Techniques for setting and dressing hair  
- (1 of 2)

As fashions in hairdressing constantly change, the techniques used to achieve the looks also change.

The main techniques used for setting and dressing hair are:

• Setting
• Pin curling

Before you choose a technique you must take the following factors into consideration:

• the required result
• the haircut
• the texture and elasticity of the hair
• the length and density of the hair
• any growth patterns
• the head and face shape

**Setting:** this technique requires the use of rollers to curl the hair into a new shape.

The size of the roller will determine the size of the curl, though influencing factors such as:

• Hair texture
• Hair density
• Hair length
• Hair type

will also affect the amount of curl and volume of the finished result.
Techniques for setting and dressing hair
- (2 of 2)

Hair can be set wet or dry:

**Wet setting**
The hair is shampooed and wound in rollers or set in pin curls.

The amount of curl and movement can vary from tight spiral curls to loose waves depending on the size of rollers or pin curls.

Natural, tight, curly hair can be smoothed and straightened by winding the hair on very large rollers.

Stand up barrel pin curls create volume and flat barrel pin curls create movement and waves.

The hair must be dried under a hood dryer and the final result dressed out to meet the requirements of the client.

Pin curls can also be used to produce a waved effect. The pin curls are set in rows. The first row will be clockwise, the second row, anticlockwise. When the hair is dried and dressed out, a waved effect is created.

**Dry Setting**
This can be achieved by using:

- Velcro rollers
- Heated rollers
- Curling tongs

A dry set produces a much softer result than a wet set and can also be used following a blow dry to provide extra volume and support to the finished style.

The hair is set and placed under heat to allow a curl to form.
Critical Influencing factors for setting, drying and styling

Before setting and dressing a client’s hair you must take many factors into account as these may have an effect on the technique to use or on the style that can be achieved.

The factors are:
- Hair cut
- Hair growth patterns
- Hair elasticity
- Head and face shape
- Hair texture
- Hair length
- Hair density
- The occasion for which the style is required

Hair cut
This will affect the choice of style that can be achieved because the cut shape will determine the shape and length of the finished look.

Hair growth patterns
The client may have difficult or strong hair growth patterns that will determine the direction the hair must be set.

Hair elasticity
Some clients have more elasticity in their hair than others. For example, hair that is over-processed will have reduced elasticity, therefore, this type of hair will not curl as well as hair with good elasticity.

Hair that is very springy or very strong may be difficult to style and requires more tension when setting.

Head and face shape
The choice of style must complement the head and face shape.

Hair texture
This can influence the technique used and the choice of style because the hair may be too fine or too coarse to be able to achieve the required look.

Hair length
The hair may be too long or too short for a specific style or for you to be able to use a specific technique.

Hair density
This can influence both the technique used and the style to be achieved. The hair may be too sparse or too abundant for a look or for a particular technique.

The occasion for which the style is required
This will affect the finished look because some styles suit special occasions such as a wedding, whilst some styles suit a more casual occasion.
### Setting Techniques - (1 of 2)

<table>
<thead>
<tr>
<th>Technique</th>
<th>Why used</th>
<th>When used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roller set</td>
<td>Straight hair To create movement, body, volume and curl.</td>
<td>On wet hair</td>
</tr>
<tr>
<td></td>
<td>Curly hair To smooth and soften the natural or artificial curl.</td>
<td></td>
</tr>
<tr>
<td>Velcro set</td>
<td>To create soft curl, wave, volume and body in hair. Can be used after a blow dry to create extra lift and curl.</td>
<td>On dry hair</td>
</tr>
<tr>
<td>Heated roller set</td>
<td>To create soft curl, wave, volume and body in hair. Can be used for general styling or prior to dressing long hair into a vertical roll.</td>
<td>On dry hair</td>
</tr>
<tr>
<td>Pin curl set</td>
<td>Can be used to create very tight curls, or very soft curls, with or without root lift.</td>
<td>On wet hair</td>
</tr>
<tr>
<td>Tong set</td>
<td>Used to create different size curls or spirl curls</td>
<td>On dry hair</td>
</tr>
</tbody>
</table>

Note: Setting and finger drying can be completed using a brick or directional winding method.

**Activity**

Look in style books to find an example for each of the setting techniques listed.
Using different types of pin curls and sectioning patterns - (2 of 2)

<table>
<thead>
<tr>
<th>Pin curls</th>
<th>Why</th>
<th>When</th>
<th>How</th>
</tr>
</thead>
</table>
| Flat barrel curls | To create a curl | When root lift is not required | • Make a section approximately 1cm square  
• Comb the hair in the section and hold at the ends  
• Turn the hair to create a curl  
• The diameter of the pin curl will determine the size of the curl  
• Hold into place with a pin curl clip. |
| Stand up barrel curls | To create a curl | When root lift is required | • Make a section approximately 1cm square  
• Comb the hair in the section  
• Lift the hair in the section against the direction of hair growth  
• Hold the hair at the ends and turn to create a curl  
• The diameter of the pin curl will determine the size of the curl  
• Clip the curl at the base of the pin curl  
• The open curl can be supported with a small piece of cotton wool to prevent it collapsing while drying. |

<table>
<thead>
<tr>
<th>Setting patterns</th>
<th>Why</th>
<th>When</th>
<th>How</th>
</tr>
</thead>
</table>
| Brick setting   | To prevent visible roller sections and partings | On any hair type, but most beneficial on very fine hair | • Make a sections appropriate for the size of roller to be inserted  
• Place the rollers into the hair in the direction of the desired hair style in a brick formation (like the wall of a house). |
| Directional setting | Hair is set in the direction of the desired style | On any hair type for any hair style | • Make a sections appropriate for the size of roller to be inserted  
• Place the rollers into the hair in the direction of the desired hair style. |
Why and how to use the different types of sectioning and winding techniques in the range

The shape, size and direction of curl and movement is directed by the way the hair is sectioned and the winding techniques used.

Sectioning and winding techniques:

- When placing rollers in a directional formation - wind the hair point to root
- When placing rollers in a brick pattern – wind the hair point to root
- When using barrel pin curls – wind the hair point to root
- When using flat pin curls – wind the hair root to point
- When using tongs to form spiral curls – wind the hair point to root

A combination of sectioning and winding techniques can also be used to achieve the clients chosen style

Use a hairdressing block to practise the different types of sectioning and winding techniques.

Remember: The client’s chosen style will influence which sectioning and winding techniques should be used.
To create extra lift and volume in hair, the hair can be back combed or back brushed.

**Back Combing**

The hair is held at the ends. A comb is inserted into the hair and pushed towards the roots. The shorter hairs will be pushed down, resulting in padding at the roots.

For loose back combing, use a wide toothed comb. Firmer back combing can be achieved using a comb with finer teeth.

**Back Brushing**

Back brushing the hair will provide a softer result than when a comb is used.

The hair is held at the ends. A brush is inserted into the hair and pushed towards the roots. The shorter hairs will be pushed down, resulting in padding at the roots. Volume can be achieved on the length if the back brushing process is continued to the ends of the hair.
Winding on and off base

1

2

3
Methods of handling, controlling and securing hair to achieve curls and rolls - (1 of 3)

Securing long hair
Long hair may have to be secured at the end of a plait or at the roots for a ‘pony tail’.

The hair must only be secured with covered bands or bands designed for hair. Do not use elastic bands as they may damage and break the hair.

Securing a pony tail
Pony tails can form the basis for long hair that is to be put up. One method for securing a pony tail is:

1. Tie a 24 cm piece of covered elastic into a circle and attach a grip at either end

2. Gather the hair that is to be the pony tail together in one hand and with the other push one grip, flat to head, into the middle of the pony tail

3. Ensure the first grip is secure, and by pulling the elastic taut with the second grip, wrap the length of elastic, over the top of the first grip, around the base of the pony tail

4. Continue to wrap the elastic around the base of the pony tail, until it will not go around any further

5. Partially slide the second grip out of the elastic and then push the second grip into the base of the pony tail to secure.
Methods of handling, controlling and securing hair to achieve curls and rolls - (2 of 3)

Securing the end of a plait
Use covered elastic, or a band designed for use on hair. Tie the elastic into a circle and place at the end of the plait. Keep wrapping the elastic circle until the band fits the circumference of the end of the plait.

Alternatively, use a hair accessory that will secure the end of the plait and form part of the hair design.

Securing hair for a vertical roll

When gripping hair for a vertical roll it is important to ensure that the grips are firm. Failing to secure a firm base for the vertical roll will lead to difficulties when trying to complete the hair style.

One method for securing hair for a vertical roll is:

1. Back comb a section of hair approximately 6cms wide from the centre crown to the centre nape (the back combing will provide a ‘base to which the grips can be inserted).

2. Comb the hair from one side of the head to just past the centre back of the head. Include hair from the front hairline and ensure the hair is brushed or combed smooth. Hold firmly with one hand. With the other hand, beginning at the nape of the neck insert the first grip.

Remember Do not use your teeth to open the grip. Instead - try prising the end of the grip on the edge of a watch strap or ring.

3. Insert the second grip by overlapping with the end of the first grip

4. Insert the third grip by overlapping with the end of the second grip

A zigzag line of grips will hold the hair more firmly.

Notes.
5. Continue until you reach the crown. The final grip should be placed into the hair in the opposite direction to the preceding grips.

6. Comb the remaining hair over the grips and fold the ends of the hair to form a vertical roll.

7. Secure the roll in place by using grips in the centre of the ‘cone’ with fine pins on the outside edge.
Products for home use that will benefit the client and those to avoid and why

Complete the handout by naming suitable/unsuitable products for specific hair types and styles (use brand name and type of product).

Use the products that are available in your salon or training centre.

Explain why the products are suitable or unsuitable.

<table>
<thead>
<tr>
<th>Hair type and style</th>
<th>Name two suitable products</th>
<th>State why the products are suitable</th>
<th>Name one unsuitable product</th>
<th>State why the product is unsuitable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short fine hair that has been roller set to give height and volume (wet set)</td>
<td>1)</td>
<td>2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long layered coarse hair pinned up into curls and roll (dry set)</td>
<td>1)</td>
<td>2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Long naturally curly hair set into spiral curls using tongs (dry set)</td>
<td>1)</td>
<td>2)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
How to give effective advice and recommendations to clients

It is an essential part of any salon service to give guidance and recommendations about:

The choice of hairstyle - during the consultation a client will expect the hairdresser to use their knowledge and experience to advise and recommend a suitable hairstyle.

Maintaining the hairstyle – it is considered ‘good practice’ to advise the client by giving tips and recommending retail products that will help them to look after their hair at home.

Other services – a client may be unaware of any promotions and existing or new services the salon offers, during the styling service there will be opportunities to give advice and recommend any salon promotions and other services.

Identify different types of effective advice and recommendations that can be given to a client during a styling and finishing service in relation to the following:

The choice of hairstyle


Maintaining the hairstyle


Other services


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Style and finish hair

Learner Check - Page 1 of 2

Session 5

1. Name two types of pin curls.

2. Describe the result of winding hair on base.

3. Describe the result of winding hair off base.

4. Describe the result of winding hair in pin curls where one row is wound clockwise and the second row anticlockwise.

5. Describe how the hair growth patterns will influence the finished result.

6. Explain why hair sections must be brushed out thoroughly.

7. State why rubber bands should not be used to secure long hair.

8. Describe how the continual use of heated equipment can affect the hair.

9. What affect does a person’s lifestyle have on their choice of style?

10. Describe the aftercare advice that you can give to clients to maintain their hairstyle.