



Welcome to Highlands college Hair and Beauty Academy

## HAIRDRESSING - STUDY PACK

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Welcome to Highlands College hairdressing Academy. As part of your hairdressing course you will develop a broad knowledge base on the science of hairdressing and learning how to create new and emerging techniques' and develop your skills. For you to become a competent stylist and have a fantastic career within an exciting industry.

In this booklet, we have set out tasks that will give you an idea of some of the topics you will be expected to learn throughout your time with us, this will also give you a head start before you begin your studies in September.



## Create your own Mood Board

The hairdressing industry is a very creative industry and as part of your course you will have to create an image based on a theme and the fashion industry.

We would like you to create a mood board with a collection of ideas and images for hair styles based on these years.

- 1940
- 1960
- 1980
- 2000

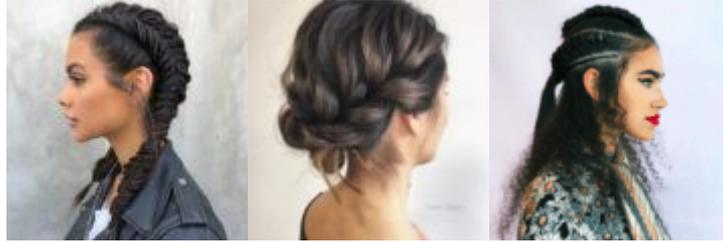
You can present your mood board on whichever way you think looks best, for example you may choose to present it on paper, poster paper, or PowerPoint. We have also provided a template for you on the following page to put your final idea on!

Have fun creating your image!



One of the units you will cover on the hairdressing course will be plaiting, twisting hair and incorporating into a hair up. You will be demonstrating your creative skills and ideas;

however, you will need to take different factors into consideration beforehand.



Some of the factors you will need to consider are face and head shape.

You need to take into consideration head and face shape when plaiting and twisting hair. You do not want to give the client a style that emphasises their imperfections but need to identify how a style can work with their shape.

For example, a client who has a long narrow head and face shape would suit a style with volume or bulk at the sides. Facial features also need to be considered; for example, a fringe will make a high forehead appear shorter.

**Task 1** - Name the four face and head shapes.

- 1)
- 2)
- 3)
- 4)

**Task 2** - Find picture on the internet and stick them next to the face and head shape that you feel is best suited however, the style needs to be a hair up incorporating plait, twists.

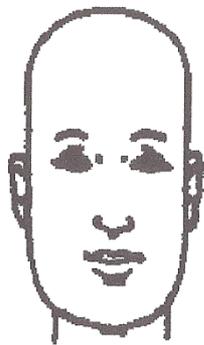
**Take 3** - Write a short explanation why you feel that the style you have chosen is suitable for the face and head shape.

**Below are some links to tutorials on face shapes.**

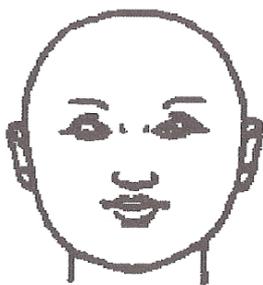
<https://www.youtube.com/watch?v=5ZzqZAUo6e0>

<https://youtu.be/iNWHrgWZTYg>

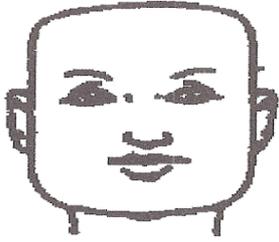
1



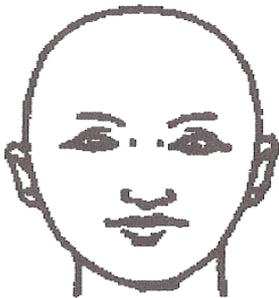
2



3



4

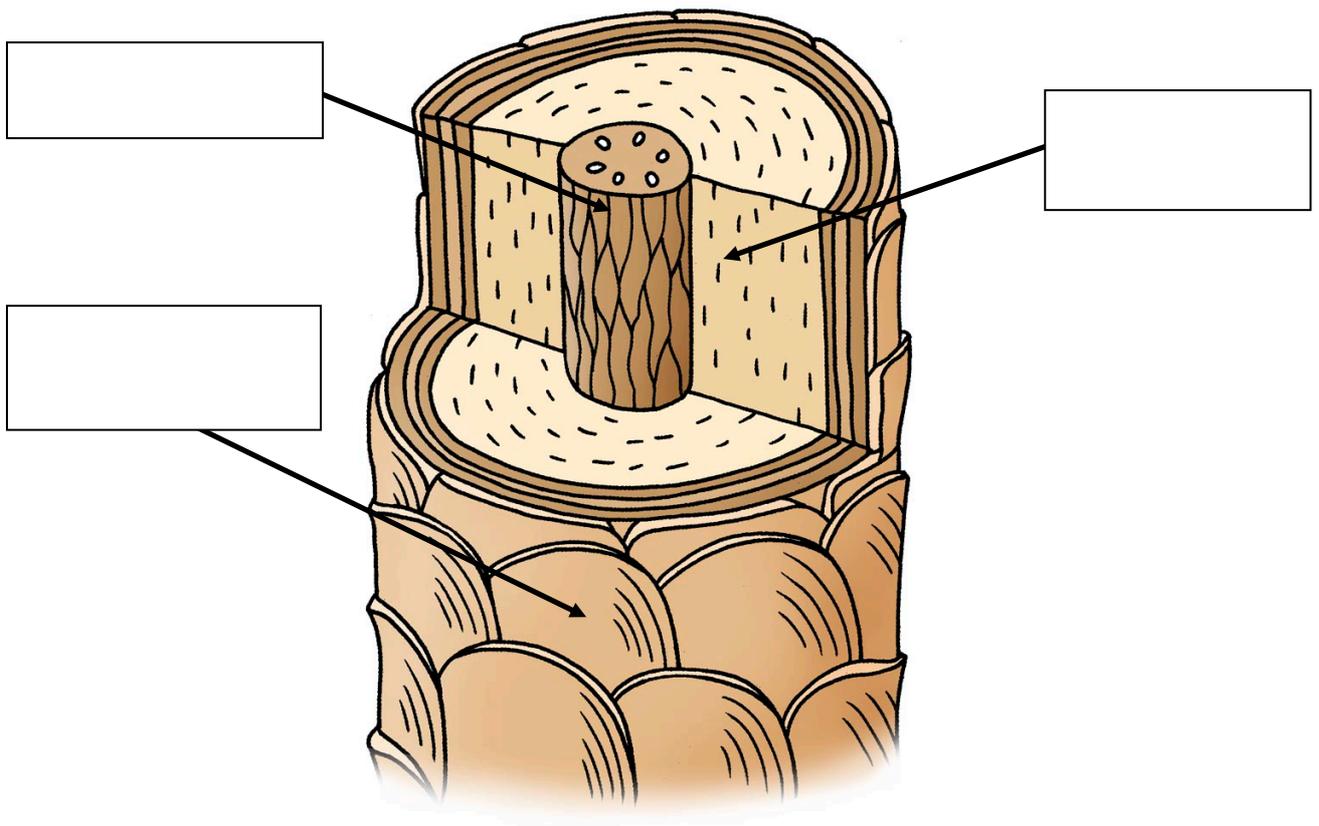


For you to grow and develop your knowledge and work in the hairdressing industry, it is vital that you know how to analyse the client's hair and understanding the structure and their functions.

Your task here is to label the hair structure, using the words below.

- Cuticle
- Cortex
- Medulla

### Basic hair structure



Below is a link to a tutorial on the basic hair structure.

<https://youtu.be/-i3MC4d-HmY>

One of the key aspects of the hairdressing course, will be you gaining a comprehensive understanding on how to work safely and professional within a hair salon and how to maintain a safe working environment for the clients and yourselves. This means maintaining effective and safe methods of working when carrying out any service on a client.

### Test your knowledge

The correct way to position yourself and client throughout the service.

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1. How will the position of the client contribute to the finished styling result?

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.....  
.....  
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2. How should the client be positioned?

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.....  
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### Positioning of self throughout the service

Poor posture of the stylist could result in fatigue with the possibility of long-term back problems if not corrected.

It could also result in the finished look of the client's hair style being unbalanced.

Poor posture of the stylist could result in fatigue with the possibility of long-term back problems if not corrected. It could also result in the finished look of the client's hair style being unbalanced.

Tick the correct techniques to maintain good posture when working:

Stand with feet together

Back straight

Stand with feet slightly apart

Move around the client to avoid leaning

Bend shoulders forward

Stretch up to reach the client.