



# **Module 12 : Professional Hair Washing, Shampoo and Conditioning**

- Step by step procedure for hair shampooing
- Step by step procedure for hair conditioning
- Hair wash for men

## **Summary / What you will learn**

- How to shampoo hair in the correct way
- Step by step procedure for hair shampooing
- Step by step procedure for hair conditioning
- Hair wash for men
- Hair wash stands in salons

## **12.1 Introduction**



**The hair wash at the salon should be done in a professional way and this attention to detail is what sets it apart from a DIY home hair wash!**

Washing the hair before haircuts and hair treatments help cleanse off dirt, oil and grime. The hairstylist is able to observe your hair in its natural state without clumping that could occur because of sticky oil. After washing and conditioning, the hair becomes more responsive to manipulation and styling.

Read for a step-by-step on how to wash your client's hair the right way:

## 12.2 Step 1

# 1

This helps detangle hair and resolve knots. Combing the hair while it is wet causes breakage as wet hair is weaker than dry hair.

Dampen your client's hair with tepid or lukewarm water. Very hot water tends to leave hair dull and lifeless although it may feel very good! Warm water is great for exfoliating and eliminating dirt and oil from the scalp as it opens up the pores. It also facilitates the removal of hair products that have accumulated in the pores.

It's important to rinse off previous hair products before the next styling.

However, excessive heat can open the pores to an extent where oils are released and this tends to leave the hair dry and brittle. Since hair is stripped of natural oils, overly hot water tends to cause frizzing of hair (frizzing of hair is caused due to lack of moisture in the hair). Hot water also tends to make hair vulnerable to breakage as it weakens hair strands.

On the other hand, cool water helps seal in moisture and closes the cuticles, thus imparting sheen. The problem is that excessively cold water is not effective in rinsing out dirt and oil.

Therefore, the best temperature of water for washing hair is lukewarm or tepid. Finish off the wash with a cold rinse after using warm water to cleanse the scalp. Remember to check with the client if

they are comfortable with the water temperature that you are using.

## 12.3 Step 2

# 2

**Now wet the hair all through so that it becomes easy to work in the shampoo.**

Oily hair usually tends to resist water so water may only rest on the surface instead of reaching the scalp.

Make sure that you select the right shampoo to use for your client's hair type (refer to module 9 on hair types). To ensure that you are using the right product for your client, mix a little water in a spray bottle and lightly mist the hair. If the water gets absorbed immediately, you should use 'normal to dry' shampoo products. If the water beads up a little on the surface before getting absorbed, then it's better to opt for 'normal to oily' shampoo products.

Ask your client about their shampoo routine. Do they wash their hair every day? Or do they wash their hair once or twice a week? When did they last wash their hair? Asking these relevant and important questions will help you choose the right shampoo for your client.

Tip: as far as possible, invest in low-sulphate or sulphate-free shampoos as they are able to cleanse without stripping your hair of all essential oils.

If your client has frizzy, afro hair, remember to use a product specially formulated for frizzy hair. Use about 11g (or half inch or 5 cm circle) of shampoo (or less) in your palm for short to medium hair. If the hair is longer, you may require a little more quantity (about 4 cm of shampoo).

## 12.4 Step 3

# 3

**Mix the shampoo with a little water to create foam and spread the shampoo gently and evenly through the scalp.**

Massage your client's scalp with your fingertips; avoid being abrasive and rough. Rough and intense scrubbing will end up triggering excess oil production from the sebaceous glands in the scalp. Remember to spread the shampoo throughout the scalp and not just on top of the head. As you work up a gentle lather, avoid piling up the client's hair as this will create knotty tangles.

It's not always necessary to repeat the shampoo-rinse routine more than once. You may need to repeat it only if the hair is very dirty or oily. Otherwise, a single but thorough shampoo should do the trick. The quality of lather will indicate if you need to repeat the shampoo routine. The first time around, you may get a weak or poor lather while during the second time you may see a full, rich lather. This means that all the dirt and oil has been washed off.

Use clean water to rinse out all the shampoo out of the hair. Gently twist the clients hair in your hand to make sure the shampoo runs out of the strands; the hair should quite literally feel 'squeaky clean'.

Shampoos contain chemicals known as 'surfactants' that may cause the scalp to feel dry and itchy.

Finish the wash routine with cool water to stimulate blood circulation to the scalp and retain moisture. Keep rinsing the hair until the water runs clear. Gently pat dry with a towel (avoid vigorously rubbing the towel on the scalp).

## 12.5 Conditioning Hair



**Shampooing is usually followed by conditioning.**

Conditioning helps coat the hair shaft with a thin, protective film that adds softness, suppleness, lustre and manageability to your hair. Select the right conditioner for your client's hair. If the hair shaft was porous (dry), then use a heavy conditioner that contains generous amounts of moisturiser. If the shaft repels water and is oily, then opt for a lighter conditioner. Hair conditioners make hair cuticles smooth as they rest on the surface of the hair.

Make sure that you squeeze all the excess water from the client's hair before applying conditioner. You should ideally apply conditioner about 2 to 3 inches away from the scalp right to the ends. Avoid applying conditioner on the scalp. Leave the conditioner on the hair for about 2 to 3 minutes to allow it to work. Moisture-rich conditioners may require more time to rest on the hair while lighter conditioners can be rinsed off in 1 minute's time.

Excessively wet hair does not allow the conditioner to stay on so towel-dry the hair gently and then apply conditioner. Rub your hands together to allow the conditioner to spread and then use stroking motions to apply it on the hair shaft and ends. Use your fingers like a comb and rake your fingers gently through the hair to ensure that the conditioner covers the hair shaft as well as ends.

Now use tepid or lukewarm water to rinse off the conditioner completely from the hair. Run your hands along the hair shaft to make sure the conditioner is completely cleaned off. Residual conditioner will cause the hair to look oily, limp and flat once it is dry. The hair is now shampooed and conditioned and ready for styling.

Clients usually feel extremely relaxed while their hair is being shampooed and conditioned. Many salons also offer a minor massage session along with the wash where they lightly massage the back of the neck and scalp.

## 12.6 Quick Tips for Men's Hair Wash



**To begin with, it's important to understand that men and women have the same hair wash requirements except that most men may sport short hair.**

As far as possible, avoid combined hair products (shampoo plus conditioner, for example). First wash your client's hair of dirt and oil with a good shampoo. Please ensure that you have ascertained your male client's hair type before using any products. Men's hair can also be classified under dry, oily, straight, wavy, curly and so on.

Once you have washed the hair with lukewarm and a suitable shampoo, proceed to condition the hair shaft and rinse off all the conditioner when you have finished. Men's hair responds to shampoo and conditioning treatments much the same as women. The only difference is that you may have to use less of shampoo and conditioner if your client's hair is short. Use hair sprays, gels and mouse that are formulated specifically for use on men.

### **FACT**



96 million UK citizens use the Head & Shoulders brand according to a study.

*Source: Statista*

## 12.7 Hair Wash Stands in Salons



**Shampooing and conditioning are normally done with hair wash stands in salons.**

Hair wash stands are usually equipped with a small couch or chair where the client is able to relax in a horizontal position while their hair is being washed. There is a tilting basin at the head with a built-in mixed level tap that allows you to adjust water temperature. Wrap a plastic sheet and thick towel around the neck area of your client.

Professional hair wash stands also come with side or back plumbing so you can position them at your convenience.

### Module Summary

Washing hair is a procedure that you may have to perform several times in a day in your salon. Invest in one or more hair wash stands for long-term use. Although shampooing and conditioning hair may appear to be standard procedures, they need to be done in the correct way for subsequent

styling purposes. A thorough shampoo and conditioning treatment leaves the hair clean, soft and manageable and the hair becomes responsive to styling and manipulation. Conditioning may also be done in the aftermath of certain hair treatments like colouring, for example. It's important to use the right shampoo and conditioner products that correspond with the hair type of each client.

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