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## 8 HR NATURAL STYLES AND BRAID CARE

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### Course Outline:

1. Brief History
2. The Importance of Natural Hair Care Continuing Education
3. Mastering the Basics
4. Facial Shapes
  - Oval Facial Shape
  - Round Facial Shape
  - Square Facial Shape
  - Diamond Facial Shape
5. Tools for Braiding
  - Combs and Brushes Used in Braiding
  - Clips Blow Dryer, Diffuser Concentrator, Nozzle, and Scissors
6. A Message for Stylist
7. Materials for Extensions
8. Preparing Textured Hair for Braiding
9. Working with Wet or Dry Hair
10. Preparing Textured Hair for Braiding
11. Braiding Styles Tutorials
  - Rope Braid
  - Single Braids without Extensions
  - Single Braids with Extensions
  - Basic Cornrows
  - Invisible Braid
  - Cornrows with Extensions
  - Fishtail Braid
12. Tree Braids
13. Locks
  - The Comb Technique
  - The Palm Roll
  - Braids or Extensions
14. Natural Hair Care Style Gallery for the Natural Hair Care Specialist
15. Sanitation Practices
  - Disinfection of Tools
  - Wash First
16. Disinfecting Methods
  - Wet Solutions
  - Dry Heat
  - Proper Laundering
17. Waste Disposal

### Lesson Objectives:

Upon the completion of this course, you will be able to:

1. Explain how to prepare the hair for braiding.
2. Practice the techniques for performing braid services by use of tutorials
3. Recall methods used for disinfecting implements.
4. Demonstrate a series of techniques for cornrowing.
5. Identify sanitation and safety practices that should be administered in the salon.

### Natural Hair Care Composition

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**Brief History:**

Historically, afro-textured hairstyles were used to define status, or identity, in regards to age, ethnicity, wealth, social rank, marital status, religion, fertility, manhood, and even death. Hair was carefully groomed by those who understood the aesthetic standard as the social implications of hair grooming was a significant part of community life. Dense, thick, clean and neatly groomed hair was something highly admired and sought after. Hair groomers possessed unique styling skills allowing them to create a variety of designs that met the local cultural standards. Hair worn in its loose state was not the norm, and usually left the impression that an individual was filthy, mentally unstable or in mourning.

Communities across the continent invented diverse ways of styling afro-textured hair. It was common practice for the head female of the household to groom her family's hair, teaching her craft to her daughters. In some cases, an elder would facilitate the transfer of hair grooming skills seeing that many members of her family inherited and mastered the craft.

In many traditional cultures communal grooming was a social event where a woman could socialize and strengthen bonds between, other women and their families. Historically, hair braiding was not a paid trade, although it has evolved into a multi-million dollar business in places like the United States and Europe. An individual's hair groomer was usually someone whom they knew closely.

Sessions included shampooing, oiling, combing, braiding, twisting adding accessories. For shampooing black soap was widely used in places like West and Central Africa. Additionally palm oil and palm kernel oil were also popularly used for oiling the scalp. Shea butter has also been traditionally used to moisturize and dress the hair with a yellow variety being popular in West Africa, and a white variety in East Africa. In North Africa Argan Oil was applied to the hair and/or scalp for protection against the arid environment and intense sun. Hair grooming of afro-textured hair was considered a very important, intimate, spiritual part of one's overall wellness, and would last hours and, sometimes, days depending on the hair style and skill required. Diversity in, and experimentation with, afro-textured hair styles was the norm up until the European slave trade, and the height of the Arab Slave Trade, penetrated sub-Saharan Africa.

**The Rise of Black Pride**

The civil rights movement and black power and pride movements of the 1960s and 1970s in the U.S. created an impetus for African Americans to express their political commitments and self-love by the wearing of fairly long, natural hair. This contributed to the emergence of the Afro hairstyle into American mainstream culture, as an affirmation of Black African heritage, that "black is beautiful".

Nonetheless, over the past decade or so, natural hair has once again increased in popularity with the emergence of styles such as cornrows, locks, braiding, twists and short, cropped hair, most of which originated in Ancient Africa. With the emergence of hip-hop culture and Jamaican influences like reggae music, more non-blacks have begun to wear natural hairstyles as well. There has been a boom in marketing hair products such as "Out of Africa" shampoo to African American consumers. Slogans that promote a pan-Black African appreciation of Afro-textured hair include "Happy to be nappy", "Sta Sof Fro", "Nubian Heritage", "Don't worry, be nappy," as well as "Love, peace and nappiness."

Today, a significant percentage of African American women elect to straighten their hair with relaxers of some kind (either heat or chemically based). This is done despite the fact that prolonged application of such chemicals (or heat) can result in over processing, breakage and thinning of the hair.



Historically, the first highly decorative braids were seen among African tribes. Many of these tribes, such as the Zulu, were and still are identified by their distinctive hairstyles. As early as 3000 BC, Egyptian women wore braids or plaits decorated with shells, sequins, and glass or gold beads. Ancient paintings from India show women with long, heavy braids. Additional evidence shows that the Anasazi, who (circa AD 100) populated what is now the American Southwest, also favored braids, as did later Native Americans.

**The Importance of Natural Hair Care Continuing Education**

Natural hair care specialists should study and have a thorough understanding of the importance of braiding and braid extensions because:

- These services are very popular and consumers are interested in wearing style specific to their hair textured.
- These techniques provide an opportunity for stylists is to express their artistic abilities and to add another high ticket service to their current service menu!
- All professional natural hair care specialists should be prepared to work with every type of hair and

hairstyle trends within every culture.

- Working with braid extension specialists exposes natural hair care specialists to the fundamental techniques of adding hair extensions, which is another lucrative service for the stylist and the salon.



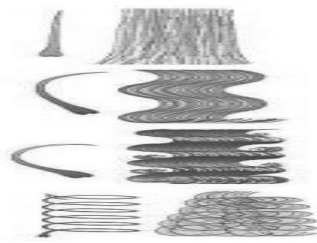
The resurrection of cultural hairstyles in the 1960s and 1970s resulted in the banning of wearing braids in many professions and even high schools, which in turn led to lawsuits. Suppression was followed by acceptance and mainstream adaptation, and today, braids are as acceptable as any other hairstyle in most modern workplaces.

Braiding salons have sprung up in many areas in the United States. These salons practice what is commonly known as natural hairstyling, which uses no chemicals or dyes, and does not alter the natural curl or coil pattern of the hair. While the origins of natural hairstyling are rooted in African-American heritage, people of all ethnicities appreciate its beauty and versatility. In the twenty-first century, natural hairstyling has brought a diverse approach to hair care. Natural hairstyling can be elaborate, simple, traditional or trendy. In all cases, offering your clients many different styles of braiding can inspire your creativity as a Natural Hair Care Specialist, and create a greater sense of client loyalty.

Some braided styles take many hours to complete. These more complex styles are canceled not disposable hairdos to be casually brushed out. In fact, with proper care, a braided hair design can last up to three months, 6 to 8 weeks being preferable. The investment in time and money is high for both the client and stylist.

After you spend hours braiding a client's hair, the last thing you want is to have the client reject it and demand that all the braids be removed. Giving your clients a thorough and detailed consultation is the best way to avoid misunderstandings and ensure a happy ending to every natural-styling service. Always fill out a client card during the initial consultation, and update it every time the client returns.

### Mastering the Basics



Before exploring the various braiding techniques, it is important to have a good grasp of braiding basics. During the consultation, you will be analyzing the condition of your client's hair and scalp, paying particular attention to the hair's texture.

### Hair Analysis

In braiding and other natural hairstyling, texture refers to the following three qualities.

**Diameter of the hair:** Is the hair coarse, medium, or fine?

**Feel:** Does the hair feel oily, dry, hard, soft, smooth, coarse, or wiry?

**Wave pattern or coil configuration.** Is the hair straight, wavy, curly, or coiled? A coil is a very tight curl. It is spiral in formation and, when lengthened or stretched, resembles a series of loops. For the purposes of this chapter, the term textured hair refers to hair with a tight coil pattern.

In addition to texture, consider the following:

- **Density.** Look for areas where the hair is thin.
- **Hair Condition.** Check for damage and breakage from previous braids
- **Length.** Make sure that the hair is physically long enough to execute the braiding style.
- **Scalp health.** Check the condition of the scalp to ensure that it is healthy and properly cared for.

### Facial Shapes

Another important part of your service should include the consideration of your client's facial shape when choosing the various styles to perform. Below are some tips to keep in mind for the different categories of facial shapes:

#### Oval Facial Shape



Most braided styles will work perfectly with the oval facial shape, since this is the ideal shape that you are seeking to accomplish for your client.

#### Round Facial Shape



With the round facial shape a good technique would be to add height to create the illusion of thinness. Up-do braiding styles will help to add length to the face, while asymmetrical styles that show the ears can also create a slenderizing look. Also, braided styles with waves or full curls frame the face and will help to create balance.

## Square Facial Shapes



To create the illusion of length and to soften facial lines of a square facial shape, choose full styles that frame the face around the forehead, temples, and jawline. Creating wisps of hair or a tapered fringe also helps to soften the angular lines of the square facial shape.



## Diamond Facial Shape



When styling a client's hair that has a diamond facial shape create styles that are full around the forehead or jawline to help create a more oval appearance. Full bangs or partial bangs will help counter a narrow forehead. Keep braids close to the head along the cheekbones. Avoid up-do styles that move away from the cheeks or hairline.

Within the natural hairstyling/braiding world, hair is referred to as natural or virgin if it has never had any chemical treatments. Some people use these terms even more narrowly, adding "no exposure to thermal styling tools" to the definition.

Techniques used in natural hairstyling include braiding of extensions; twisting, overlapping two strands to form a candy cane effect; weaving, interweaving a weft or faux hair with natural hair; wrapping; and locking to create what are called African locks or dreadlocks.



Carefully checking the hair and scalp is essential for a good outcome. If the hair has extremely thin areas, for instance, the braid thickness will be noticeably different in these areas. In addition, damaged hair should not be braided since it will further stress the hair. Because everyone has thinner, finer hair around the hairline, you should never choose styles that place excessive tension in this area.

### Tools for Braiding

When it comes to creating natural hairstyles, the natural hair care specialist is only as good as their tools. Regardless of the length and texture of the hair that will be serviced, certain tools are essential in order to master various braiding techniques. Here is a list of some of tools that should be considered:



**Boar-bristle brush (natural hairbrush).** Best for stimulating the scalp as well as removing dirt and lint from locks. Nylon-bristle brushes are not as durable, and many snag the hair. However, soft nylon brushes may be an option for fine, soft hair around the hairline.



**Square paddle brush.** This brush is good for releasing tangles, knots, and snarls in short, textured hair and long, straight hair. Square paddle brushes are pneumatic because they have a cushion of air in the head that makes the bristles collapse when they encounter too much resistance. This is key to preventing breakage in fragile African-American hair.



**Vent brush.** This brush has a single or double row of widely spaced pins with protective tips to prevent tearing and breaking the hair. Vent brushes are used to gently remove tangles on wet wavy or dry curly hair, as well as on human hair extensions. Always check the protective tips before using a vent brush on the hair. If even one is missing, discard the brush.



**Wide-toothed comb.** These are available in a variety of shapes and designs, and they glide through hair with little snarling. The teeth, which range in width from medium to large, have long rounded tips to avoid scratching the scalp. The distance between the teeth is the most important feature of this comb; larger spacing allows textured hair to move between the rows of teeth with ease.



**Double-toothed comb (detangling comb).** This tool separates the hair as it combs, making it an excellent detangling comb for wet curly hair.

Combs and Brushes Used in Braiding



Clips Blow Dryer, Diffuser Concentrator, Nozzle, and Scissors



**Tail comb:** A tail comb is excellent for design parting, sectioning large segments of hair, and opening and removing braids.

**Finishing comb:** Usually 8 to 10 inches in length, finishing combs are used while cutting. They work well on fine or straight hair.

**Cutting comb:** This tool is used for cutting small sections. It should be used only after the hair is softened and elongated with a blow-dryer.

**Pick with rounded teeth:** This tool is useful for lifting and separating textured hair. It has long, widely spaced teeth and is commonly made of metal, plastic, or wood.

**Blow-dryer with pick nozzle:** A pick nozzle loosens the curl pattern in textured hair for braiding styles, and it dries, stretches, and softens textured hair. Use a hard-plastic pick nozzle because metal attachments become too hot.

**Diffuser:** Dries hair without disturbing the finished look and without dehydrating the hair.

**Five-inch scissors:** This tool is used for creating shapes and finished looks, and for trimming bangs (fringes) and excess extension material.

**Long clips:** These are used for separating hair into large sections.

**Butterfly and small clips:** These clips can be used to separate hair into large or small sections.

**Hood dryer:** Use a hood dryer to remove excess moisture before blow-drying hair.

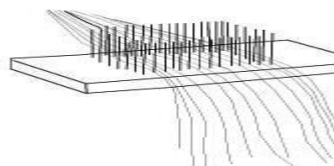
**Small rubber bands or string:** Use these to secure the ends.

Implements and materials you will need for extensions are listed below.

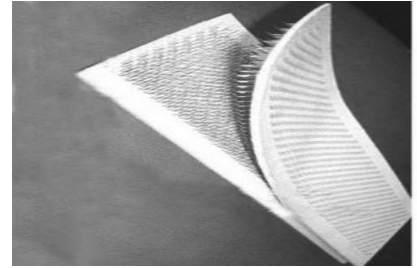
**Extension fibers:** These come in a variety of types: Kanekalon, nylon, rayon, human hair, yarn, lin, and yak.



**Hackle:** A hackle is a board of fine, upright nails through which human hair extensions are combed; they are used for detangling or blending colors and highlights.



**Drawing board:** Drawing boards are flat leather pads with very close, fine teeth that sandwich human hair extensions. The pads are weighed down with books, allowing a specific amount of hair to be extracted without loosening and disturbing the rest of the hair during the process of braiding.



A Message for Stylist

Stylists of the natural hair specialize in creating and grooming locks. The North Carolina State Board requires all stylist of the natural hair to have a license. Even if a natural hair care license is the only license you hold, state and federal regulations require you take specific preventive measures against the spread of germs and infectious disease.

All surfaces and tools in the salon must be cleaned and disinfected after every client. You should always check with your state's regulatory agency regarding specific requirements in your state.

Materials for Extensions

A wide variety of fibers are available for the purpose of extending hair. It is important to keep in mind that the fibers you use will largely determine how successful and durable the extension will be. Although it may seem like a good idea to buy the least expensive product, in the long run this may not prove to be the most economical solution, especially if you are buying hair fabric in large quantities. You may get stuck with a lot of material, for instance, that does not give you the results you desire. When buying a new product, buy in small quantities and test the fiber on a mannequin before using it on a client.

The following materials are most commonly used for hair extensions:

- **Nylon or rayon synthetic.** This product is less expensive than many other synthetics and is available in varying qualities. It reflects light and leaves the hair very shiny. A drawback of nylon and rayon is that both of these fibers have been known to cut or break the surrounding natural hair. In addition, repeated shampooing will make these extensions less durable, and they may melt if high heat, such as that from a hot blow-dryer, is applied.
- **Human hair.** Human hair is the gold standard for hair extensions. Unfortunately, the human hair market can be a confusing and sometimes deceptive business. Most human hair is imported from Asia, with little information about how it was processed, or even if it is 100 percent human hair. This makes it very important to deal only with suppliers you know and trust.
- **Kanekalon.** A manufactured, synthetic fiber of excellent quality, Kanekalon is made in a wide variety of types, with different names, colors and textures. Many companies that offer synthetic hair goods use a line or brand made of Kanekalon. Some Kanekalon fibers are high-heat resistant, some are especially made for braided styles, and others mimic human hair as closely as possible. Durable, soft, and less inclined to tangle than many other synthetics, Kanekalon holds up to shampooing and styling. This durability is one of the reasons it is an extremely popular fiber for use in hair additions and extensions.
- **Yarn.** Traditional yarn used to make sweaters and hats is now being used to adorn hair. It can be made of cotton or a nylon blend, and is very inexpensive and easy to find. Yarn is light, soft, and detangles easily. It is available in many colors, does not

reflect light, and gives the braid a matte finish. While yarn may expand when shampooing, it will not slip from the base, making it durable for braids. Be careful when you purchase yarn because some products may appear jet black in the store but actually show a blue or green tint in natural light.

- **Lin.** This beautiful wool fiber imported from Africa has a matte finish and comes only in black and brown. Lin comes on a roll and can be used in any length and size. Keep in mind that this cotton like fabric is very flammable.
- **Yak.** This strong fiber comes from the domestic ox found in the mountains of Tibet and Central Asia. Yak hair is shaved and processed to be used alone or blended with human hair. Mixing human hair with yak hair helps to remove the manufactured shine

#### Working with Wet or Dry Hair

In general, it is best to braid curly hair when it is dry. If curly hair is braided wet, it shrinks and recoils as it dries, which may create excess pulling and scalp tension. In turn, the tension can lead to breakage or hair loss from pulling or twisting. If you are using a style that requires your client's hair to be wet while you manipulate it, you must allow for shrinkage in order to avoid damage to the hair and scalp.

Straight, resistant hair is best braided slightly damp or very lightly coated with a wax or pomade to make it more pliable. After you shampoo the client's hair, towel blot the hair without rubbing or tension, using several towels if necessary. Apply a leave-in conditioner to make combing the hair easier. Begin combing at the ends of the hair strand and gently work out the tangles while moving upward toward the scalp. Use a wide-toothed or detangling comb for this purpose, and then blow-dry the hair. Wax, pomades, pastes, or lotions can be used to hold the hair in place for a finished look. Brush the hair with a large

paddle brush, beginning at the ends, just as you did with the comb.

While braiding is one of the most beautiful expressions in professional hairstyling, placing excessive tension on the hair can lead to a condition called traction alopecia. This condition is particularly prevalent among African-American women and children. It begins with scalp irritation and excessive flakiness, and eventually leads to hair loss, particularly around the hairline. Wearing excessively tight braids (tight enough to pull the hair or impede circulation to the scalp) over a prolonged period of time can lead to permanent hair loss. Keep in mind that while braids are beautiful, they must be without excessive tension to avoid long-term follicle damage.

Textured hair presents certain challenges when styling. It is very fragile both wet and dry. Because most braiding styles require the hair to be dry, blow-drying is the most effective way to prepare the hair for the braiding service. Not only does blow-drying quickly dry the hair, it softens it in the process, making it more manageable for combing and sectioning. Blow-drying also loosens and elongates the wave pattern, while stretching the hair-shaft length. This is great for short hair, allowing for easier pick up and manipulation of the hair. Make sure to control the hair while blow-drying to prevent frizzing!

#### Preparing Textured Hair for Braiding

Braiding styles can be broadly classified as **visible** and **invisible**. A visible braid is a three-strand braid that is created with an underhand technique. An underhand technique, also known as plaiting, is one in which the left section goes under the middle strand, and then the right section goes under the middle strand. This technique is often used for cornrowing because many braiders believe it creates less tangling.

Interestingly, the underhand technique has nothing to do with holding the palms up or down.



An **invisible braid**, also known as an **inverted braid** or **French braid**, is a three-strand braid that is produced with an overhand technique. In an **overhand technique**, the first side section goes over the middle one, then the other side section goes over the middle strand. You can start with either the right or left section; what is key is that the side sections go over the middle section.

#### Braiding Styles Tutorials

The following discussion and techniques will provide you with a basic overview of foundational braiding styles. These techniques are important to master because all of the more advanced and trendy braiding techniques build upon these. Once you have become proficient with these techniques, your creativity—along with additional training and practice—will allow you to create some of the most complex and beautiful styles you and your clients can imagine.

The procedures begin with the most basic and move on to more complex techniques, including braided extensions.

#### Rope Braid



The rope braid is created with two strands that are twisted around each other. This braid can be done on hair that is all one length or on long, layered hair. Remember to pick up and add hair to both sides before you twist the right side over the left.

#### Supplies Needed:

- Blow-drying cream or lotion with oil or glycerin base
- Butterfly clips
- Conditioner (protein or moisturizing)
- Detangling solution in spray bottle

- Hair accessories or ornamentation (if desired)
- Neck strip
- Rubber bands, fabric-covered elastics, or other implements for securing the ends
- Shampoo
- Shampoo cape
- Styling and finishing products
- Tail comb with large rounded teeth
- Towels

#### Technique

##### Single Braids without Extensions



#### Supplies Needed:

- Blow-drying cream or lotion with oil or glycerin base
- Bobby pins
- Butterfly clips
- Conditioner (protein or moisturizing)
- Detangling solution in spray bottle
- Hair accessories or ornamentation (if desired)
- Light essential oil
- Neck strip
- Oil sheen
- Rubber bands, fabric-covered elastics, or other implements for securing the ends
- Shampoo

- Shampoo cape
- Styling and finishing products
- Tail comb with large rounded teeth
- Towels

#### Technique:



##### Single Braids with Extensions

#### Supplies Needed:

- Blow-drying cream or lotion with oil or glycerin base
- Bobby pins
- Butterfly clips
- Conditioner (protein or moisturizing)
- Detangling solution in spray bottle
- Drawing board
- Extension fibers
- Hair accessories or ornamentation (if desired)
- Neck strip
- Oil sheen
- Rubber bands, fabric-covered elastics, or other implements for securing the ends
- Shampoo
- Shampoo cape
- Styling and finishing products
- Tail comb with large rounded teeth
- Towels

## Technique:

1. Drape the client for a shampoo. If necessary, comb and detangle the hair before shampooing.



2. Shampoo and comb, then blow-dry the hair completely.

3. Prepare the extension fibers.

4. Apply a light essential oil to the scalp and massage the oil into the scalp and throughout the hair.

5. Part the hair across the crown from ear to ear. Clip away the front section.



6. Part a diagonal section in the back of the head, at about a 45-degree angle, from the ear to the nape of the neck. For a medium-size braid, this section can be from ¼-inch (0.6 centimeters) to 1-inch (2.5 centimeters) wide, depending on the texture and length of the client's hair.



7. Using vertical parts to separate the base into subsections, create a diamond-shaped base.

8. Select the appropriate amount of extension fibers from the drawing board. The extension should always be proportional to the section that it is being applied to. For tapered ends, gently pull extension fibers at both sides so that the ends are uneven. Then fold the fibers in half.



9. Divide the natural hair into three equal sections. Place the folded extension on top of the natural hair, on the outside and center portions of the braid. If desired, wrap one side of the extension two or three revolutions around the base of the natural hair and re-divide into three equal sections.



10. Once the extension is in place, begin the underhand braiding technique. Remember that the outer strands should cross under the center strand. Each time you pass an outer strand under the center strand, bring the center strand over tightly so that the outside strand stays securely in the center. As you move down the braid, keep your fingers close to the stitch, so that the braid remains tight and straight.



11. Continue braid to the desired length. Small rubber bands can be used to hold the ends in place, or you can tie them off with string and cut off the ends of the string. Other optional finishes, such as singeing (heat sealing), are considered advanced methods and require special training.

12. The next section should be above the previous section on a diagonal part, moving toward the ear.



13. After several sections have been completed, alternate the direction of the diagonal partings so that a V-shaped pattern forms in the back of the head.



14. Once the back is finished, create a diagonal or horizontal parting above the ear in the front. As you get closer to the hairline, be aware of the amount of extension hair that is applied to the hairline. Do not add excessive amounts of fiber into a fragile hairline. The fiber should always be proportionate to the hair to which it is being applied.



15. After the entire head has been braided, remove all loose hair ends from the braid shaft with scissors.

16. If using human hair, spray hair ends with water to activate the wave in the extensions. The finished braids will look quite natural.



## Basic Cornrows



### Supplies Needed:

- Blow-drying cream or lotion with oil or glycerin base
- Bobby pins
- Butterfly clips
- Conditioner (protein or moisturizing)
- Detangling solution in spray bottle
- Drawing board
- Extension fibers
- Hair accessories or ornamentation (if desired)
- Neck strip
- Oil sheen
- Rubber bands, fabric-covered elastics, or other implements for securing the ends
- Shampoo
- Shampoo cape
- Styling and finishing products
- Tail comb with large rounded teeth
- Towels

### Technique:

1. Drape the client for a shampoo. If necessary, comb and detangle the hair before shampooing.



2. Shampoo and comb, then blow-dry the hair completely.

3. Depending on desired style, determine the correct size and direction of the cornrow base. With tail comb, part hair into 2-inch sections (or smaller, depending on the desired style) and apply a light essential oil to the scalp. Massage oil throughout scalp and hair.



4. Start by taking two even partings to form a neat row for the cornrow base. With a tail comb, part the hair into a panel, using butterfly clips to keep the other hair pinned to either side.



5. Divide the panel into three even strands. To ensure consistency, make sure that strands are the same size. Place fingers close to the base. Cross the left strand (1) under the center strand (2). The center strand is now on the left and the former left strand (1) is the new center.



6. Cross the right strand (3) under the center strand (1). Passing the outer strands under the center strand this way creates the underhand cornrow braid.



7. With each crossing under or revolution, pick up from the base of the panel a new strand of equal size and add it to the outer strand before crossing it under the center strand.

8. As you move along the braid panel,

pick up a strand from the scalp with each revolution, and add it to the outer strand before crossing it under, alternating the side of the braid on which you pick up the hair.



9. As new strands are added, the braid will become fuller. Braid to the end.

10. Simply braiding to the ends can finish the cornrow; small rubber bands can be used to hold the ends in place. Other optional finishes, such as singeing (heat sealing), are considered advanced methods and require special training



11.

Braid the next panel in the same direction and in the same manner. Keep the partings clean and even.



12. Repeat until all the hair is braided, and apply oil sheen for shine.

13. Finished look.





Tree braiding is a newer way to add hair for a longer look. The client's hair is braided along with an extension, but the finished look shows mostly faux hair. Braiders report that tree braids take about four hours, making them faster than some other techniques. Tree braiding techniques are still evolving, and there are many ways to do them.

Some braiders add individual strands of hair, which are braided along with the natural hair and tied in place about half an inch from the root area. In this technique, a few very short braids can be seen standing up along the front hairline, then the hair extension (long and unbraided) flows freely to create the look of naturally long, straight hair.

Tree braids can also be created by adding long, loose pieces of hair to cornrows. After a few sections are braided together, a small section of the extension is pulled out and left to hang free. This technique continues all along the cornrow. When the look is completed, the free-hanging sections of the extensions completely conceal the cornrows, creating the look of naturally long, straight or wavy hair, depending on the texture of the extensions.

## Locks

Locks, also known as dreadlocks, are separate networks of curly, textured hair that have been



intertwined and meshed together. Hair locking is done without the use of chemicals. The hair locks in several slow phases, which can take from six months to a year depending on the length, density, and coil pattern of the hair

Locks are more than just a hairstyle; they are a cultural expression. There are several ways to cultivate locks, such as double twisting, wrapping with cord, coiling, palm rolling, and braiding. Locks will also form themselves in textured hair that is not combed or brushed out. As demonstrated by the Rastafarians of Jamaica, leaving coily hair to take its own natural course will cause it to intertwine and lock. Cultivated African locks have symmetry and balance.

The three basic methods of locking are:

### The Comb Technique



Particularly effective during the early stages of locking while the coil is still open, this method

involves placing the comb at the base of the scalp and, with a rotating motion, spiraling the hair into a curl. With each revolution, the comb moves down until it reaches the end of the hair shaft. It offers a tight coil and is excellent on short (1-inch to 3-inch) hair.

### The Palm Roll



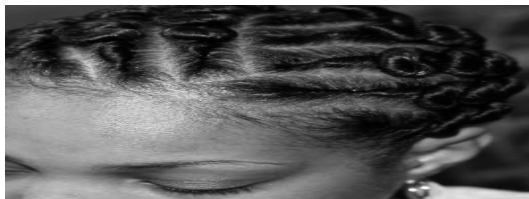
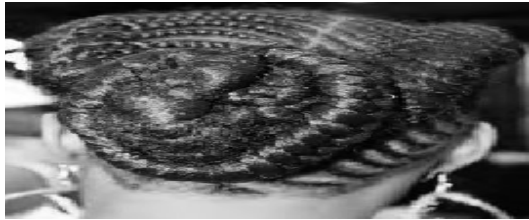
This method is the gentlest on the hair, and it works through all the natural stages of locking. Palm rolling takes advantage of the hair's natural ability to coil. This method involves applying gel to dampened subsections, placing the portion of hair between the palms of both hands, and rolling in a clockwise or counterclockwise direction. With each revolution, as you move down the coil shaft, the entire coil is formed. Partings can be directional, horizontal, vertical, or brick-layered. Decorative designs and sculpting patterns are some of the creative options you can choose.

### Braids or Extensions



Another effective way to start locks involves sectioning the hair for the desired size of lock and single braiding the hair to the end. Synthetic hair fiber, human hair fiber, or yarn can be added to a single braid to form a lock. After several weeks, the braid will grow away from the scalp, at which time the palm roll method can be used to cultivate the new growth to form a lock.

Natural Hair Care Style Gallery for the Natural Hair Care Specialist



## Sanitation Practices

Sanitation is a set of plans and practices designed to protect the public health through disease and infection prevention and control.

Most states have their own set of regulations related to sanitation, but there are many things that are just standard.

Proper sanitation involves:

- The use of disinfected tools and implements.
- Keeping the work area clean.
- Having good personal hygiene in order to prevent being a public health risk.
- Mindfulness of communicable diseases, and preventing their transmission.
- Mindfulness of allergies and other non communicable conditions and diseases, and preventing their exacerbation.
- Having a good knowledge of your craft and profession so that you are not the cause of health problems, or can help others to solve theirs.
- ...and finally, though people don't often think of this as part of sanitation, serving and informing the community.

Though many of the methods we will deal with in this section are common knowledge in certain families and communities, we will go into them anyway. There are special concerns that have to do with the situation and technique that some state rules do not cover because they were designed for a salon situation.

**The methods of disinfection for a hair care or salon situation are similar to those in a hospital situation.**

Even the best disinfectants will not work well if mixed or used incorrectly. All implements should be thoroughly cleaned before soaking to avoid contaminating the disinfecting solution. Besides, a dirty jar of disinfectant would not fill your clients with confidence. Implements must be completely submerged for proper disinfection.

To be safe, whether you use more or less natural chemicals for sanitation, whatever you use should be an **EPA (Environmental Protection Agency) registered substance that will kill any bacteria, fungi, or viruses that you or the client may be exposed to in that situation.**

You must also obtain **Material Safety Data Sheets** on any chemicals that you will be using. This will keep a handy reference available in

case of an accident, so that you and the paramedics will know what to do.

Keeping a **first aid kit** handy is also a necessity. It is best to keep a few small but complete kits so that a new one can be used for each person without distraction. In some places this is not so crucial, but in others it is. Salons are not immune to bombings, shootings, and other tragedies that may require immediate first aid for multiple people at the same time.

It is also a good idea to keep sanitary emergency clean-up kits in clearly labeled closed or vacuum sealed containers with manufacturer prepared ready to use disinfecting solution.

On that note, **ALWAYS** follow the manufacturer's instructions for use of their cleaning products.

## Disinfection of Tools

The basic rules for tools are:

- Tools and implements must be disinfected after every use.
- Disinfection is not just using a disinfectant for it. It is cleaning and then disinfecting it.
- Anything made of wood or paper should be disposed of after one use.
- Always disinfect your tools or other implements according to the guidelines listed for EPA wet disinfectants. This means complete immersion for the required amount of time.

## Remove Dirt and Debris First!

Before disinfecting an item, you'll need to wash it in very warm soapy or detergent water well enough to remove any dirt, oils, or other debris that you can see or feel is there. Generally this means that you will use a half a cup of soap flakes or a quarter cup of dish washing detergent (preferably antibacterial). Wash the tools using a brush to remove dirt and debris, while submerged completely in the wash water. Then rinse them with warm water.

## Disinfecting Method

There is one main method of disinfecting tools: **wet solution.**

## Wet Solutions

The most effective, albeit wet sanitizers are ten percent chlorine bleach solution, and most importantly a hospital grade disinfectant.

Both are effective in killing microbes of all kinds. Both require that the tools be submerged in them in a covered container for a minimum of 10 minutes.

Prepared solutions are available in beauty supply stores. This may help to limit your and your clients' contact with them considerably. Always follow the manufacturer's directions with these products.

#### Tips

It's a good idea to keep a handy supply of new combs and brushes that are still in the package, especially if you're a somewhat infrequent natural hair care worker who is only doing it for family and friends, and not as a business.

Make sure to wash your tools separate from your household dishes. There are also special small washers for tools that are about the size of a large microwave oven.

Check your state natural hair care laws. They may have specific requirements and recommendations that you'll need to adhere to. If you live in a regulated state you will need to be licensed.

#### Proper Laundering

Most states require the use of both detergent and chlorine bleach to sanitize cloth materials. Follow the manufacturer's instructions for sanitizing, not just cleaning.

The steps to proper laundering are:

- disposal of soiled items (which means anything that has been used or dropped on the floor) in a closed hamper
- a sanitizing wash in a washing machine using chlorine bleach and a detergent
- thorough drying on medium or high heat in a dryer
- storage of the clean items in a closed cabinet or container until use

#### Work Area

Your work area should be organized and free of dust and dirt. It should not be carpeted. If it is a wood floor, it should be well finished so that nothing can be absorbed even into the cracks.

Your work surface should also be non porous. Most coverings for kitchen counters will do. Stainless steel is another good option.

Hair products and disinfection chemicals should be kept in totally separate areas. Everything should be clearly labeled.

Chairs, couches, or pillows where the client will be sitting, and the places where you'll be setting the combs and brushes or other tools while they are in use, should be covered with a clean, disposable plastic sheet or a towel. Disposable sheets should be thrown away after each use. Towels should be sanitized after each use.

The procedure for cleaning work surfaces is:

1. Clean the work surface using a sanitary cloth with warm soapy or detergent water.
2. Wet the work surface with a disinfectant solution.
3. Leave the surface wet with the sanitizing solution for 10 minutes or for as long as the manufacturer's instructions say.
4. Remove the disinfecting solution using sanitary absorbent sponges or cloths.
5. Air-dry the surface on a high setting until it is completely dry.

This must be done at least once a day and after any tool or implement that has come in contact with the patron touches the work surface.

#### Shampoo Bowls and Sinks

Your sink or shampoo bowl must be sanitized after each use. The procedure is as follows:

1. Find out how much the sink will hold.
2. Clean the sink including the area around it and/or the outsides, with soap or detergent and warm water.
3. Rinse.
4. Make a disinfecting solution based on the amount the sink will hold.
5. Spray the sink with the disinfecting solution and let it sit for 10 minutes or as long as the manufacturer of the disinfectant recommends.
6. Wet the surface around the sink and/or the outsides with the disinfecting solution, and leave it for 10 minutes...
7. Wipe out the sink with a sanitary towel.
8. Allow it to dry or air-dry.

#### Floors and Walls

Your work area floor must be swept after each patron. It should be mopped at least once a day or whenever there is visible dirt on it. It is helpful to have a doormat just outside the entrance.

The procedure for mopping the floor is:

1. Using the proper equipment. A sponge mop with a replaceable sponge or a cloth based mop that can be properly laundered is best.
2. Sweep the floor first.

3. Mop the floor with a disinfecting solution that is suitable for floors.

In the case of a large spill of blood, urine, or other body fluids, you should use a towel or disposable paper towels to soak it up and then mop the floor afterwards. The things you use to clean up the spill should be disposed of in a special hazardous waste container.

It is not necessary for walls to be disinfected, but they should be clean. Mirrors should also be clean.

#### Waste Disposal

You need to have two kinds of waste containers in your work area; a regular waste container and a hazardous waste container.

Both should be covered containers that allow a trash bag to fit inside. The hazardous waste container should be clearly marked and double-bagged.

Waste that is normally incidental to hair care, such as paper towels used for wiping your hands, neck protectors, and things that have not come into contact with the body fluids can be put in the regular waste container. Anything with sharp or pointy edges, though, should be placed in two "zip lock" bags or in a hard plastic box.

Hair from combs or brushes, tissues that people have blown their noses on, and things used to soak up a body fluid or floor spill, should be placed in the hazardous waste container. Anything with sharp or pointy edges, and broken needles and the like, should be placed in a hard plastic container and then into the main hazardous waste container.

Public sanitation workers and/or cleaning staff should be aware of what they are dealing with.

You can buy special hazardous waste containers and other disposal equipment at most warehouse, larger beauty supply, or hospital supply stores.

At the end of the work day, any unused disinfecting solution that you have prepared must be poured down the drain. Never simply pour it out onto the ground or the street because it will not get properly treated or neutralized as it will in the sewage system.

#### Product Use

To avoid contamination of your products, nothing that has come into contact with the client's body should ever get inside of a jar or bottle. So for products in jars, a spatula should be used to dip out enough the product for that session, and you should draw from what you've taken out. If it turns out not to have been enough, then another spatula should be used to take out more.



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Please use the area below to complete the True or False Test questions:

- |   |  |
|---|--|
| <p>1. Communities across the continent invented diverse ways of styling afro-textured hair. _____</p> <p>2. An important part of your service should include the consideration of your client's facial shape when choosing the various styles to perform.. _____</p> <p>3. Creating wisps of hair or a tapered fringe also helps to soften the angular lines of the square facial shape.. _____</p> <p>4. Carefully checking the hair and scalp is essential for a good outcome. _____</p> <p>5. A tail comb is excellent for design parting, sectioning large segments of hair, and opening and removing braids. _____</p> | <p>6. The North Carolina State Board requires all stylist of the natural hair to have a license. _____</p> <p>7. In general, it is best to braid curly hair when it is dry. _____</p> <p>8. If curly hair is braided wet, it shrinks and recoils as it dries. _____</p> <p>9. Sanitation is a set of plans and practices designed to protect the public health through disease and infection prevention and control. _____</p> <p>10. Your work area should be organized and free of dust and dirt . _____</p> |
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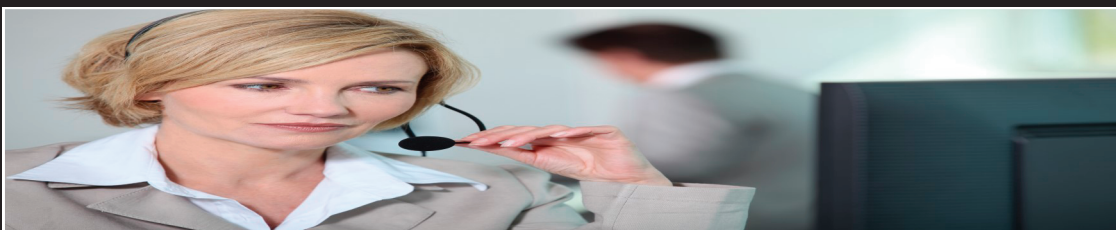
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