Shampooing and Conditioning
Copyright © Texas Education Agency, 2013. These Materials are copyrighted © and trademarked ™ as the property of the Texas Education Agency (TEA) and may not be reproduced without the express written permission of TEA, except under the following conditions:

1) Texas public school districts, charter schools, and Education Service Centers may reproduce and use copies of the Materials and Related Materials for the districts’ and schools’ educational use without obtaining permission from TEA.

2) Residents of the state of Texas may reproduce and use copies of the Materials and Related Materials for individual personal use only, without obtaining written permission of TEA.

3) Any portion reproduced must be reproduced in its entirety and remain unedited, unaltered and unchanged in any way.

4) No monetary charge can be made for the reproduced materials or any document containing them; however, a reasonable charge to cover only the cost of reproduction and distribution may be charged.

Private entities or persons located in Texas that are not Texas public school districts, Texas Education Service Centers, or Texas charter schools or any entity, whether public or private, educational or non-educational, located outside the state of Texas MUST obtain written approval from TEA and will be required to enter into a license agreement that may involve the payment of a licensing fee or a royalty.

For information contact: Office of Copyrights, Trademarks, License Agreements, and Royalties, Texas Education Agency, 1701 N. Congress Ave., Austin, TX 78701-1494; phone 512-463-7004; email: copyrights@tea.state.tx.us.
Objectives

• Learn to treat scalp and hair that are dry, oily, or dandruff ridden
• Explain the role of hair brushing to a healthy scalp
• Discuss the uses and benefits of the various types of shampoo
• Discuss the uses and benefits of the various types of conditioner
• Demonstrate the appropriate draping for a basic shampooing and conditioning
Say What?

“Love of beauty is taste. The creation of beauty is art.”

~ Ralph Waldo Emerson ~
Scalp Care and Massage

• Cleanliness and stimulation
• Continuous and even motion
• DO NOT perform if abrasions are present
• When to perform?
  – Before a shampoo if a scalp condition is apparent, or
  – During the shampoo, after conditioner is applied for relaxation
Scalp Treatments

- Given BEFORE or DURING a shampoo service
- Relaxation or treatment: only difference is which products used
- Contraindications: medical conditions that may prohibit the service
Normal Hair and Scalp Treatment

• Purpose: to maintain scalp and hair in a clean and healthy condition
• Perform treatment only after full hair and scalp examination
Dry Hair and Scalp Treatment

• Used if natural oil is deficient
• Treatment products: contain moisturizing and emollient ingredients
• Avoid strong soaps, greasy preparations, lotions with high alcohol content. Use a scalp steamer
Dry Hair and Scalp Treatment

• Cause: overactive sebaceous glands
• Purpose: to flush out excess sebum through gentle pressing or squeezing
Antidandruff Treatment

• Cause: a fungus called malassezia
• Purpose: to suppress the growth of malassezia and loosen scalp scales
Hair Brushing

- Stimulates circulation
- Removes dust, dirt, and product build-up
- Adds shine
- Allows for scalp examination
To Brush? Or Not to Brush?

• Do not brush or irritate the scalp before giving a chemical service:
  – Single process and double process hair color
  – Highlighting
  – Relaxers
  – Some temporary and semi permanent hair colors

• Do not brush if the scalp is irritated

Copyright © Texas Education Agency, 2013. All rights reserved.
Hairbrushes

- Natural bristles: most highly recommended to clean and add luster to the hair
- Nylon bristles: shiny, smooth, and more suitable for hairstyling

Nylon Bristle Brush
Shampoo Selection

• As a professional, you must become skilled at selecting shampoos that support the health of the hair, whether the hair is natural, color-treated, fine and limp, or coarse and wiry.

• Product knowledge is critical (read labels).
Selection Considerations

• Hair type: dry, oily, normal, chemically treated
• Hair condition: over processed, chemically treated, damaged by harsh products or improper care, exposure to elements
• Home maintenance
• pH-balanced shampoos
Types of Shampoos

- pH-balanced
- Conditioning
- Medicated
- Clarifying
- Balancing
- Dry or powder
- Color-enhancing
- For hairpieces and wigs
The Shampoo Experience

• Massage for client preference
• Adjust water temperature for client choice
• Don’t wet client’s face
• Double-check nape area
• Do not drench towel around neck
• Blot hair, not face
• Give relaxation massage
Shampooing and Retailing

• Use the shampoo time to better establish your professional relationship with the client and promote quality products for at-home use.

• During the shampoo give clients information about what you are doing and why.
Conditioners

• Deposit protein and moisturizer
• Restore strength and give body
• Protect against breakage

• Types
  – Rinse-out
  – Treatment or repair
  – Leave-in
Other Conditioning Agents

- Spray-on thermal protectors
- Scalp conditioners
- Medicated scalp lotions
- Scalp astringent lotions
Deep Conditioning Treatments

• Also known as masks or conditioning packs
• Mixtures of concentrated protein in a heavy cream base of a moisturizer
• Penetrate the cuticle layer
• Used when an equal degree of moisturizing and protein is required
Draping

• Client must be properly draped for each service.
• Shampoo (wet) draping: two terry towels used, one under cape and one over; replaced with neck strip and cape.
1. First towel

2. Add plastic shampoo drape over towel.

3. Place second towel over drape.
Summary and Review

1. What shampoo is appropriate for use on clients with dandruff? On product buildup? On damaged hair?
2. What is the action of conditioner on hair?
3. What are the benefits of scalp massage?
References/Resources

Images:
Microsoft Office 2007 Clip Art.
Personal photos: Ms. Jaime Watson, Cosmetologist

Textbook:

Quote:
http://www.brainyquote.com/quotes/topics/topic_beauty.html#1a8FWW60ESMyHrrY.99