, shows a reassuring and confident manner



Image courtesy of Black Like Me

# Comment form

## Unit 218 Relax African type hair

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

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Image courtesy of Desmond Murray