

**● MILADY STANDARD NATURAL HAIR CARE AND BRAIDING COURSE
MANAGEMENT GUIDE CLASS SIGN-IN SHEET 10.0**

INSTRUCTOR NAME: _____

DATE TAUGHT: _____

SUBJECT: NATURAL HAIR AND BRAID-SCULPTING TECHNIQUES

TOPIC: NATURAL HAIR AND BRAID-SCULPTING TECHNIQUES

LESSON OBJECTIVES

Upon completion of the lesson, the student will be able to:

1. Identify the fundamental terms used in the industry.
2. Explain the general information about the benefits of transitional styling, protective styling, and the “big chop.”
3. Perform a range of textured, transitional, and protective styles.

REFERENCES, IMPLEMENTS, EQUIPMENT, AND SUPPLIES

Student	Instructor	Items
x	x	<i>Milady Standard Natural Hair Care and Braiding Textbook</i>
x		<i>Milady Standard Natural Hair Care and Braiding Workbook</i>
	x	<i>Milady Standard Natural Hair Care and Braiding DVD Series</i>
x		Student notebook
x	x	Pen, pencils

TEACHING AIDS (Audiovisual Equipment, Handouts, etc. Used by Instructor)

1. Boards, e.g., Smart Board, whiteboard, chalkboard, or flip chart.
2. *Milady Standard Natural Hair Care and Braiding Instructor Support Slides.*
3. Handouts (as applicable).
4. Laptop with DVD player, projector, and screen

FACILITY: Classroom/lab

TIME ALLOTMENT: 1–2 hours

PRIOR STUDENT ASSIGNMENT

1. Read Chapter 10: Natural Hair and Braid-Sculpting Techniques

Student Signatures	Student Signatures

(If more space is needed, use reverse side of form)

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NOTES TO EDUCATOR

1. Review chapter, procedures, and lesson plan prior to lesson.
2. Check projection equipment to ensure it is working properly.
3. Gather all materials and supplies needed for demonstrations prior to starting class.
4. Take attendance or have students sign in for class according to your school's procedure.

LEARNING MOTIVATION (WHY?)

In this chapter, you will learn about how transitional and protective styling will help you and your client gradually move away from using harsh and/or drying chemicals on their hair and move or transition into a natural look and style. You will also see that some clients will not wait for a transition—they will want to cut all of the damaged or chemically treated hair off now—what is sometimes referred to as: “big chop”—and move more quickly into their natural hairstyle.

Either way, you will need to be prepared to educate and inform clients about the decision they are making and what it entails, what styling options may be available to them, and how best to care for their hair while they are transitioning or moving into a new styling era for themselves.

You will also learn that the creative art form of natural hair styling and braiding is unlimited, and as demand continues to increase for natural hairstyles, protective styles, and transitional styling, natural hair stylists are able to turn to their imaginations for styling options!

You will see that this is a very exciting time to be a natural hair stylist and will begin your journey into the wonderful world of natural hair styling as a professional and trained stylist!

● PRESENTATION OF THE SKILLS AND/OR INFORMATION LESSON PLAN 10.0

SUBJECT OUTLINE	IN-DEPTH NOTES <i>(Information to share during presentation)</i>
<p>I. PROTECTIVE TRANSITIONAL STYLING VERSUS THE BIG CHOP</p> <p>A. TRANSITIONAL HAIR: BRITTLE, DAMAGED, AND THINNING</p> <p>B. SHORT AFRO AFTER THE “BIG CHOP”</p>	<p>Transitioning—when clients want to move from chemically relaxed hair to natural hair, no longer relaxing or using harsh chemicals or extreme heat to reduce or modify the client’s natural, virgin hair texture.</p> <p>Transitional textures—when the hair has two textures on one strand.</p> <p>The new growth is strong and vital, while the relaxed portion of the hair is weak, thin, and breaks easily.</p> <p>Demarcation line—where the new growth at the root and the previously relaxed portion of the hair meet.</p> <p>This hair is extremely fragile, so protective styles, including extension styles such as braid extensions, twist extensions, weaves, and wig styles that can be worn while transitioning from a relaxer and are great for natural textured hair.</p> <p>Going natural requires adapting to new hair regimes, new products, new hairstyles, and a different life.</p> <p>Long-term transitioning gives many clients the opportunity to try protective styles that allow the hair to grow out of the relaxer and avoid removing or cutting the fragile ends.</p> <p>This process allows the hair to grow over time.</p> <p>Natural sets and protective styles like rod sets, twist-outs, braid-outs, extensions, weaves, and wigs can aid the client who wants to try long-term transitioning.</p> <p>Long-term transitioning can take from six months to one year.</p> <p>For clients who are not interested in gradual transitioning, they may opt to have all of their relaxed hair removed all at once. A consultation is highly recommended and should be required before the big chop. Talk to the client before any cutting service is performed. If your scope of license does not allow you to complete the cutting service, refer your client to a trusted professional who can.</p> <p>Big chop is the total removal or cutting off of the relaxed portion of all hair strands leaves naturally curly hair as a teeny weeny Afro (TWA). The results of the big chop are immediate and dramatic.</p>

SUBJECT OUTLINE

IN-DEPTH NOTES

*(Information to share during presentation)***II. TEXTURED STYLES AND BRAIDING TERMS****A. AFROS**

After the relaxed hair is removed, the natural texture will no longer look elongated or have much length. The coil or curl pattern will be more pronounced, and the hair length will reduce or shrink. Although the names of the various natural styling options may vary, their descriptions will be very much the same. Here we will review the name and description of a style you will need to be familiar with.

Afros—The Afro can be achieved on long or short wavy, curly, coiled, or highly textured (kinky) hair. Hair that is cut and textured can vary in its final shape.

The Afro-twist extensions style is achieved when human hair or synthetic hair fibers are anchored with a braid-and-twist combination.

The Afro weave style is achieved by attaching textured hair on a weft to a designated cornrow base. The wefted hair extension is sewn with a cotton thread.

B. BRAIDS AND CORNROWS

Braids and Cornrows—Braids can be formed as single, box, and individual braids. These techniques are basic free-hanging braids with or without extensions. The hair is divided into three equal sections that are intertwined or weaved into one single braid.

Casamas braids are large, single, extended braids with a tight stitch; they are tapered and/or curved at the ends.

Cornrow and canerow braids are underhand, three-strand braids interwoven to lie flat on the scalp. They can be designed and sculpted into varying patterns with or without extensions.

C. COIL STYLES

Coil Styles—Coils or comb twists are small sections of natural hair that are gelled and spiraled with fingers or a comb to create individual formations of tight, cylindrical coils.

The Nubian coils technique is styled on naturally curly or textured hair. Hair is curled into a cylindrical shape with a comb or hands.

D. LOCKED STYLES

Locked Styles—Locs, or dreadlocks, are natural textured hair that is intertwined, meshed, and interlaced to form a solid cylinder and separate network of hair.

Nu-locs is a technique that is done with yarn fiber, giving the extension a matte finish to look like locs.

SUBJECT OUTLINE

IN-DEPTH NOTES

(Information to share during presentation)

E. TEXTURED SETS AND STYLES

Textured Sets and Styles—For the Bantu knot-out style, the hair is double-strand twisted or coil twisted and wrapped around itself to make a knot. The braid-out set involves braiding the hair when either wet or dry and then opening the braid to create a crimped texture-on-texture effect with added volume.

The flat twist involves a parted row of hair that is first divided into two sections and then twisted and interwoven to lie flat on the scalp.

Spiral rod sets can be done with rods or flexirods or curl reformers of all sizes. Hair is wrapped around a vertical rod, going up the rod in a spiral movement.

F. TWIST STYLES

Twist Styles—Double-strand twist styles start with wet, gelled, or dry hair. The stylist divides hair into two sections and then overlaps them to create a twisted rope effect (dry) or textured effect (wet).

A twist set is a two-part set that can be done on natural hair, transitional hair, twists extensions, weaves, wigs, and locs.

Twist curls on textured hair are achieved by using a double-strand twist technique. The twisting technique is done on wet hair to define the textured curls and waves.

The “twist-out” involves unraveling the twist to add fullness and a crimped effect. The twist-out’s double-strand twists can be made in any size and length. Hair is wet, and gel or cream is applied to set the textured hair.

ACTIVITY

Ask students to explain why protective styling is important in natural hair care and to name some types of textured sets and styles.

III. FINAL REFLECTIONS

Healthy wavy, curly, coily, and highly textured hair has become the new esthetic for textured hair styling. The African American and the multi-textured hair markets are being fueled by the increasing demand for conditioning products for naturally textured hair.

The largest segment of the natural hair care industry appears to be women who are in transition and looking for products and styles that minimize breakage, maximize growth, stop split ends, prevent dryness, and make the hair manageable.

They also prefer products that are free of harsh sulfates, parabens, propylene glycols, silicones, and petroleum.

SUBJECT OUTLINE

IN-DEPTH NOTES

(Information to share during presentation)

Clients are looking for earth-friendly products and services that offer them the nurturing benefits of botanicals, natural oils, and butters to keep their hair healthy.

As natural stylists, you can consult, guide, and service clients who are seeking transitional services to help them through these challenging times.

After the client makes the transition and is totally natural, the natural stylist can offer a variety of products and services that embellish and maintain the varying textures.

As a specialist, it is your responsibility to re-educate clients about their particular hair needs.

The natural stylist must be proficient in several techniques and must be knowledgeable about various products to consult with clients and provide excellent services.

Social media have given the natural hair care industry a high profile.

It is a wonderful time to be a specialist in the field of natural hair!

Try new products, make your own custom cocktails of conditioners and treatments that address your clients' needs, learn the varying techniques that are offered to you in this text; never stop exploring the most current fashion-forward style combinations that will define your signature style and set you apart from other stylists.

The natural hair industry is now a community, and it is growing. It is a culture with values and principles. It is a lifestyle that provides emotional, psychological, and physiological rewards, and the industry is earth and animal conscious.

The natural hair care industry is here to stay—it is not a fad, but a financially rewarding endeavor that will take you on the journey to success and well-being.

Have each student to write down three ways that they feel they should create, grow, and maintain clients and their relationships with them. Discuss these ideas in class.

ACTIVITY

PROCEDURE 10-1: SINGLE BOX BRAIDS

This classic single-braid style is timeless and regal. Box braids can be set crimped, spiraled, or twisted to create soft movement. As a protective style, human hair extensions are incorporated for body and length.

This style is versatile and liberating by reducing style manipulation for clients whose hair is in transition.

TOOLS

- 6 oz. (170 g) loose human hair
- 5 butterfly clips
- wide-toothed comb
- tail comb
- long duckbill clips
- shears
- spray bottle with detangling and moisturizing solution
- spray bottle with setting lotion
- steamer
- blowdryer with nozzle comb attachment
- hood dryer

HAIR TYPE

- Texture—coily, fine, very dense
- Coil pattern—tight spiral, wiry bends
- Hair condition—very dry, fragile, needs added moisture

HAIR PREP

- To cleanse the hair, use a sulfate- and surfactant-free moisturizing shampoo.
- Treat with humectants and moisturizing conditioner with steamer for 20 minutes.
- Spray with leave-in conditioner with protein to strengthen hair, or apply cream leave-in conditioner with natural butters.

PROCEDURE

1. After hair prep and steam treatment, detangle with large-toothed comb and divide into five manageable sections.
2. Blowdry with nozzle comb.
3. Prepare hair fiber for easy distribution.
4. Starting at the side crown and going to the nape, create a ¼-inch (0.6-cm) diagonal parting with ¼-inch subsections.
5. Prepare hair for braid: Divide base hair into three equal parts, placing three interlocked strands of the hair fiber; one strand in the middle as well as on the outside strands.
6. When applying hair fiber to natural hair, introduce equal amounts to avoid stress. Make one rotation and split hair fiber to cover the third hair strand. Each of the three hair strands should have a hair fiber to extend its length. Alternate center hair strand to the outside strand to complete a rotation. Continue to braid down ½-inch (1.2 cm) past the length of the natural hair. Complete that section.

LP 10.0, P-1 *continues*

7. Part the next horizontal row and create a braid that is $\frac{1}{4}$ -inch (0.6 cm) with $\frac{1}{4}$ -inch subsections in a bricklaying formation. Using the same braiding technique, continue to work up and around the back of the head.
8. Every braid created will need to hang directly over the existing partings of the row below, in a bricklaying fashion. This technique creates fullness and shows less of the scalp.
9. Complete entire back section with the bricklaying technique.
10. Start the front by parting into three sections; clip them for control.
11. Begin with horizontal $\frac{1}{4}$ -inch (0.6-cm) section and $\frac{1}{4}$ -inch subsections to start the braid. Complete this section and repeat on the other side.
12. At crown, use bricklaying in smaller subsections to diminish partings and to create fullness. Repeat until entire head is completely braided.
13. Spray braided base with setting lotion. While the braid is wet, use a two-strand twist to create a texture-on-texture finish.
14. Place client under hood dryer. When braids are completely dry, untwist them.
15. Lightly oil scalp, trim, and style (use a scissor cut at a 45-degree angle).
16. Style as desired.

LP 10.0, P-1

PROCEDURE 10-2: AFRO-TWIST EXTENSION

The client with Afro-twist extensions will certainly be noticed. This show-stopping hairstyle is an excellent protective style to embellish the client's natural hair texture. For those in transition, this braid-twist combination allows the hair to grow without damage or stress.

TOOLS

- 5 oz. (142 g) Afro kinky custom blend human hair
- 5 butterfly clips
- wide-toothed comb
- tail comb
- long duckbill clips
- shears
- spray bottle with detangle/moisturizer solution
- gel or curling cream
- steamer
- blowdryer with nozzle comb attachment
- hood dryer

HAIR TYPE

- Texture—soft, highly textured, curls; fine, not very dense
- Curl pattern—small loops, curly ends
- Hair condition—dry, dull

HAIR PREP

- To cleanse, use a sulfate- and surfactant-free moisturizing shampoo.
- Treat with moisturizing conditioner.
- Spray with leave-in conditioner with protein and vitamins to strengthen hair, or apply cream leave-in conditioner with natural butters.

PROCEDURE

1. After hair prep and steam treatment, detangle with wide-toothed comb and divide into five manageable sections.
2. Blowdry with nozzle comb.
3. Prepare human hair fiber.
4. Begin at the ear on the right side of the head. Part hair on a 45-degree angle into a ¼-inch (0.6-cm) section from above the ear to the bottom of the nape.
5. Create a diamond-shaped ¼-inch (0.6-cm) subsection.
6. Place hair fiber on top of hair and braid. Continue to braid for five to seven rotations. The length of the extended braid depends on the texture, length, and density of the client's hair. If hair is in transition, increase the braid base and rotations.
7. Holding all three strands of the braid, divide the center strand into two equal parts and braid into outside strands. In the same direction, apply one roll to the two strands, incorporating the natural hair into the twist extension.
8. Apply gel to two equal sections, and create the twist with an overlapping motion, strand over strand. Repeat the overlapping motion down the entire unit.

LP 10.0, P-2 *continues*

9. Apply gel to seal ends. Continue until section is complete.
10. On the right side of the back section, create a 45-degree diagonal $\frac{1}{4}$ -inch (0.6-cm) section with $\frac{1}{4}$ -inch subsection. Continue to add extensions with the braid-twist-gel combination. Part the back triangular center section on the same 45-degree angle.
11. Continue bricklaying the subsection until entire back is complete.
12. Front, side, and crown sections are parted at the same angle. Front sections and subsections may be smaller and closer together to create fullness and to diminish parts.
13. Crown sections and subsections are small and in bricklaying style. Anchor braid-twist in the direction of the finished style. Continue until entire head is complete.
14. Spray finished style with leave-in moisturizing conditioner to soften hair.
15. Place client under preheated hood dryer for 30 minutes. When hair is dry, open twists for fullness.
16. Cut soft layers and shape textured hair by cutting under the curl. Gently pull curl out and cut the curl where it stands.
17. Add nonalcoholic holding spray.
18. Style as desired.

LP 10.0, P-2

PROCEDURE 10-3: THE AFRO WEAVE AND THE MIXED TEXTURE AFRO WEAVE

Afros are back and hotter than ever! They are fun, versatile, and can be styled in any color, length, or shape. The Afro weave adds a new dimension to textured hair styling. This weave can be created with synthetic hair, human hair, or blends of yak and human hair. The look is as contemporary today as it was in the 1960s. Weaving in hair can protect natural hair, transitional hair, and hair that has been chemically damaged. It covers balding or thinning spots, allowing the natural hair to regenerate and grow. The traditional Afro weave has a new approach with two alternating hair textures to create a full, realistic, and individualized style. The kinky crown is great as a protective style for natural styles and for hair in transition. It gives total coverage while hair grows and stays healthy.

TOOLS

- 8 oz. (227 g) wefted human hair fiber
- 1 oz. (28.3 g) synthetic hair
- 4 butterfly clips
- wide-toothed comb
- tail comb
- long duckbill clips
- shears
- spray bottle with detangling and moisturizing solution
- curved needle and cotton thread
- steamer
- blowdryer with nozzle comb attachment
- hood dryer

HAIR PREP

- To cleanse, use a sulfate- and surfactant-free moisturizing shampoo.
- Treat with moisturizing conditioner.
- Spray with leave-in conditioner with protein to strengthen hair, or apply cream leave-in conditioner with natural butters.

HAIR TYPE

- Texture—highly textured, fine, dense
- Curl pattern—small loops and spirals, coiled ends
- Hair condition—dry, dull

PROCEDURE

1. After hair prep and steam treatment, detangle with wide-toothed comb. Divide into four manageable sections and blowdry with nozzle comb.
2. Prepare human hair on tray.
3. Following the contours of the hairline, leave out a ½-inch (1.3-cm) section of hair around the nape of neck and perimeter of hair line from ear to ear. Use a clip to secure hair left out around the perimeter.
4. Starting at the nape, above the ear, create a horizontal ¼-inch (0.6-cm) wide section. Add a small amount of synthetic hair to the natural hair, and cornrow across back of head.

LP 10.0, P-3 *continues*

5. Continue to cornrow with the hair in a circular pattern until all the natural hair is braided. Extend cornrow past the scalp, and braid behind the length of natural hair.
6. Add oil to the scalp.
7. Extend cornrow on scalp, and braid it after the length of natural hair.
8. Secure all braided ends with needle and cotton thread. Tuck the ends down into cornrow; sew braided ends to base of cornrow. Cut thread and any excess hair.
9. Braid and sew attaching method: Starting at the back, place human hair weft (track) on top of the length of cornrow.
10. Gently push double-threaded needle through the base or track, also known as the braided cornrow, and connect it to the weft of human hair.
11. Pull the thread through the hair, creating a loop, and then pass the needle through loop a second time to secure the stitch. Make sure the stitch is flat and secure, but not tight.
12. End sewing by looping thread several times or knotting.
13. Cut all loose ends of thread. Continue sewing.
14. Alternate colors or textures as desired. Continue sewing method until entire head is complete.
15. Comb out. Blend hair left out at perimeter.
16. Layer cut to desired length and shape.
17. Style as desired.

LP 10.0, P-3

PROCEDURE 10-4: FLEXI-ROD SET

Natural hair has its own inherent texture and quality. With the following sets, you can change, embellish, and elongate those qualities. Texture-on-texture sets are perfect for natural and transitional hair. These sets are low maintenance and require low manipulation. Depending on the hair type, they can be worn for up to four weeks.

TOOLS

- wide-toothed comb
- tail comb
- long duckbill clips
- spray bottle with detangling and moisturizing solution
- setting lotion
- steamer
- rods
- hood dryer

HAIR PREP

- To cleanse, use a sulfate- and surfactant-free moisturizing shampoo.
- Treat with deep moisturizing conditioner.
- Spray with on leave-in conditioner with protein to strengthen hair.
- Steam scalp with steamer.

HAIR TYPE

- Texture—soft curls, not very dense
- Curl pattern—medium spirals, curly ends
- Hair condition—dry, dull

PROCEDURE

1. Detangle hair with wide-toothed comb.
2. Divide hair from ear to ear, and divide front from back.
3. At the nape, part hair in a 1-inch (2.5-cm) horizontal section.
4. Step A: Spray entire section with setting solution.
Step B: In this section, make ½-inch (1.3-cm) vertical subsections.
5. Wrap ends of hair around the bottom of the rod.
6. Move up the rod by making tight spirals; spiral hair up with each turn of the rod.
7. Continue throughout back of head, bricklaying as you repeat the spiraling method.
8. Repeat the same spiral method in front and crown sections. Part crown in the desired direction.
9. Directional subsections give finished style movement and dimension.
10. Set is complete. Saturate hair with setting solution. Place client under hood dryer. Hair must completely dry.
11. Once hair is dry, unwind rods, keeping each spiral in place.
12. Place light natural oil or serum on the tips of fingers and, using the fingertips, apply serum while splitting open the spiral curls. After all curls have been opened to the desired fullness, use a small tail comb or lifting comb to add volume and height.

LP 10.0, P-4

PROCEDURE 10–5: SCULPTED CORNROWS WITH FEED-IN TECHNIQUE

There are many techniques for starting the traditional on-the-base braid known as the cornrow. The cornrow is a three-strand, on-the-scalp braid created by using an underhand “pickup” technique. According to celebrity master braid designer Anu Prestonia, co-owner of Khamit Kinks in New York, cornrows are the foundation of all braiding styles. (Her clients include such notables as Stevie Wonder and Angela Basset.) “If you excel at the art of cornrows, all other braiding techniques are at your disposal,” says Prestonia.

To cornrow like a professional, you must practice and have patience. A skilled braider takes time every day to practice cornrows. Cornrowing is the repetition of the entire woven patterns; the sequence of weave patterns may vary and will determine the style. However, the series of revolutions are created by a simple, repetitive pickup motion. Practicing on a mannequin will help you develop speed, accuracy, and dexterity. Braid services can vary in time from two hours for a large braid to two days for a micro braid.

After mastering the basic cornrow technique, you can approach other braid styles with confidence. Cornrows are skillfully designed by sculpting the parted sections. Sculpting is more than just vertical or horizontal partings. When sculpting the braid, you must first visualize the finished look. This will allow you to create smooth and consistent curved partings that follow the contour of the head. The curve partings are a part of the design, so they must be neat and even. The more creative you are in designing the partings, the more beautiful the finished sculpted look will be. This contouring or sculpting is especially beautiful on small to medium-sized cornrows.

TOOLS

- 5 butterfly clips
- 8 oz. (227 g) synthetic hair
- wide-toothed comb
- ail comb
- long duckbill clips
- hairpins
- spray bottle with detangling and moisturizing solution
- shears
- waxy gel
- blowdryer with nozzle comb attachment

HAIR PREP

- To cleanse, use a sulfate- and surfactant-free moisturizing shampoo.
- Treat with deep moisturizing conditioner.
- Spray leave-in conditioner with protein to strengthen hair.

HAIR TYPE

- Texture—coily to highly textured, very dense
- Curl pattern—medium coils, tight coiled ends
- Hair condition—healthy but dry and lacks sheen

PROCEDURE

1. Detangle client’s hair. Blowdry with nozzle comb attachment to elongate.
2. Part synthetic hair in half. Stretch hair to taper.
3. Smooth hair.

LP 10.0, P–5 *continues*

4. Separate and prepare extension hair.
5. Starting at the nape, part hair in a forward direction, ending above the left ear.
6. Part hair with clean contoured parts to create a sculpted movement.
7. Partings are $\frac{1}{4}$ inch (0.6 cm) or smaller, depending on the density and length of hair.
8. At the nape, start cornrow with natural hair. Pick up and divide into three equal strands.
9. Begin cornrow by moving outside-right strand under the center strand to become the new center strand.
10. Now, move the outside-left strand under center to become the new center. With each crossing under or rotation, pick up hair strands from scalp base.
11. Pick up hair strands from directly under your finger. Passing the strand under the center with each rotation creates the underhand cornrow braid. Hydrate hair as needed.
12. Do not overdirect hair. Overdirected hair adds tension to the scalp, creates stress on the hair and scalp, and promotes breakage.
13. After four to eight rotations, introduce hair fiber by placing the extensions on the inside strand and leaving the outside strand of the extension to be picked up at the next rotation.
14. Continue to feed the extension into the cornrow until the desired width and length are achieved.
15. Contour and sculpt cornrows over to left side of crown. Continue to create asymmetrical cornrow until crown is reached.
16. Proceed to braid or two strand twist excess extension to ends.
17. With a scissor, groom each braid. Move up braid slowly. Avoid cutting into braid.
18. Check for loose hair or frizz. Create an asymmetrical stuffed bun with extensions.
19. If more height is desired, add pieces of extension fiber to fill in bun. Apply natural botanical oils to scalp, and use waxy gel to keep all hair in place.
20. Style as desired.

LP 10.0, P-5

PROCEDURE 10–6: LARGE TWIST EXTENSIONS

This twisted style provides a soft, romantic silhouette that adds length and volume with synthetic fiber. It's great as a protective style for natural hair and excellent as a transitional style.

TOOLS

- 5 butterfly clips
- wide-toothed comb
- tail comb
- long clips
- spray bottle with detangling and moisturizing solution
- shears
- steamer
- blowdryer with nozzle comb attachment
- moisturizing cream

HAIR PREP

- To cleanse, use a sulfate- and surfactant-free moisturizing shampoo.
- Treat with deep moisturizing conditioner.
- Spray with on leave-in conditioner with protein to strengthen hair.

HAIR TYPE

- Texture—highly textured, very dense
- Curl pattern—tight coils
- Hair condition—healthy but dry; lacks sheen

PROCEDURE

1. After hair prep and steam treatment, detangle with wide-toothed comb.
2. Apply moisturizing cream to wet hair.
3. Blowdry hair and divide into five manageable sections.
4. Prepare hair fiber for easy distribution.
5. Starting at the nape, make a diagonal 45-degree part that goes from the top of the ear to the bottom of the nape.
6. At nape, create diagonal subsections. Part hair in ¼-inch (0.6-cm) sections and subsections to create fullness.
7. Divide the subsection into two equal parts. Lay extension flat on the base, and anchor the twist by rolling the extension onto the base.
8. Hold rolled hair and overlap extension between thumb and first two fingers.
9. The roll-overlap-roll movement anchors the twist and blends the natural hair into the extension.
10. Continue down the twist with overlapping movement.
11. To lengthen twists, add equal amounts of extension to twist. Place extension fiber on top of two strands, pushing the extension up as you roll.
12. Repeat the roll-overlap-roll sequence for several revolutions.
13. Next return to the basic twist movement, which has less tension and gives the twist a fuller finish.
14. Continue until the entire head is complete. Use scissors to groom and trim twists.
15. Style as desired.

LP 10.0, P-6

PROCEDURE 10–7: CROCHET WEAVE

The goddess weave is current and distinctive. This full-head weave is ideal for clients wishing to protect their natural hair by giving it a rest from styling manipulation. Weaves are the perfect solution while making the transition from a relaxer.

TOOLS

- 8 oz. (227 g) packs of textured synthetic hair
- latch-hook needle and cotton thread
- 5 butterfly clips
- wide-toothed comb
- tail comb
- long clips
- spray bottle with detangling and moisturizing solution
- shears
- thinning shears
- blowdryer with nozzle comb attachment
- light herbal oil

HAIR PREP

- To cleanse, use a sulfate- and surfactant-free moisturizing shampoo.
- Treat with deep moisturizing conditioner.
- Spray with leave-in conditioner with protein to strengthen hair, and apply cream-based leave-in conditioner with natural butters.

HAIR TYPE

- Texture—hair in transition, fragile, spit ends
- Curl pattern—medium tight coils
- Hair condition—healthy new growth, relaxed ends dry; trimming required

PROCEDURE

1. Detangle and blowdry client's hair with nozzle comb to elongate hair.
2. Prepare extension hair by cutting to the desired length.
3. Following the contours of the hairline, leave out a ½-inch (0.3-cm) section of hair around perimeter from ear to ear. Use a clip to secure hair left out around the perimeter.
4. Starting at the nape, above the ear, create a horizontal ¼-inch (0.6-cm) wide section. Add a small amount of synthetic hair to natural hair, and cornrow across back of head.
5. Extend cornrow past scalp, and braid behind for the length of natural hair.
6. Continue to cornrow with synthetic hair in a zigzag pattern until all the natural hair is braided.
7. Secure all braided ends with needle and cotton thread. Tuck the ends down to cornrow; then sew braided ends to base of cornrow.
8. Cut any excess hair.

LP 10.0, P–7 *continues*

LATCH-HOOK METHOD

9. Insert the latch hook into the middle of cornrow until entire latch is seen from the other side.
10. Place small amount of hair inside latch hook.
11. Pull latch hook through until a loop of the extension is formed.
12. Remove latch hook, and leave loop of extension open. Pull two exposed ends of extension through loop. Loop must be near and secure on cornrow. Extension ends hang freely.
13. Continue looping movement throughout the entire head.
14. For a highlighted appearance, place lighter textured synthetic hair close to hairline, crown, and sides to frame the face.
15. Open texture with fingers, and lift with small pick.
16. Use thinning shears to remove bulk. Cut with scissors to create shape and contour.
17. Style as desired.

LP 10.0, P-7

PROCEDURE 10–8: COILS AND TWIST EXTENSIONS

This exotic tribal style has a fresh, urban feel. This combination style is great for clients who want to protect their natural hair or for transitional clients, where knots on the relaxed ends may be stressful.

TOOLS

- 2 oz. (57 g) Afro kinky bulk hair
- 5 butterfly clips
- wide-toothed comb
- tail comb
- long duckbill clips
- hairpins and bobby pins
- spray bottle with detangling and moisturizing solution
- shears
- holding gel and stretching cream
- blowdryer with nozzle comb attachment
- hood dryer

HAIR PREP

- To cleanse, use a sulfate- and surfactant-free moisturizing shampoo.
- Pretreat hair with deep moisturizing conditioner and botanical oil.
- Spray with treatment.
- Spray with leave-in conditioner with protein to strengthen hair, and apply cream-based leave-in conditioner with natural butters.

HAIR TYPE

- Texture—coily, highly textured, dense
- Curl pattern—small coils; fine; tight coiled ends
- Hair condition—healthy but dry; lacks sheen

PROCEDURE

1. Detangle and blowdry with nozzle comb to elongate hair.
2. Clip hair into three distinct sections.
3. Part crown section into V shape. The point of the section starts at the back of crown.
4. Spray on setting lotion with gloss.
5. Part from hairline to top of the ear, starting above the ear using a ½-inch (1.3-cm) section and parting diagonally from ear to nape. Coils will lie from front to back.
6. Apply waxy gel to subsection; comb gel through for even distribution.
7. Roll and twist hair into a solid cylinder with comb.
8. Continue parting from the hairline to nape, diagonally coiling in ⅛-inch (3.5-mm) subsections in vertical bricklaying technique. Optional: Either counterclockwise or clockwise twisting is acceptable.
9. Trim extension and twist hair in direction of desired coil.
10. Continue until you reach the other side of the nape. Rehydrate hair as needed. Begin on opposite side at the nape, diagonally coiling hair into ⅛-inch (0.03-cm) vertical bricklaying sections and connecting left side to complete the V shape.

LP 10.0, P-8 *continues*

- 11.** Add twist extension with synthetic hair (refer to braid-twist procedure).
- 12.** Braid the front in the desired direction with 1/8-inch (0.03-cm) diagonal bricklaying parting.
- 13.** After four or five braid rotations, split middle and divide into two equal parts and twist.
- 14.** Seal twist with stretching cream or holding gel.
- 15.** Twist down length of hair.
- 16.** Continue until crown is complete.
- 17.** Style as desired.

LP 10.0, P-8

PROCEDURE 10-9: ENHANCING NATURAL CURL

This natural style has cascading ringlets that can range from easy day styling to elegant evening chic. These crisp spiral curls add fullness and dimension to layered cuts. To keep the winding curls crisp and free from frizz, select products that redefine texture, smooth and hydrate the hair, and reduce frizz.

TOOLS

- natural-curl-enhancing products
- setting spray
- hydrating curl cream
- 5 butterfly clips
- tail comb
- lifting comb
- long duckbill clips
- bobby pins
- hood dryer

HAIR PREP

- To cleanse, use a sulfate- and surfactant-free moisturizing shampoo.
- Treat with moisturizing/detangling/curl-enhancing conditioner.
- Spray with leave-in conditioner with protein to strengthen hair.

HAIR TYPE

- Texture—curly, dense
- Curl pattern—large corkscrew, spiraled ringlets
- Hair condition—healthy, shoulder length, lacks sheen

PROCEDURE

1. Detangle and divide hair into four sections.
2. Apply hydrating curl cream to the subsections.
3. Starting at the nape, you will begin to take a 2-inch (5-cm) horizontal section with ¼-inch (0.6-cm) vertical subsections.
4. After curl cream has been distributed, create a finger curl.
5. Begin to whirl or wrap strands around finger. Continue to roll up the shaft with each rotation, forming a barrel ½ inch (1.3 cm) from base; then pin curl to itself for closure.
6. Continue to move up to the crown on both sides. Set the hair in the desired direction.
7. Spray with setting spray and add duckbill clips to add height. Place client under hood dryer.
8. Style as desired.

LP 10.0, P-9

PROCEDURE 10–10: SPIRAL ROD SET

The prestige spirals curls are the new classic hairstyle for both natural and transitional clients. This impressive style can transform any texture into crisp, swirling tendrils that last for weeks.

TOOLS

- natural-curl-enhancing products
- large orange perm rods
- 5 butterfly clips
- wide-toothed comb
- tail comb or lifting comb
- long duckbill clips
- setting lotion
- end wraps
- blowdryer with nozzle comb attachment
- hood dryer

HAIR PREP

- To cleanse, use a sulfate- and surfactant-free moisturizing shampoo.
- Treat hair with a cream leave-in conditioner that moisturizes, detangles, and enhances curl.

HAIR TYPE

- Texture—curly
- Curl pattern—spiraled ringlets, front straighter and finer
- Hair condition—dry, lacks sheen

PROCEDURE

1. Detangle hair and divide into five sections. Clip for control.
2. Starting at the nape, on a 45-degree angle, make a ½-inch (1.3-cm) diagonal part with ¼-inch (0.6-cm) subsection.
3. At the base of subsection, place setting lotion on strands and begin to whirl or wrap strands around the rod, moving down the shaft with each rotation.
4. Continue to move up to crown on both sides, maintaining ¼-inch (0.6-cm) subsections.
5. Continue parting into ¼-inch (0.6-cm) subsections.
6. Inside 1-inch (2.5-cm) front sections, continue ¼-inch (0.6-cm) subsection vertical parting until you reach crown.
7. Complete the remaining hair.
8. Place client under hood dryer. Allow curl enhancer to penetrate and set hair. When hair is completely dry, remove rods.
9. Separate curls to add fullness and height. When separating the curl, apply oil or serum to add shine, close cuticle, and decrease frizz.
10. Style as desired.

LP 10.0, P-10

PROCEDURE 10–11: YARN BRAIDS

Yarn braids are single braids created with yarn as the extension. They are considered a loc alternative or loc extension. Clients enjoy the style because of its esthetics and the benefit of the look of locs without the permanent commitment. This pixie style is excellent on short natural hair or short transitional hair.

TOOLS

- yarn: black or brown precut to desired length
- 4 butterfly clips
- wide-toothed comb
- tail comb
- long duckbill clips
- steamer
- shears

HAIR TYPE

- Texture—relaxed/transitioning
- Curl pattern—highly textured
- Hair condition—very dry, brittle, lacks sheen

HAIR PREP

- To cleanse, use a sulfate- or surfactant-free moisturizing shampoo.
- Treat with moisturizing/detangling/curl-enhancing conditioner.
- Spray with leave-in conditioner.
- Apply natural botanical oil.

PROCEDURE

1. Prepare hair for braid. After hair prep and steam treatment, detangle with wide-toothed comb and divide into five manageable sections.
2. Blowdry with nozzle comb attachment.
3. Prepare hair fiber for easy distribution. Precut yarn before braiding.
4. Cut yarn slightly longer than hair. This leaves room to finish ends.
5. Starting at the nape, create a ¼-inch (0.6-cm) horizontal part with ¼-inch subsections. Each section is done in a diamond shape.
6. Pick up two pieces of yarn from precut pile. Hold yarn in the center, pick up parted-off section of hair, and create three sections (center, left, and right).
7. With the three sections, braid the yarn and hair together. The stitch of the braid must be very tight to form the natural curve.
8. Continue to braid to your desired length.
9. Remember that for a pixie, every other row should lie on top of another to create depth and layers (bricklaying technique).
10. Cut to desired length and then finish ends.
11. Style as desired.

HOW TO FINISH THE ENDS OF YARN BRAIDS

Yarn braids can be finished by knotting, melting with a heat source, or tying them off with a small rubber band.

LP 10.0, P–11

PROCEDURE 10–12: NUBIAN COILS

This tribal, natural hairstyle makes a beautiful statement with its regal, urban aesthetic. The cylinder hair formations catch the eye with swirling movement. As these coils interlace and mesh as separate units, locs are formed. Coils are a great way to transition into locs.

TOOLS

- holding gel
- sulfate- and surfactant-free moisturizing shampoo
- moisturizing/detangling/curl-enhancing conditioner
- leave-in conditioner
- natural botanical oil
- 4 butterfly clips
- wide-toothed comb
- barber's comb
- long duckbill clip
- hood dryer

HAIR PREP

- To cleanse, use a sulfate- and surfactant-free moisturizing shampoo.
- Treat with moisturizing/detangling/curl-enhancing conditioner.
- Spray with leave-in conditioner.
- Apply natural botanical oil.

HAIR TYPE

- Texture—wiry, highly textured
- Curl pattern—tight small, coils/zigzag
- Hair condition—very dry, brittle, lacks sheen

PROCEDURE

1. Detangle and divide hair into two sections.
2. Clip for control.
3. To create movement, start at the hairline and create a ¼-inch (0.6-cm) crescent shape part with smaller end of comb. Apply gel to tip.
4. Comb gel through strands of crescent subsection. At the base, start to rotate or roll-comb down the hair shaft to the end. Hair is curled toward the end, and the coil lies flat.
5. Place coils by using comb. Twirl subsection in direction coil will lay.
6. As you move up the head, start to create a sculpting movement that features the contour of the head.
7. Movement can be in multiple directions with different channels for dimension.
8. Coiling movement on the front and sides is a continuation from the back section. Make sure to diminish any parts that divide the back from the front.
9. Style will have one continuous movement from front to back.
10. Continue coil movement at crown, keeping contours and directions of coil uniform.
11. While front coils are still damp, fine-tune. Create a soft bang.
12. Place client under hood dryer. Add oil for more sheen.
13. Style as desired. (Optional: Open coils for more fullness.)

LP 10.0, P-12

PROCEDURE 10–13: MAKING AND APPLYING WIGS

Wigs are the new accessory. They are perfect as a fashion statement alternative or a temporary hair styling option. They can reflect your client's mood or complement the suit she is wearing. Traditionally, wigs express social or religious status in African society. In our contemporary culture, wigs are beautifying—they embellish and conceal unhealthy hair. For clients who are in transition, a wig is a great way to contain and cover broken or damaged relaxed hair. Wigs are also a wonderful alternative for natural hair, because they protect healthy hair from excessive styling manipulation. Important note: Clients should understand that the hair requires daily moisturizing products and professional steam treatments to keep it nourished if they wear wigs to transition or to conceal their natural hair. Always explain to the client that excessive wig wearing can erode the fragile hairline and lead to traction alopecia. To prevent hair breakage or thinning, it is imperative that the clients place a wig net on the head before the wig, which protects the natural hair, avoids hairline erosion, and allows the scalp to breathe.

TOOLS

- 8 oz. (227 g) of human hair—curly mixed with wavy
- wig net
- pins
- fabric glue
- wig head
- weaving thread and curved needles
- spray bottle with detangling solution
- scissors
- shears
- hairpins or bobby pins
- blowdryer with diffuser attachment

HAIR PREP

- To cleanse, use a sulfate- and surfactant-free moisturizing shampoo.
- Treat with deep moisturizing conditioner steam treatment.
- Spray with leave-in conditioner with protein to strengthen hair.
- Apply cream-based leave-in conditioner with natural butters.

HAIR TYPE

- Length—4 to 5 inch (10 to 13 cm), extension hair—14 inch (35 cm)
- Texture—highly textured, tight, dry
- Curl pattern of extension hair—spiral, deep waves
- Condition of extension hair—colored and chemically treated to create curl pattern

PROCEDURE

1. Detangle and divide hair into four sections to blowdry.
2. Leave out ½ inch (1.3 cm) of hair around the hairline. Make ½-inch parts for cornrows.
3. Cornrow hair without extensions, making six to eight sections from the front to the nape. Braid to the end and sew hair together at the nape.
4. Apply natural oil to scalp. Hair is now ready for wig.

LP 10.0, P–13 *continues*

CREATING A WIG 101

5. Place packaged wig net on wig head and secure with hair or wig pins.
6. Prepare hair: Open packages of hair and arrange in the order of desired color pattern.
7. Starting at the back of the wig head, pin weft onto wig net to measure proper length.
8. Cut weft to desired length. Place weft facing down so that hair lies flat. Make sure weft is sewn on the correct side (stitching on wrong side reveals double-folded hair, and shorter hairs are noticeable).
9. Step A: Begin to sew by placing curved needle into folded section of weft on netting.
Step B: Stitches are $\frac{1}{4}$ to $\frac{1}{2}$ inch (0.6 to 1.3 cm) apart and are finished with a double loop.
10. To create a closure: Take 6 inches (15 cm) of wefted hair and roll it onto itself.
11. Sew weft together and flatten with hands for closure.
12. Place finished wig on client's head for custom fit. Adjust back elastic hooks until cap is secure and comfortable.
13. Use bobby pins to secure sides while styling.
14. Thin wig with shears by gently rolling a small section of hair and inserting the shears and closing the blade part way, three times. Rack or comb out loose hair by gently removing excess hair with a paddle brush made for weaves.
15. Trim the wig hair as needed to create a shape suitable for your client.
16. Cut hair into layers.
17. Place new wig onto the client's head, and sew around hairline or secure with pins.
18. Style as desired.

LP 10.0, P-13

PROCEDURE 10–14: CURLY HAIRCUT FOR MEN

Curls are not just for girls. Spiral, rich curls have become popular for men. Textured hair requires a good cut and quality products to maintain the curl and reduce frizz.

TOOLS

- curl enhancer and frizz control products
- blowdryer with nozzle comb attachment
- lift comb
- tail comb
- hairnet (optional)
- shears
- spray bottle

HAIR PREP

- Shampoo with a mild conditioning shampoo or sulfate-free shampoo.
- Apply a light moisturizing conditioner.
- Spray with leave-in conditioner.

HAIR TYPE

- Texture—small to large curls
- Length—shoulder length
- Curl pattern—varying spiral formations, frizz
- Condition—healthy but with split ends

PROCEDURE

1. After shampooing, use a wide-toothed comb to draw conditioner through to ends.
2. Rinse out conditioner lightly, leaving some conditioner in hair.
3. Do not comb anymore. This will help reduce frizz and establish the natural curl pattern.
4. Blot-dry hair with cloth or paper towel.
5. Apply silicone-free curl enhancer to hair: Taking 2-inch (5-cm) sections and with small amount of product on the fingertips, smoothly rack or “shingle” through hair. Be sure to apply enough product to the ends.
6. Repeat shingle movement, applying product throughout the head until entire head is complete. Scrunch hair by cupping hair in the palms of hands.

CUTTING CURLY HAIR

- Cut curly hair dry. When wet, curly hair can be deceiving because of its elasticity; curly or wavy hair can appear to be longer when wet. When curly or wavy hair dries, it “shrinks” or springs back to its natural form and length.
- When cutting curly or wavy hair, never cut blunt or horizontal uniform lines for final cut. Cut hair vertically or diagonally under the curl to keep spiral movement.
- To cut curly or wavy hair, extend curl strands and cut underneath the “C” or “S” pattern of the texture. Do not cut midway through curl; this will make the strand stick out or have a hook effect. Make medium to long, tapered layers; this technique creates fullness without making hair look round. One length gives the hairstyle a heavy look.

LP 10.0, P–14 *continues*

- Please note: Cut coily, highly textured, wiry hair by elongating the texture using a blowdryer with a nozzle comb attachment first. This helps extend the ends, unravel the tight strands, and allows for even, smooth hair texture for cutting and the ability to see the angle adjustment made during the cut.

THE CURLY CUT

7. Blot-dry hair. Detangle wet hair with fingers—this allows curls to form and separate.
8. Step A: Rack or shingle leave-in conditioner through to ends.
Step B: Diffuse on medium heat and scrunch until dry to minimize frizz and define curls. Section hair into a U-shaped parting extending from eyebrow to eyebrow and the crown into a right and left section. Cut the perimeter at zero degrees using ½-inch subsections. When complete, re-section into three.
9. Starting at the back and holding the scissors at a 45-degree angle gently extend single curls and cut ¼ inch (0.6 cm) of hair. Working your way around the head taking vertical subsections, cut hair at 45-degree layers.
10. Gently move hair from the base by lifting strands to see where it falls as well to check cutting lines and layers.
11. Gently pull curls out to see length and move over the next curly section. If the client wants a tapered curl, cut curls diagonally, not straight across.
12. Continue to cut ¼ inch (0.6 cm) of hair on the diagonal, lifting and moving curls to check length.
13. To add more layers, hold curl out around crown and see where hair falls in the same line to the previous curl.
14. Use that curl as a guide and cut desired length. The crown will be cut at 90-degree angles. Do not cut crown sections too short. Keep layers around eyes and chin to create volume around face.
15. Open curls more to fine-tune cut and make hair fuller. Look for a consistent and even silhouette to frame the face.
16. Have client shake head to see if any curls fall out of place. Check and correct.
17. Style as desired.

LP 10.0, P-14

PROCEDURE 10–15: LOC GROOM AND STYLE FOR MEN

Locked hair is the ultimate natural hair statement. If coily or highly textured hair is left to take its own natural course, the hair will interlace and mesh together to form a loc. These “organic” locs would not have a separated, groomed, or manicured finished appearance. Cultivated locs are interspaced, and they have symmetry and balance. Symmetry is not easy to accomplish with textured hair. Although the hair is programmed genetically to curl, twirl, and turn, no two coils are exactly alike. It is the locician or natural stylist’s responsibility to develop a system that promotes symmetry into the textured hair. There are several ways to groom locs. The comb technique is an effective system for loc grooming.

TOOLS

- tapered barber’s comb—#55
- French pins or hairpins
- water-soluble gel
- steamer
- natural herbal oil
- 5 butterfly clips
- box of small double-pronged roller clips

HAIR TYPE

- Texture—wavy, coily
- Length—below shoulder
- Curl pattern—varying spiral formations
- Condition—dry, requires deep moisture treatment with steam

HAIR PREP

- Shampoo—sulfate-free shampoo.
- Conditioner—natural oil and light moisturizing conditioner with steamer.
- Herbal rinse—use botanicals that soothe the scalp.

PROCEDURE

1. After prep, towel-dry locs.
2. Apply oil to scalp and length of loc to seal in moisture.
3. Starting at the base, use larger end of barber’s comb to square off loc.
4. Apply gel to comb. Place small amount of gel at new growth base.
5. With comb and gel, pull down all loose hair together into the loc. This will compact the loose hair and help build the loc base.
6. Rotate twice.
7. Remove comb. Wrap hair using index and thumb; then use your palm to roll down the loc.
8. Put a clip on each section as you complete each one.
9. Place client under hood dryer to reduce moisture and set locs in place with heat; locs are still damp.

LP 10.0, P–15 *continues*

STYLING LOCS

- 10.** Starting above the ear take 2-inch (5-cm) sections of loc, place outside loc, and wrap with inside loc for a inverted braid.
- 11.** Continue picking up additional locs as you cross down the contour of the head to the occipital bone.
- 12.** At the occipital lobe, split hair into three sections and braid to the end of the hair.
- 13.** Starting at the crown create a fishtail braid, crossing the outside and the inside sections over each other.
- 14.** Continue moving down the head and then tuck ends underneath the base at the nape. Place a few French pins or hairpins in the hair to secure the tuck.
- 15.** Style as desired.

LP 10.0, P-15

PROCEDURE 10-16: LOC GROOM AND STYLE FOR WOMEN

Locked hair worn neat and groomed, whether conservatively or stylized, is a major commitment for most women. When locs are grown to a desired length, it is one of the most beautiful styles for showcasing a woman's crown and glory. Natural coily and highly textured hair can be unmanageable at times. Locs are ideal for these textures and allow clients to have more flexibility and versatility. Locking and grooming the hair give the client a long-lasting, fuss-free style that can be additionally stylized with curls, crimps, and updos.

TOOLS

- tapered barber's comb
- #55 pipe cleaners
- water-soluble gel
- steamer
- natural herbal oil
- 5 butterfly clips
- box of small double-pronged roller clips

HAIR TYPE

- Texture—coily
- Length—mid-back length
- Curl pattern—varying spiral formations
- Condition—color-treated, dry, and requires deep moisture treatment

HAIR PREP

- Shampoo—sulfate-free shampoo
- Conditioner—natural oil and light moisturizing conditioner with steamer
- Herbal rinse—use botanicals that soothe the scalp

PROCEDURE

1. After prep, towel-dry locs.
2. Apply oil to scalp and loc length to seal in moisture.
3. Starting at the base, use larger end of barber's comb to square off loc, creating a cleaner part.
4. Apply gel to smaller end of comb. Place small amount of gel at new growth base.
5. With comb and gel, pull down all loose hair together into the loc. This step compacts the loose hair and helps build the loc base. Rotate once.
6. Remove comb using index finger and thumb. Push loose hair.
7. Place loc between palms. Rotate once or twice.
8. Smooth any remaining hair; gently press and rotate loc in palm with a back-and-forth motion.
9. Move down loc to help smooth loose ends within the loc.
10. Use a clip on each section as you complete it.
11. Place client under hood dryer to reduce moisture; locs are still damp.
12. Apply pipe cleaners, one per loc. In a spiral motion, wrap pipe cleaners around loc.

LP 10.0, P-16 *continues*

- 13.** Depending on the length and density of the hair, one or two locs on each are needed.
- 14.** Trim or bend the excess pipe cleaner to complete wrapped loc.
- 15.** Bend wrapped locs in the direction you wish the finished style to flow.
- 16.** Complete the locs wrapped with pipe cleaners throughout head.
- 17.** Place client under hood dryer until locs are completely dry. Remove pipe cleaners and style.
- 18.** Style as desired.

LP 10.0, P-16

PROCEDURE 10–17: TRANSITIONAL HAIRCUT ON EXTENSIONS

Being able to service style a client with extensions will broaden your abilities and client base. You should know how to give them a cut and style for the look they desire.

TOOLS

- curl enhancer/frizz-control products
- blowdryer with nozzle comb attachment
- lift comb
- tail comb
- hairnet (optional)
- shears
- spray bottle

HAIR PREP

- Shampoo—mild conditioning shampoo or sulfate-free shampoo.
- Conditioner—light moisturizing conditioner.
- Leave-in conditioner.

HAIR TYPE

- Texture—small to large curls
- Length—shoulder length
- Curl pattern—varying spiral formations, frizz
- Condition—healthy but with split ends

PROCEDURE

1. Isolate the top section in a horseshoe pattern, parting from temple to temple, just below the crown. To avoid pulling, use a wide-toothed comb when working with hair extensions.
2. Section off the center back of the head by dividing into two sections.
3. At the nape of neck, take a small diagonal section approximately 1 inch (2.5 cm) in width.
4. Elevate hair using one-finger elevation. Point-cut the guideline.
5. Mirroring your previous section, slightly increase elevation as you move up the head. Point-cut, working with very little tension on the hair.
6. Take a small diagonal section to the top of the ear. The head is tilted slightly downward. Increase the elevation slightly higher than for the previous section. After finishing the haircut, check its balance and length.
7. Mirroring the previous section, elevate hair to 45 degrees. Overdirect the hair above the back of the ear. Continue point-cutting. Direct the hair at the sides to the back of the head and straight out from the temporal bone to increase side length.
8. Using your comb to elevate hair, cut deep Vs approximately 1 inch (2.5 cm) into perimeter length, still elevating at 45 degrees.
9. Drop the last subsection down (excluding the horseshoe-shaped section). Using very loose tension, point-cut into the guideline length. Once the subsection is finished, check for balance.
10. Let the remaining horseshoe-shaped section drop down. Arrange the hair to the side on which the client is going to wear it.

LP 10.0, P-17 *continues*

- 11.** Using forward graduation, take about a 1- to 3-inch (2.5- to 7.6-cm) section from ear to ear. The size of the section depends on the thickness of the hair. Use wider sections for thicker hair. Take diagonal sections from the side parting.
- 12.** Comb hair to the natural fall. Cut freehand to frame the face. Round off the corners.
- 13.** Using light tension, comb the hair down to frame the face around the fringe area.
- 14.** Picking up a triangular section on top of the right crown area twist the hair. Hold it straight up at 90 degrees. Cut random pieces of hair throughout the interior length of hair. Repeat step 14 on the top of the left crown area.
- 15.** Take a third triangular section on the left front remaining area of the horseshoe-shaped section. Repeat steps 14 and 15 until the entire top section is completed.
- 16.** Using a mixture of smoothing balm, shine serum, and styling gel, apply to hair from ends to roots. Dry hair with blowdryer and diffuser attachment.
- 17.** Randomly point-cut ends to emphasize the shape. Maintain disconnection.
- 18.** Prepare hair extensions in the desired color. Extensions should be 1½ inches (3.8 cm) in width. Sew a bobby pin or hair clip onto the extension.
- 19.** Strategically place extensions throughout the hair wherever desired. The goal is to achieve a well-balanced look and emphasize the shape.
- 20.** Style as desired.

LP 10.0, P-17

SUMMARY AND REVIEW

In this chapter, we saw that the creative art form of natural hair styling and braiding really is unlimited! As demand increases for natural hairstyles, protective styles, and transitional styling, natural hair stylists are able to turn to their imaginations to styling options! The styles that are being worn are quite diverse, and the more creative a client and a stylist are willing to be, the more diverse the styling options will become.

It is important that the stylist really understand naturally textured hair, how to care for and nurture it and which styles are best for its care. With that knowledge and hands-on practice in completing the fundamental procedures in this chapter, the sky is the limit!

You have just begun to explore the wonderful world of natural hair styling—take your time, respect the culture and heritage of textured hair, and enjoy your journey!

LET'S REVIEW

1. Explain the general benefits of transitional styling, protective styling, and the big chop.

Answer: Protective styling safeguards the two textures from further injury or breakage by manipulation. Protective styling has always been an option to enhance and preserve the wholeness of naturally textured hair. Natural hair can also benefit from protective styling by allowing the natural tresses to rest from daily styling. The big chop is the total removal or cutting of the relaxed portion of all hair strands. The results of the big chop are immediate and dramatic. Most clients find it is refreshing, uplifting, and totally gorgeous.

2. List and describe the different types of Afro styles.

Answer: Different types of Afros are: The teeny weeny Afro (TWA) and the big Afro. There are also Afro-twist extensions and the Afro weave.

3. List and describe two types of braids.

Answer: Two types of braids are single box braids and yarn braids. Single box braids are classic, timeless, and regal. Box braids can be set crimped, spiraled, or twisted to create soft movement. Yarn braids are single braids created with yarn as the extension.

4. Describe how to create cornrows.

Answer:

1. Part hair with clean contoured parts to create a sculpted movement.
2. At the nape, start cornrow with natural hair. Pick up and divide into three equal strands.
3. Begin cornrow by moving outside-right strand under the center strand to become the new center strand.
4. Now, move the outside-left strand under center to become the new center. With each crossing under or rotation, pick up hair strands from scalp base.
5. Pick up hair strands from directly under your finger. Passing the strand under the center with each rotation creates the underhand cornrow braid. Hydrate hair as needed.
6. Do not overdirect hair. Overdirected hair adds tension to the scalp, creates stress on the hair and scalp, and promotes breakage.
7. After four to eight rotations, introduce hair fiber by placing the extensions on the inside strand and leaving the outside strand of the extension to be picked up at the next rotation.
8. Continue to feed the extension into the cornrow until the desired width and length are achieved.
9. Contour and sculpt cornrows over to right side of crown. Continue to create asymmetrical cornrow until crown is reached.
10. Proceed to braid excess extension to ends.

5. Name three other types of textured sets and styles.

Answer: Three types of textured sets and styles are Bantu knots, Nubian coils, and coil and twist extensions.

6. What are double-strand twists?

Answer: Double-strand twist styles start with wet, gelled, or dry hair. The stylist divides hair into two sections and then overlaps them to create a twisted rope effect (dry) or textured effect (wet). A twist set is a two-part set that can be done on natural hair, transitional hair, twists extensions, weaves, wigs, and locs. Hair is double-strand twisted and then set on rod.

7. Explain how to create the twist-out style.

Answer: The “twist-out” involves unraveling the twist to add fullness and a crimped effect. The twist-out’s double-strand twists can be made in any size and length. Hair is wet, and gel or cream is applied to set the textured hair. After hair is dry, twists are opened to provide texture and volume.

8. List and describe two types of coil styles.

Answer: Nubian coils and coil and twist, both exotic tribal styles, have a fresh, urban feel. This combination style is great for clients who want to protect their natural hair. The coil and twist style is achieved by rolling and twisting hair into a solid cylinder with comb. Nubian coils interlace and mesh as separate units, locs are formed.

9. Describe the difference between locs and nu-locs.

Answer: Locs are natural textured hair that is intertwined, meshed, and interlaced to form a solid cylinder and separate network of hair. Nu-locs are natural textured hair that is intertwined, meshed, and interlaced to form a solid cylinder and separate network of hair.

10. Explain how the latch-hook method is used to create crochet weaves.

Answer: The latch-hook method is achieved by:

1. Inserting the latch hook into the middle of cornrow until entire latch is seen from the other side. Place small amount of hair inside latch hook.
2. Pull latch hook through until a loop of the extension is formed.
3. Remove latch hook, and leave loop of extension open. Pull two exposed ends of extension through loop. Loop must be close and secure on cornrow. Extension ends hang freely.

LEARNING REINFORCEMENT IDEAS AND ACTIVITIES

1. Have students read Chapter 10 of *Milady Standard Natural Hair Care and Braiding Textbook* and answer all of the review questions.
2. Have students complete Chapter 10 of *Milady Standard Natural Hair Care and Braiding Workbook*.
3. On the lines below, write any activities, assignments, or ideas that have been used effectively with this lesson in order to aid other instructors who may use this lesson plan in the future:

AFRO-TWIST EXTENSION

Below are photos depicting steps in completing the procedure for the Afro-twist extension. Please look at them carefully, and then in the space provided number them in the order that they would be performed, first to last.



Step _____



Step _____



Step _____



Step _____



Step _____



Step _____

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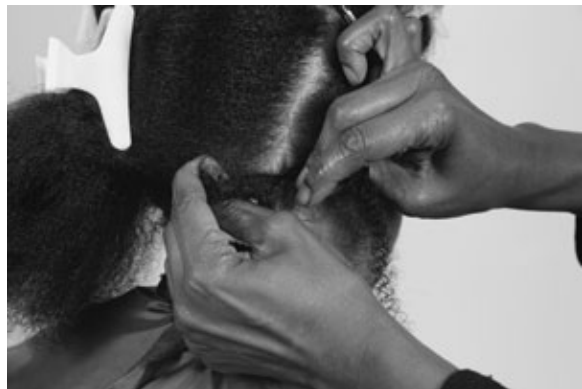
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AFRO-TWIST EXTENSION

Below are photos depicting steps in completing the procedure for the Afro-twist extension. Please look at them carefully, and then in the space provided number them in the order that they would be performed, first to last.

Step 5 Step 7b Step 16 Step 4 Step 7a Step 11

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Step 8



Step 17



Step 9



Step 1



Step 10



Step 6

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Step 13

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