

# **E-HAIR COLLEGE**

1. **Read Chapter in Salon Fundamental textbook.**
2. **Complete study guide.**
3. **Read these additional notes.**
4. **For review go to Practice online and review quizzes, puzzles.**
5. **Study and complete Test**

## **LESSON # 12 Shampooing, Rinsing, Conditioning**

### **Topics:**

- Shampooing theory.
- Rinsing and conditioning theory.
- Steps in giving a shampoo and the tools used.
- Scalp manipulations and treatments.

## **Shampooing theory**

Shampoo – to cleanse the hair and scalp prior to receiving a service.

### **Shampoo selection considerations:**

Dry, oily, chemically treated hair is what is known as hair type.

Hair condition is the visual appearance of the hair; it may be over processed, chemically treated, and damaged by harsh products, improper care or exposure to the elements.

Home hair products can sometimes cause the hair to become coated or dry by improper selection of products for hair types.

PH of a product should be considered prior to suggesting products for your client. When selecting shampoo for your client's the higher the alkalinity, the stronger and harsher the shampoo; which can leave the hair dry and brittle.

On a pH scale acid is 0-6.9 neutral is 7, and alkaline is 7.1 to 14. Hair is 4.5-5.5 so when selecting a shampoo consider the type of hair and the pH. If pH is not stated on the bottle, use pH paper to determine correct levels.

### **Considerations of water:**

- Fresh water from a lake or stream must be purified to for domestic use.
- Chlorine is often used to kill bacteria in water and this can affect hair coloring if high levels are used.
- Soft water which is rain water or chemically softened water contains small amounts of minerals and allows the soap and shampoo to lather freely.
- Hard water such as well water contains minerals that lessen the ability of soap or shampoo to lather readily. Filters and softeners can be added to eliminate some of the problem.

Shampoo **surfactant** and detergent both mean to cleanse and are the surface active agent. The hydrophilic is the **head end** of a shampoo molecule and is water attracting. The lipophilic end is the **tail end** of a shampoo molecule and is oil attracting.

### **Types of shampoos:**

**Acid balanced** has a pH the same as hair of 4.5 to 5.5. and is balanced with the pH of hair.

**Conditioning shampoo** adds moisture and are designed to make hair smooth, improve manageability and avoid damage and stripping of color to chemically treated hair.

**Medicated shampoos** are prescribed by a doctor and can alleviate disorders of the scalp and hair. Dandruff or psoriasis shampoos can be bought over the counter and are also considered medicated shampoo.

**Clarifying shampoo** contain an acidic ingredient like cider vinegar to cut through product buildup. They increase shine; shouldn't be used regularly but always before chemical treatments such as permanent waves or hair coloring.

**Dry or powder shampoo** are used when client's are bed ridden from some form of illness and can not get out of bed. This shampoo is a temporary solution; it absorbs the excess oils from the hair and scalp when it is brushed out of the hair.

**Shampoo for color treated hair** have a lower pH level and will not strip the color from the hair. Some shampoos have color molecules in it to brighten up a color. These are used in between colors to enhance the color.

## **Rinsing and conditioning**

**Conditioners** are special chemical agents applied to the hair to deposit protein or moisturizer, to help restore its strength and give it body, or to protect against possible breakage.

**Deep penetrating conditioners** are left on hair for 10 to 20 minutes, restoring protein and moisture to the hair. If client is placed under the dryer deeper penetration can be achieved.

**Leave-in conditioners** contain proteins and hair building agents; they are not rinsed from the hair but sprayed onto damp hair and left. For people with fine hair this is a better option than heavy cream conditioners that can create weight in fine hair.

**Instant conditioners** coat the hair shaft and restore moisture in the hair.

**Normalizing conditioner** close the cuticle after an alkaline chemical service.

**Body building conditioner** displaces excess moisture, providing more body to the hair; made from protein.

## **Rinses**

**Vinegar and lemon** are both acid rinses. They remove soap scum, return the hair to its pH balance and counteract the alkalinity present after a chemical service.

**Cream rinses** soften; add shine and smoothness to the hair while making the hair tangle free for ease in combing.

**Color rinses** add temporary color to the hair, which lasts from shampoo to shampoo.

## SHAMPOOING STEPS

1. Wash and sanitize hands. Ask client to remove jewelry and glasses and secure in a safe place.
2. Turn client's collar inward, clip hair out of the way.
3. Brush hair and examine scalp, this is the time to do a complete hair and scalp analysis.
4. Place towel lengthwise around shoulders and cross ends in front. The cape should never touch the neck.
5. Position cape over towel and secure cape.
6. Ask client to follow you to the sink.
7. Place the cape behind the chair and hold the client's head and place it in the sink. If a client leans back themselves they may not realize how far it is and may hurt their heads.
8. Test the water temperature before placing nozzle on head. Keep your pinky finger under the nozzle in case water temperature changes. You will feel the temperature change on your finger before the client does and you can pull the nozzle away before they get scalded or a cold blast of water.
9. Wet the hair thoroughly and select the correct shampoo and create lather. Place hand behind ear so water or shampoo does not enter. Place palm of hand over hairline to prevent shampoo from entering the eye area.
10. Begin scalp massage and manipulations, starting at the front of the hairline. Use the balls of your fingers not your nails. Follow the massage from the hairline to the occipital bone using the effleurage movements. Cover the entire head and remove excess shampoo.
11. Rinse the hair thoroughly remembering to lift the head in the nape area or have clients turn their head to the side.
12. Repeat the shampoo and rinse the hair thoroughly.
13. Apply conditioner or rinse to the hair using gentle effleurage movements and rinse. If the hair is very dry leave conditioner on for up to 5 minutes. Rinse and towel dry hair.
14. Take client back to station and detangle hair and begin service.

## SCALP MANNIPULATIONS AND TREATMENTS

To explain the theory of the electrical equipment: refer to the Electricity chapter.  
For this lesson we will be discussing procedures for scalp manipulations.

**Faradic current** may be used to improve blood circulation, improve muscle tone, stimulate hair growth and increase glandular activity.

- In the indirect method of faradic current electrotherapy the salon professional wears a wrist band with a moistened electrode.
- The second electrode is wrapped in moist cotton and either held by the client or better attached to the clients lower neck between the shoulders.
- The stylist's fingers are placed on the client's face before the current is turned on to prevent shock.
- A facial massage is given with focus on motor points.
- The current is gradually decreased and finally turned off completely.
- The fingers are removed.
- Both electrodes are used but must never touch when using the direct method.

**Telsa current**, high frequency current known as violet ray. Use of the current is relaxation or stimulation.

Three methods of use are:

1. Direct application: Apply electrode directly to the client's scalp or face.
2. Indirect application: The client holds the glass electrode activating the current to avoid electrical shock that could result in passing an active current from one person to another. The stylist manually stimulates the area being treated. The current is turned off before the client returns the electrode to the stylist after the treatment.
3. General Electrification: The client holds the electrode. The power is switched on and a generalized tingling or vibration effect is experienced by the client.

Benefits of high frequency or Telsa current include:

- Improved blood circulation
- Increased rate of metabolism
- Increased sebaceous glands and glandular activity

## **MASSAGE MANNIPULATIONS**

Effleurage- light, gliding strokes or circular movements made with the palms of the hands or pads of the fingertips.

Petrissage – Light or heavy kneading and rolling of the muscles; performed by kneading muscles between the thumb and fingers or by pressing the palm of the hand firmly over the muscles, then grasping and squeezing with the heel of the hand and fingers

Tapotment – Light tapping or slapping movement applied with the fingers or partly flexed fingers.

Friction – Circular movement with no gliding used on the scalp or with a facial when less pressure is desired, use the finger tips or the palms.

Vibration – Shaking movement; your arms shake as you touch the client with your fingertips or palms.

## **SCALP MANNIPULATIONS TECHNIQUE**

1. Perform a scalp analysis.
2. Examine scalp for irritation or abrasion.
3. Examine scalp for dryness, oiliness or tight scalp.
4. Questions client as to health and medications taken.
5. Determine hair texture.
6. Do ruffle test checking porosity.
7. Pull one strand of hair and stretch examining elasticity.
8. Take note of hair density is it thick or thin.
9. Examine hair for environmental damage.
10. Determine products used at home.

**Treatment steps for scalp massage with massaging cream** for hair that is dry and requires moisture.

1. Drape client.
2. Brush client's hair
3. Examine scalp and complete a full hair and scalp analysis.
4. Shampoo client's hair with appropriate shampoo.
5. Towel dry and partially dry the hair with a hairdryer or blow-dryer.
6. Apply massaging cream with bowl and brush in ½ inch subsections.
7. Using scalp massage techniques massage the scalp for 5 minutes.
8. Apply a plastic bag and place under the hairdryer or just have client sit for 20 minutes, this will allow the massaging lotion to penetrate deeper into the hair follicle.
9. Rinse with very warm water to remove cream and style hair.