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Unit Overview & Description

This unit will provide students information about shampoo and its ingredients, composition of shampoo, types of shampoo, hair conditioner, rinses and its types, procedure for shampooing and conditioning, disposal of waste material, safety precautions in shampooing & conditioning, henna / mehndi application

Duration: Total Hours: 14 (Theory: 7 hrs Practical 7 hrs)

Knowledge & Skill:

1. Knowledge of Shampoo and its Ingredients
2. Types of shampoo and conditioner
3. Hair conditioner and rinses
4. Trolley setting for shampooing and conditioning
5. Understand the procedure for shampooing and conditioning
6. Knowledge of Henna applications

Resource materials

1. Beauty Therapy: The Foundation Level II, 2e by Lorraine Nordmann
2. Professional Beauty Therapy Level III, 2e by Lorraine Nordmann
3. Milady's Standard Cosmetology, ISBN:978-1-5625-3880-2
4. Reagents/ Prentice-Hall Textbook of Cosmetology by Mary Healy
5. NVQ 2 hairdressing; ISBN 978-0-4354-6202-4

Learning Outcomes:Unit 6: Shampooing and Conditioning

Unit	Shampooing and Conditioning	Outcomes
6.0	Shampoo and its ingredients	- Identify Shampoo and Its Ingredients - Identify Types of shampoo
6.1	Hair Conditioner & Rinses	Identify Types of conditioner and rinses
6.2	Preparation for Shampooing & Conditioning	Identify material and supplies
6.3	Procedure of Shampooing and Conditioning	Identify the procedure of Shampooing and conditioning.
6.4	Henna or Mehndi Application	List of Material and suppiements used for Henna application

Assessment Plan (For the Teachers)

Unit	Topic	Assessment Method	Time Plan	Remarks
6.0	Shampoo and its ingredients	Exercise: Question & Answer Audio Visual Aids		
6.1	Hair Conditioner & Rinses	Exercise: Question & Answer Audio Visual Aids; Practical Demonstration by the learner		
6.2	Preparation of Shampooing & Conditioning	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner		
6.3	Procedure of Shampooing and Conditioning	Exercise: Question & Answer Audio Visual Aids Practical demonstration by the learner		
6.4	Henna or Mehndi Application	Exercise: Question & Answer Audio Visual Aids Practical demonstration		

Shampoo and Conditioning

6.0 SHAMPOO AND ITS INGREDIENTS

Shampoo could be any of various liquid or cream preparations of soap or detergent used to wash the hair and scalp. Conditioner is a substance used, often after shampooing, to detangle and improve the condition of the hair. Like shampoo, it is applied to wet hair and then rinsed out after applying. Shampoos are designed to cleanse the hair and scalp by removing oil, dirt, dandruff, dead skin, environmental pollutants and other contaminant particles that gradually build up in the hair. They form the heart of hair care. A good shampoo does not interfere with the sebum the natural oil secretion. Shampoo cannot change the process of overactive oil glands.

HISTORY

The word shampoo is derived from the Hindustani word “Campo” in 1762. Shampoo is originated in Bengal region by Mughal empire. It was introduced as head massage. It contained alkali, natural oils and fragrances, Before this people tried soap water and added herbs to give shine and fragrances to the hair. The modern shampoo was first introduced in 1930 which contained synthetic surfactants.

Washing with shampoo does not dry out hair because an ideal shampoo will not cause drying of hair or scalp or stimulate greasy scalp.

SHAMPOO & ITS INGREDIENTS

- Ammonium chloride
- Ammonium lauryl sulfate
- Glycol
- Sodium laureth sulfate is derived from coconut oils and is used to soften water and create a lather. There was some concern over this particular ingredient circa 1998 about this chemical being a carcinogen, but that has been disproved.
- Sodium lauryl sulfate
- Sodium Lauroamphoacetate is naturally derived from coconut oils and is used as a cleanser and counter-irritant. This is the ingredient that makes the product tear-free.
- Polysorbate 20 (abbreviated as PEG(20)) is a mild glycol based surfactant that is used to solubilize fragrance oils and essential oils; meaning it causes liquid to spread across and penetrate the surface of a solid (i.e. your hair).
- Polysorbate 80 (abbreviated as PEG(80)) is a glycol used to emulsify (or disperse) oils in water (so the oils don't float on top like Italian salad dressing).
- PEG-150 Distearate is a simple thickener.
- Citric Acid is naturally derived from citrus fruits and is used as an antioxidant to preserve the oils in the product. While it is a severe eye-irritant, the Sodium Lauroamphoacetate counteracts that property. Citric acid is used to adjust the pH down to approximately 5.5. It is a fairly weak acid which makes the adjustment easier. Shampoos usually are at pH 5.5 because at slightly acidic pH the scales on a hair follicle lay flat making the hair feel smooth and look shiny. It also has a small amount of preservative action. Citric acid as opposed to any other acid will prevent bacterial growth.
- Quaternium-15 is used as a bacterial/fungicidal preservative.
- Polyquaternium-10 has nothing to do with the chemical Quaternium-15. This chemical acts as the conditioning ingredient, providing moisture and fullness to the hair.

- Di-PPG-2 myreth-10 adipate is a water-dispersible emollient that forms clear solutions with surfactant systems
- Methylisothiazolinone or MIT, a powerful biocide and preservative.

COMPOSITION OF SHAMPOO

Shampoo is generally made by combining a surfactant, most often sodium lauryl sulfate and/or sodium laureth sulfate with a co-surfactant, most often cocamidopropylbetaine in water to form a thick, viscous liquid. Other essential ingredients include salt (sodium chloride), which is used to adjust the viscosity, a preservative and fragrance.[9] Other ingredients are generally included in shampoo formulations to maximize the following qualities:

- Pleasing foam
- Easy rinsing
- Minimal skin/eye irritation
- Feels thick and/or creamy
- Pleasant fragrance
- Low toxicity
- Good biodegradability
- Slightly acidic (pH less than 7)
- No damage to hair

Many shampoos are pearlescent. This effect is achieved by addition of tiny flakes of suitable materials, e.g. glycol distearate, chemically derived from stearic acid, which may have either animal or vegetable origins. Glycol distearate is a wax. Many shampoos also include silicone to provide conditioning benefits.

TYPES OF SHAMPOOS

Shampoo contains detergents which remove dirt and grease from hair and can be rinsed off with water.

All shampoos fall into two categories:

1. Cleaners - those need a follow up conditioners.
2. Shampoo + Conditioners - these shampoo plays double role of a shampoo and a conditioners most shampoos available are in this category only other special shampoo are as follows:
 - **Daily use Shampoo** - They are very gentle and have low amounts of cleansers and generally contains conditioners.
 - **Dry Shampoo** - They are called powder shampoo. They are applied in dry hair and then brushed out. They don't really clean the hair but they are helpful when you can't shampoo hairs because of cold weather prolonged illness, or in hurry, or in long travel these shampoo help.
 - **Baby Shampoo** - These are special shampoos for babies who have very sensitive & delicate skin. They are very mild shampoo preparations.
 - **Shampoo for color treated hair** - These shampoos are rich in natural oils and moisture so that they can restore water to the hair shaft. They are low in alkalinity. They don't have saturated castor oils so that the color doesn't strip.

- **Shampoos for permed or processed hairs** - They are rich in moisturizers and protein and are low in alkalinity. They are made for damaged or chemically treated hair as these hair tangle easily; use instant conditioners after each shampooing service.
- **Medicated Shampoos / Anti-dandruff shampoos** - Apart from regular ingredients for normal daily use shampoos they contain some special chemicals to remove dandruff such as azonic, tar derivatives, anti-bacterial as well as antifungal etc.
- **Anti lice Shampoo** - Applied in proper manner they can kill the lice. These shampoos contain Gamma benzene hexa chloride as permethrin, a carbaryl or malathion etc.
- **pH Balance Shampoo** - These shampoos have pH factor similar to the skin & hair, which is between 4.5 to 5.5. They counteract the effect of chemicals on the scalp.
- **Herbal Shampoos** - These shampoos are prepared with plant extracts and herbs. These natural shampoos are beneficial for all types of hair. They contain shikakai, amla, trifala etc.
- **Two-in-one Shampoo** - Contains detergent to clean your hair and few drops of conditioner to moisturize your hair. Gives quick results because your hair can be shampooed and conditioned at the same time.
- **Peroxide Shampoo** - This shampoo is used to give hair brightening and highlighting effect. These shampoos are strong and can lighten the natural color of hair and thus should not be used on regular basis.

Review Questions:

- Name two main ingredients of shampoo.
- List the qualities of a good shampoo.
- Name two categories of shampoos.
- Name the main ingredient of Anti Lice shampoo.

6.1 HAIR CONDITIONERS & RINSES

Natural oil sebum secreted by scalp helps to keep hair glossy, sometimes there oil glands may not produce enough oil, in this case conditioning adds brilliance to all types of hair especially dry hair can be benefited to get a luminous shine. All types of hair require conditioning conditioners to help the hair that has been exposed to excess sunlight, bleaching and faulty diet. Conditioners keep the hair smooth & self-conditioning helps in removing tangles and makes the hair easy to manage. Conditioners should be applied to freshly shampooed hair that has been blotted by with a towel to remove excess moisture.

History

For centuries natural oils have been used to condition human hair. This natural oil product is still used today. Modern conditioner was created in 20th century called brilliantine. Conditioners were made with silicon, fatty alcohols and some ammonium compounds. These chemical products allow the benefits of hair conditioner without feeling greasy or heavy hair. Conditioner is a thicker substance which coats the cuticle of the hair.

Hair Rinse

Hair rinse is the product you use to coat your hair after shampooing & Conditioning. The main aim of Hair rinse is to restore the acid-alkaline balance of the scalp. Hair rinses gives luster and volume to hair. There are two types of hair rinses natural and chemical. Chemical based rinses are available in the market. Some commonly used natural rinses are Tea Rinse, Lemon Rinse, Beer Rinse, Vinegar Rinse, Chamomile rinse.

Hair Conditioners

When considering the question of how hair conditioner works you first need to know about the structure of hair. Hair, as you may know, is composed of a protein called keratin. This fact is important because keratin has a high percentage of those amino acids which have negative charges.

The next thing you need to know is that most hair conditioners contain positively charged molecules called cationic surfactants. Soap, shampoo, and other cleaners contain surfactants (also called detergents) that are anionic; that is, negatively charged. These cleaners are very effective at removing dirt, but they also remove natural oils and positive charges from the hair.

The positively charged surfactants in hair conditioner are attracted to the negative charges in your hair, and do not rinse out completely with water. When the hair dries, it is coated with a thin film, which adds weight, makes the hair easier to comb, and prevents static electricity from building up and 'frizzing' the hair.

Commonly used ingredients in Conditioners

- Moisturizers, whose role is to hold moisture in the hair. Usually these contain high proportions of humectants.
- Reconstructors, usually containing hydrolyzed protein. Their role is supposedly to penetrate the hair and strengthen its structure through polymer cross linking.
- Acidifiers, acidity regulators which maintain the conditioner's pH at about 3.5. In contact with acidic environment, the hair's somewhat scaly surface tightens up, as the hydrogen bonds between the keratin molecules are strengthened.
- Detanglers, which modify the hair surface by pH as acidifiers, and/or by coating it with polymers, as glossers.
- Thermal protectors, usually heat-absorbing polymers, shielding the hair against excessive heat, caused by, e.g., blow-drying or curling irons or hot rollers.
- Glossers, light-reflecting chemicals which bind to the hair surface. Usually polymers, usually silicones, e.g., dimethicone or cyclomethicone.
- Oils (EFAs - essential fatty acids), which can help dry/porous hair become more soft and pliable. The scalp produces a natural oil called sebum. EFAs are the closest thing to natural sebum (sebum contains EFAs).
- Surfactants - Hair consists of approximately 97% of a protein called keratin. The surface of keratin contains negatively-charged amino acids. Hair conditioners therefore usually contain cationic surfactants, which don't wash out completely, because their hydrophilic ends strongly bind to keratin. The hydrophobic ends of the surfactant molecules then act as the new hair surface.
- Lubricants, such as fatty alcohols, panthenol, dimethicone, etc.
- Sequestrants, for better function in hard water.
- Antistatic agents
- Preservatives

TYPES OF CONDITIONERS

Conditioners add brilliance to all types of hair, especially the dry hair. Sebum, the natural oil secreted by the scalp helps to keep the hair glossy, sometimes oil glands may not produce enough oil or other factors may affect the production of sebum.

Glossy hair has cuticle scales that lie flat and neatly overlap. In this condition, hair reflects the light. Chemical

perming or colouring and rough handling of hairs conspire to lift the cuticle, which allows moisture to be lost from the cortex which in turns make the hair dry, less luster and prone to tangle. Hair get thinner and break easily. To put the shine back and to repair the split ends, it is necessary to use a specific conditioner.

Hair conditioner in the early 19th century

Brilliantine is a hair-grooming product intended to soften men's hair, including beards and moustaches, and give them a glossy, well-groomed appearance. It was created at the turn of the 20th century by French perfumer Edouard Pinaud (a.k.a. Ed. Pinaud). He presented a product he called Brillantine.

Brylcream is a brand of hair styling products for men. The first Brylcream product was pomade created in 1928 by County Chemicals at the Chemico Works in Bradford Street, Birmingham, England. The pomade is an emulsion of water and mineral oil stabilized with beeswax.

Pomade also regionally pronounced in the same way as the French word, (pommade) is a greasy and waxy substance that is used to style hair. Pomade makes hair look sleek, neat and shiny. Unlike hair spray and hair gel, pomade does not dry and often takes several washes to remove. It can easily be removed using a high-detergent shampoo or other de-greasers such as dishwashing liquid and or using olive oil and rinsing with warm water.

Modern Hair Conditioners are available in different forms are as follows:

- **Basic Conditioners** - They coat the hair with a fine film temporarily smooth the cuticle and make the hair shiny & soft. They should leave on the scalp for few minutes before rinsing out. They are available for all hair types. They restore body and acid volume to the hairs. They include protein and polymer fibers.
- **Conditioning sprays** - They are used prior to styling and form a protective barrier against the harmful effects of heat. They are also good for reducing static electricity on flyway hairs.
- **Intensive conditioners** - These helps the hair to retain their natural moisture good for split, dry frizzy or difficult to managed hair.
- **Leave in Conditioner** - Apply after shampoo but don't rinse off. These form a barrier around your hair, which reduces damage from heat styling. Available in form of spray, liquid and monssier.
- **Hot oils** - Good for very dry and damaged hairs. They give an intensive, deep nourishing treatment. Olive and Almond oil is good for dry hairs. They coats the hair shaft and repairs a damaged cuticles.
- **Deep Conditioners** - This is used of excessively brittle & broken hair. They contains large amount of protein and it should be applied over a long time for absorption.
- **Restructurants** - Good for flat hair which is damaged and lost its elasticity. They penetrate the cortex and helps to repair the inner part of damaged hair.
- **Color/ Perm Conditioner** - They are specially designed for chemically treated hairs. Add a protective film around porous areas of hair it helps in preventing colour loss. After perm it helps to stabilize the hair and helps to keep the bounce in curls.
- **Split end treatment/Serum** - They condition the damaged hairs. As an intermediate solution, hair can't be temporarily sealed from the ends. They works on freshly washed hair, they surround the hair with a microscopic film that leaves the hair shaft smoother.

Review Questions:

- Name few commonly used natural rinses?
- Why conditioner is used after shampooing?
- List the types of conditioner available in the market?
- Restructurant conditioner is good for which hair type?

6.2 PREPARATION FOR HAIR SHAMPOOING & CONDITIONING

Trolley Setting

Before starting the shampooing and conditionally treatment it is important to set the shampoo station with all the necessary equipment and materials.

Following are the common list of equipment and material used for shampooing:

Equipment

- Shampoo basin
- Hot and Cold spray unit
- Shampoo chair

Material

- Gloves
- Neck cape
- Towels
- Combs
- Brushes
- Cotton
- Eye pads

Cosmetics

- Shampoo & Conditioner (as required)

PREPARATION OF THE CLIENT

Instructions for Draping the Clients:

- Wash your hands.
- Ask your client to remove all the jewellery and glasses and secure in safe place.
- Pull the client's hair up into a clip turn the client's shirt collar inward and place a towel lengthwise over the clients shoulders and cross the towel ends in front. You may secure the crossed ends with a clip.
- Position a plastic cover over the towel and secure it. Pull the back of the cape over the outside of the shampoo chair to prevent wetting the client's clothes.



- Examine the scalp and hair thoroughly before washing. Begin at the ends of the hair and brush the hair to remove any tangles.
- You can use either a front wash basin or backwash basin.

Review Questions:

True or False

- Before shampooing hair and scalp analysis is not necessary (T/F)
- Temperature of water should be checked before starting the procedure of shampooing. (T/F)
- Towel should be secured on to the neckcape (T/F).
- Detangling of hair should be done before proceeding for head wash (T/F)

6.3 PROCEDURE OF HAIR SHAMPOOING & CONDITIONING

Seat client comfortably

- Turn ON water and test temperature before applying to client's scalp and wet hair thoroughly.
- Apply appropriate shampoo effectively to the hair using circular movement on the head.
- Turn the water ON and check the temperature before rinsing the first shampoo application.



Wet the hair thoroughly



Apply Shampoo

- Apply second shampoo application using circular movement and continue until hairs lather well and all the hair has been covered. If hairs do not lather well due to excessive build up of a product or grease, you may need to repeat with a third shampoo.
- After rinsing the shampoo thoroughly, apply conditioner and leave for 2-3 minutes or as per the directions given by the manufacturer.
- Thoroughly rinse OFF the conditioner from the scalp and hair.
- Wrap the towel securely to avoid drips.



Massage the Scalp to remove oil & debris and thoroughly rinse off the shampoo

DISPOSAL OF WASTE MATERIAL

There are two kinds of tools commonly used in shampooing & conditioning in salon: non-porous (which can be disinfected and are generally reusable) and porous (which are either one-use only [disposable] items or require specific cleaning protocol). Know what each implement you use is, as it directly affects your ability to comply with state laws and keep clients safe.

Porous items are made of cloth, wood, or other absorbent materials. Porous items include cotton, paper mats, towels, and buffer blocks. Porous items that are damaged or destroyed by cleaning or disinfection procedures are single-use items (disposable) and must be thrown away after one use.

- Porous items of any type (including those that say they can be disinfected) that are contaminated by blood, body fluid, broken skin (skin that is not intact), infections, or unhealthy conditions must be thrown in the trash.
- Towels, chamois, and similar items can be cleaned in a washing machine with regular detergent at the end of each day.

Non-porous items are made of hard materials like metal, plastic, or glass, and include nippers, scissors, combs, metal

- All non-porous tools can be (and must be) disinfected even if they do not contact blood or unhealthy conditions. These are all multi-use items.
- To clean a non-porous item, clean all visible debris then completely immerse the tool for 10 minutes in a disinfectant, bleach solution (1 part bleach to 9 parts water), or 70% or higher isopropyl or ethyl alcohol.
- Brushes that are used to remove debris from a shampoo basin, must be properly cleaned and disinfected between each use.

Products	How	Why
Aerosols	Fully empty. Don't bend or pierce container. Place in bin that will not contain hot ashes.	Highly flammable. Gasses may ignite.
Chemical waste	Dilute with water. Wash down basin	Contact with chemicals can be harmful, but are less effective when diluted.
Sharps/Glass	Wrap up any sharps in paper or tissue before disposal in cardboard box.	Sharps and glass can be dangerous if not securely contained.
Recyclable containers	Fully clean and dry containers before clearly marking them	

SAFETY PRACTICES IN SHAMPOOING & CONDITIONING

- Read and follow manufacturers' instructions for products used in the salon. Labels include information about how to use the product safely, expiration dates, safety precautions to be followed in case of a spill or reaction, and proper disposal. Also, be sure to follow local and state regulations for chemical disposal.
- Have a Material Safety Data Sheet (MSDS) on file in your salon for every product used in the salon that could cause injury or harm. MSDS include important information about reactions, spills, ingredients, and disposal of chemicals. Make certain that the information on the MSDS is read and understood by all salon workers. Most states require MSDS to be available upon request by an inspector, and a fine might be levied for salons that don't have them, so keep MSDS for all of your products in an easily accessible location. Many manufacturers have MSDS on their websites that can be easily downloaded.
- Proper ventilation in salons is essential for client and worker safety and comfort. Make certain that your ventilation system provides fresh air intake as well as exhaustion of stale air. Air control in the salon reduces your exposure to airborne particles and bacteria as well as reduces your inhalation of product vapors, creating a healthier work environment.
- Use a ventilation system that directs airborne debris (like filing dust) away from the breathing zone (the two foot square area between your mouth and nose and your work area) of your client. A mask can also be worn for further protection.
- Use a metal trashcan with a lid (a self-closing trashcan is ideal) to reduce vapors from soiled material getting into the salon. This also reduces odor.
- Smoking should never be permitted in a salon, nor should lighted candles be used anywhere. Store all chemicals in closed containers, always away from any sources of heat or ignition.

PRECAUTIONS AND CONTRAINDICATIONS

- The client must be adequately protected from water so clothes should be completely covered by a gown and towels tucked well down at the nape. If a front wash is to be used the client should be given a face cloth to protect their eyes and possibly make up.
- Hair must be untangled before Shampooing.

- The temperature of the water should be checked on the wrist or the back of the hand before using.
- Correct shampoo should be used for the type of hair.
- Liquid shampoo should be allowed to run over the back of the hand then the scalp to minimize coldness.
- Cream shampoo should be applied to the palm of the hand before being evenly distributed over the whole head.
- Friction hand massage should be used in circular movements from hairline to crown throughout the whole head.
- Care must be taken to ensure that the hair is thoroughly rinsed after each shampoo application.
- After shampooing hair should be towel dried and removed away from the face.

CONTRA-INDICATIONS

- Do not use in case of hyper sensitivity from any chemical.
- In case of accidental contact with eyes rinse with plenty of water.
- If shampoo or conditioner gets on your clothes, face or any other part of the body it should be completely washed immediately to prevent skin irritation.
- Stop using the product if any of the following occurs difficulty in breathing, skin or eye irritation, scalp irritation or redness on the scalp.

Review Questions:

Fill in the blanks

- Test the _____ of water before wetting client's hair.
- _____ should be applied after the shampooing.
- Shampoo should be applied using _____ movement.
- Porous material used in shampooing is generally _____ type.

6.4 HENNA OR MEHNDI APPLICATION

Mehndi is a natural plant not a chemical or ink. It grows in a hot temperature. It gives only one colour that is orange reddish tone. It's scientific term is Lawsonia Ineamis. After applying henna to your hair you should give 1-2 weeks break for another hair treatment. About 200-300 gms of Henna powder is needed for an average length of hair every time.



Material and implements used:

- Henna
- Towels
- Dye cape
- Double Boiler
- Rubber gloves
- Wide tooth comb
- Clips hairbrush
- Shampoo + Rinse
- Plastic Bowl

Henna preparation:

Preparing the henna, assemble the following items :

- Towels (use old ones, they will get stained)
- Plastic bowl
- Large spoon for stirring
- Plastic cling wrap
- Acidic liquid such as lemon juice, apple cider vinegar or orange juice (if desired)
- Water (preferably filtered)
- Dry henna powder, enough for your length of hair
- Tint brush
- Disposable latex or vinyl gloves

Place the dry henna powder in the bowl. Add a small amount of the acidic liquid to the powder and enough water to make a paste that is the consistency of yogurt. Stir well to remove lumps. Cover the bowl with plastic wrap and let set until the dye releases from the henna, usually around 12 hours at 70 degrees F (21 degrees C).



Drape towel around shoulders to protect clothing and cover surfaces of the area that is exposed. When applying your henna. Put on the gloves. To apply henna, section hair and apply it to one section at a time until all of your hair is covered, make sure that you get it all the way down to the roots.

After you have your hair covered with the henna, wrap your hair in plastic wrap, then cover it with a shower cap. It's important to keep the henna moist while it is processing. Allow it to remain on the hair for 2 to 4 hours. Rinse out with water. Shampoo and condition, if desired

Tips:

- To make removal of the henna easier, use some conditioner. Rinse the henna with water, then work some conditioner in and rinse again. Repeat if necessary.
- To speed up the processing time, use heat, such as a bonnet style hair dryer or a heat cap. For every 30 minutes of heat applied reduce the processing time by 1/2.
- Henna will stain. Make sure to clean up the spills immediately.
- If your scalp is sensitive or your hair is normally dry, use orange juice for your acidic liquid, or don't use any acidic liquid at all, just use water.
- If your henna is too bright after 48 hours have passed, you can do another application.
- If your hair color is getting too dark, try applying it to the roots only when you do touch-ups.

Who Can Use Henna:

The best heads for henna are brunettes and dark blonds. Hair that is naturally very dark will look smashing with red henna highlights.

Henna Color Choices

The reds are the most used, have the least amount of additives, and - if they are pure are completely safe. The browns and blonds are available too.

Henna does not lighten hair. It won't lift the color, like commercial dyes can do. So you must get a shade that somewhat matches your own, or is darker. Brunettes can easily go red, blonds can go brunette or red. But there's no way a brunette can go blond.

A Few Words of Caution

- Do not use henna over commercially colored hair. It's safest to wait at least 2 months after a commercial dye job, before using henna. Do strand test before applying henna on chemically coloured hair.
- About a week or so before you're planning to henna, use a clarifying shampoo. That will help strip out the old color.
- Be sure you're buying a brand of henna that does not contain metallic salts. These are extremely unhealthy. They may be labeled on the box as compound henna dye, or they may not be listed at all.
- How can you tell if your henna contains metallic salts if they're not listed in the ingredients? If your strand test leaves your hair swatch brittle or dried-out, or if the color "takes" very quickly, that probably means it contains metallic salts. Don't use it.

Procedure:

- Seat and prepare the client.
- Cover the clients clothing with Dye Cape.
- Mix and heat henna in a double boiler.
- Mix 3 table spoon of henna.
- Two table spoon strong coffee or tea decoction.
- One egg
- 1 Teaspoon ground fenugreek powder.

- ½ tea spoon of coconut oil.
- 1 cup of soaked dried Amla.
- Measure and mix the ingredients until smooth.
- Shampoo the hair.
- Use only one application of shampoo and rinse with water.
- Towel Dry, leave hair little moist so the henna will reach the deep surface and action will be faster.
- Protect hands with rubber gloves.
- Comb and part the hair in four sections.
- Apply henna paste.
- Check the henna temperature.
- Use brush or gloved hand for application.
- Start from nape and work upward with making 1 inch partings.
- Work quickly and apply thoroughly so that colouring will be equivalent.
- Leave 1 inch around face line free from henna until rest of hair has started to develop colour.
- Apply henna to face line to avoid discolouration.
- Put cap on to avoid dripping.
- Test the desired shade by judging the time, you can apply steamed towel to faster the action.
- Rinse out henna with water spray.
- Shampoo hair to remove stains from the scalp & set hair in desired style.
- Clean and sterilize equipments and make a record of the clients.

BENEFITS & CONTRAINDICATIONS OF HENNA

Benefits:

- Henna gives the colour to your hair.
- It makes the hair healthy, strong, thick and silky.
- Henna is considered to be a natural conditioner for hair.
- Henna makes hair manageable and tangle free.
- Henna don't gives any side effect like other chemical hair colours do.
- It helps to control dandruff.

Contra indications:

- Although rare but henna reaction may occur, when contacted with skin.
- May give symptoms of itching, redness and even scaly dryness.
- Those with naphthalene sensitivity, or has ever been advised by the physician not to use aspirin and anti-inflammatory drugs should not apply Henna.
- People with traumatic symptoms are advised not to use henna.

Sanitation techniques for shampooing, conditioning & hair care:

- Sweep floors clean after each client service, especially after every shampooing and conditioning service
- Deposit all waste materials in a waste receptacle with a self-closing lid

- Mop floors and vacuum carpets daily.
- Control all types of dust.
- Keep windows, screens, and curtains clean.
- Regularly clean fans, ventilation systems, and humidifiers.
- Keep all work areas well lit.
- Keep rest rooms clean and tidy. Remember to clean bathroom door handles.
- Provide toilet tissue, paper towels, and pump-type liquid soap in the rest room
- Provide disposable drinking cups.
- Avoid touching your face, mouth, or eye areas during services.
- If you drop an implement on the floor, disinfect it before using it again. Properly clean and disinfect all tools and implements after each use and store them in a clean, covered container
- Do not place any tools, combs, rollers, or hairpins in your mouth
- Keep the outside of all containers clean.
- Make sure all containers are properly marked, tightly closed, and properly stored.
- Wear clean, freshly laundered clothing.
- Empty waste receptacles regularly throughout the day.
- Prohibit eating, drinking, and smoking in areas where services are performed
- Never place food in refrigerators used to store salon products.
- Keep the salon free from insects and rodents
- Clean and disinfect all work surfaces, including manicure tables, aesthetic beds, workstations, and chairs, between client services. Clean shampoo bowls and disinfect the neck of the bowl after each client.
- Use only freshly laundered or new disposable linens on clients. Use separate closed containers for soiled linens. Use disposable towels or tissues whenever possible. Use neck strips or towels to ensure that there is no skin contact shampoo capes. Disinfect all linens during the wash cycle with detergent and bleach.
- Monitor air quality in the salon. Four to ten air changes per hour are recommended for public buildings. Air changes remove suspended particles such as hair spray, nail filings, and microscopic particles

Review Questions:

True or False

- Strand test should be done before applying Henna on Chemically coloured hair (T/F).
- Natural colour of Henna is orange (red) (T/F)
- Henna cannot be used as natural hair conditioner (T/F)
- Henna should not be applied for sensitive scalp condition (T/F).

SUMMARY

The key to attractive hair is its cleanliness; the hair should be shampooed, conditioned & rinsed as often as necessary, with the product designed for the hair type. Choosing the correct shampoo, conditioner and rinse for a hair type is the first step of delivering a professional service. This builds the foundation for the successful services. Commonly used ingredients in conditioner are moisturizers, reconstructors, acidifiers, detanglers, thermal protectors, glossers, oils, lubricants and sequestrates. Hair rinses are given after a shampoo to remove soap from the hair, to make the hair more manageable, temporarily highlight or brighten the hair to give lustrous appearance. Henna gives natural and temporary color to the hair.

EXERCISE QUESTIONS

Theory Questions:

1. Define shampoo & list the common ingredients of shampoo?
2. List the qualities to prepare a good composition of shampoo?
3. Describe the types of shampoos?
4. Define rinse and hair conditioner & list commonly used ingredients in conditioner?
5. Write in detail the precautions and sanitization techniques and contra-indications of shampooing and hair conditioning?

Practical Questions

1. Demonstrate use of different type of hair conditioners?
2. Demonstrate preparation of the client trolley settings?
3. Demonstrate the procedure of using medicated shampoo?
4. Demonstrate the complete procedure of “Henna” application?