

Hair Dressing and Beutification Leve II

Based on November 2022, Version- 1



Module Title: Shampoo and Color Hair

Module Code: CST HDB2 M04 0622

Nominal duration: 100 hours

Prepared By: Ministry of Lobar and Skill

**November, 2022
Addis Ababa, Ethiopia**

Acknowledgement

Ministry of Labor and Skills wish to extend thanks and appreciation to the many representatives of TVT instructors and respective industry experts who donated their time and expertise to the development of this Teaching, Training and Learning Materials (TTLM).

Page 2 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

Acronyms

TVT	Technical Vocational Training
LAP	Learning Activity Performance
DHEA.....	Dehydroepiandrosterone
PPE.....	Personal protective equipment
DHT.....	dihydrotestosterone
PRP.....	Platelet-rich plasma

Table Contents

Acknowledgement.....	2
Acronyms.....	3
Introduction to the Module	6
Module Units.....	6
Learning Objectives of the Module.....	6
Module Learning Instructions	6
Unit one: Pre-Service Shampoos and Color Hair	7
1.1 Provide Service for Client	8
1.2 Clean Gown or Wrap and Towels.....	8
1.3 Hair and Scalp Condition	9
1.4 Condition of Hair and Length	11
1.5 Unusual Scalp Condition	18
1.6 Clients to Remove Accessories Worn.....	21
1.7 Shampoo and Treatment Products	24
Self-Check.....	32
Part I- Multiple chose Item	32
Part II: short Answer writing	32
Lap Test.....	32
Operation Sheet.....	33
Unit Two: Shampoos and Conditioner	34
2.1 Client's Neck and Head Position	35
2.2 Client's Neck and Head Position	36
2.3 Adapt Water Temperature for Clients	36
2.4 Massage Technique	37
2.1 Manage Excess Water.....	38
2.7 . Rinse the Hair	39

Self check	40
Part I multiple chose	40
Part II True or false	40
Part III Fill the blank space	41
Unit Three: Color Neutralization	42
3.1 Products to Reform Color Treatment	42
3.2 Personal Precautions Skin Reactions to Hair Color	43
3.3 Salon procedure	43
3.4 Client comfort and safety	44
3.5 Clean Tools and Equipment	44
Self Check.....	46
Part One:- Give a brief explains.....	46
Part Two:- Fill the Blank.....	46
Part Three:- true or false.....	46
Reference.....	47
Developers Profile.....	49

INTRODUCTION TO THE MODULE

In hair dressing and beautification field, Shampoo and Color hair, Shampoo and conditioner and Color Neutralization to know perform a range of shampoo and basin services. This module design to meet the industry requirement under the hair dressing and beatification occupational standard particularly for the unit of competence Perform Shampoo and Color treated hair.

MODULE UNITS

- Pre-service shampoos and color hair
- Shampoo and conditioner
- Color Neutralization

LEARNING OBJECTIVES OF THE MODULE

At the end of this session, the students will able to:

- pre service shampoos and color hair
- Identify shampoo and conditioner
- Rinse hair
- Neutralize color hair

MODULE LEARNING INSTRUCTIONS

- Read the specific objectives of this Learning Guide.
- Follow the instructions described below.
- Read the information written in the information Sheets
- Accomplish the Self-check
- LAP Test
- Operation sheet

Page 6 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

UNIT ONE: PRE-SERVICE SHAMPOOS AND COLOR HAIR

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- Provide service for client
- Clean gown or wrap and towels
- Hair and scalp condition
- Condition of hair and length
- Unusual scalp conditions
- Clients to remove accessories worn
- Shampoo and treatment products

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Confirm service provide for client
- Apply Clean gown or wrap and towels
- Examine Hair and scalp condition
- Check Condition of hair and length
- Observe unusual scalp conditions
- Provide clients to remove accessories worn
- Prepare Shampoo and treatment products according to Hair and scalp type, condition, color treated hair

1.1 Provide Service for Client

Client services means any Services that directly or primarily support a Client, whether the Client is the recipient through the provision of voluntary or mandatory Services. Client Services also means any Goods that are incidental or specialized in relation to any Services defined in this Subsection.



Fig .1 provide service for client

1.2 Clean Gown or Wrap and Towels

Before shampoo a client they need to have cape or gown placed .Their clothes or gown protection over their clothes four protection from water or chemicals place a towel around the clients shoulder and then another under the throat across the front .

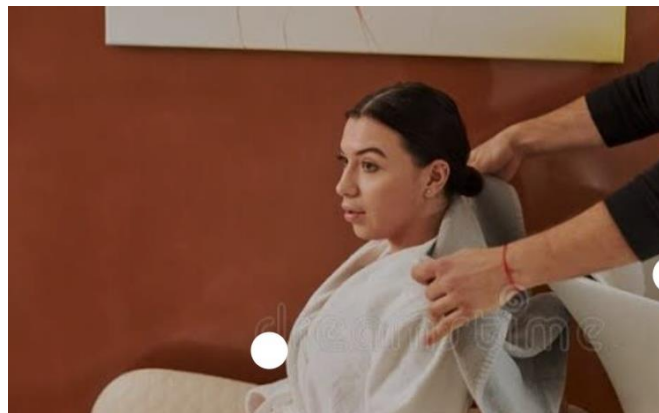


Fig .2 Clean gown or wrap and towels

1.3 Hair and Scalp Condition

A hair is a thin, flexible shaft of cornified cells that develops from a cylindrical invagination of epidermis, hair follicle. Each consists of a free portion or shaft and a root embedded within follicle. Shaft consists of 3 layers of cells: the cuticle or outermost layer; the cortex, forming the main horny portion of the hair; and the medulla, the central axis.

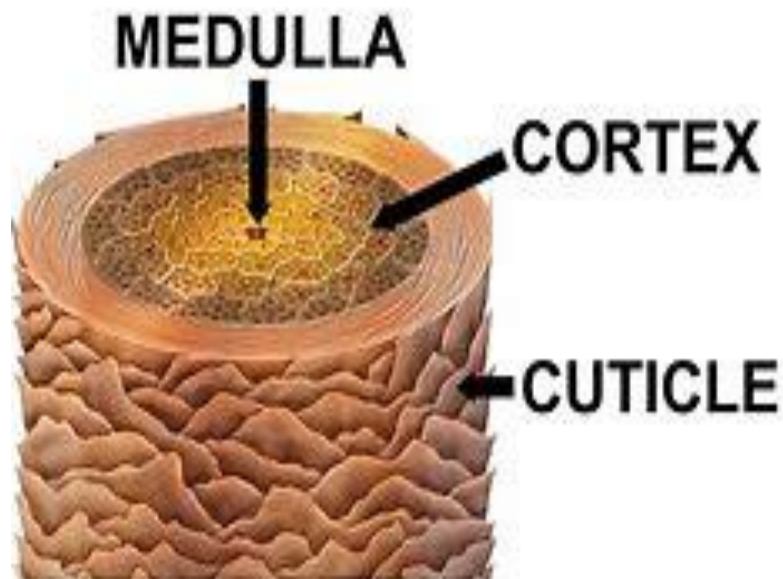
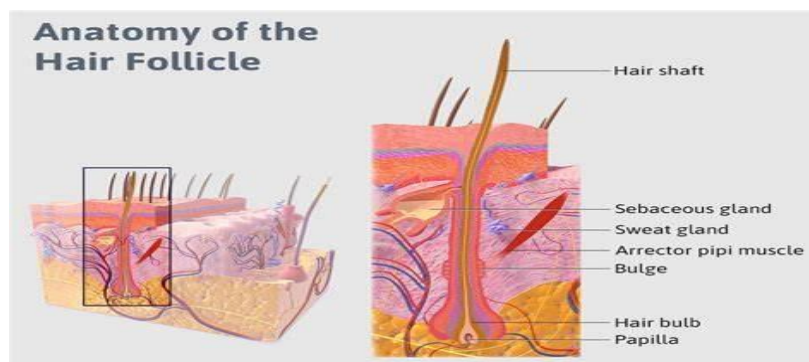


Fig.1.3 hair Condition

Page 9 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
--------------	---	--	--

Hair Type Chart with Different Types of Waves and Curls

- **Type 1: Straight hair.** Straight hair types tend to be shiny, oily and almost unresponsive to common curling techniques. While there are subcategories:
- **Type 2: Wavy hair.** Type 2 hair is the happy medium between straight and curly hair; not too oily and not too dry. There are three specific type 2 wavy hair types: 2A, 2B, and 2C, all with soft S-like curl shapes.
- **Type 3: Curly hair.** Type 3 curly hair is in the middle of the curly hair scale. It has naturally defined curls in the form of ringlets and is quite dry because the natural oils found in the scalp do not reach the entire hair strand. The curly hair type also has three subtypes: 3A, 3B, and 3C.
- **Type 4: Kinky Hair.** Type 4 coily hair texture is characterized by tightly coiled locks that are common for African American women. Unlike in type 3 hair, the curls are not defined and tend to be very fragile, even though several strands packed together make it look very thick and strong. Like all other hair types from the typing system, it has three different subcategories: 4A, 4B, and 4C

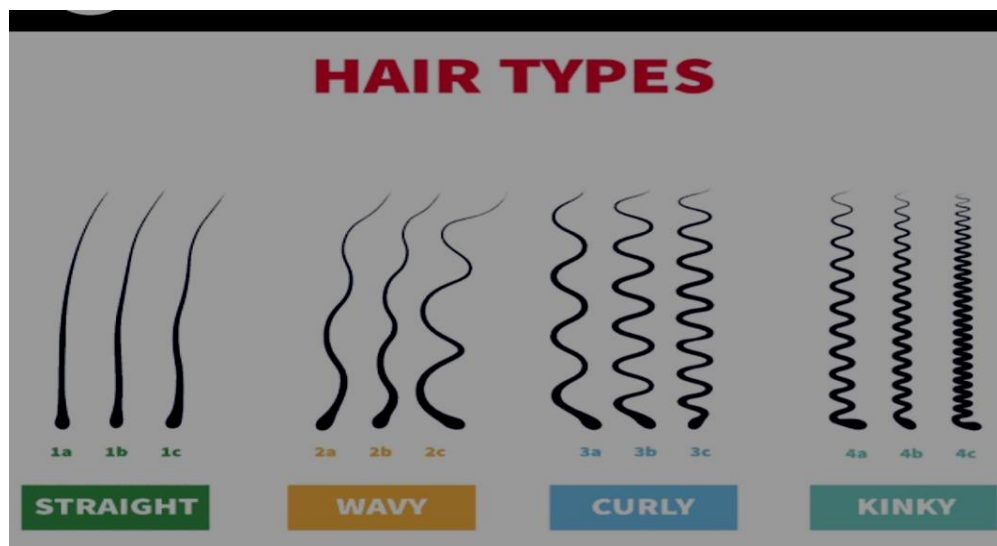


Figure 1.3.1 Hair Type Chart with Different Types of Waves and Curl

- Scalp and hair condition means seborrhea eczema or dermatitis is common inflammatory. Skin is condition that causes flakey scaly patches on the skin especially the scalp when those flakey fall off its called dandruff. Cradle cap is seborrhea eczema in infants' psoriasis is Common in inflammatory skin condition



Fig 1 Hair and scalp condition



fig 2 Hair and scalp condition

1.4 Condition of Hair and Length

Oily hair means oily hair is the result of the oil sebaceous gland in the scalp producing large amount of oily hair caused by a buildup of excess sebum a naturally. occurring oil produced within your sebaceous gland near your hair follicles excess oil leaves your scalp and hair greasy oily hair could be caused by beauty routine or hormonal imbalance.

Dry hair is does not have enough moisture and oil maintain its normal shin and texture. Case of dry hair excessive hair washing or using harsh soaps or alcohols excessive blow-drying dry hair due to climate. Damage hair means the hair that has lost natural shine and luster and looks Rough and is called damage hair Case of damage hair the common forms of hair damage hair include split ends heat color chemical.

Damage hair

Dry, dull hair, split ends, easy breakage are all synonymous with damaged hair because healthy hair is not supposed to be dry, dull-looking, split at the ends or break easily, even under the gentle pressure of a hair brush.

Page 11 of 50	Author/Copyright Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	--	--	--



Fig 1.4 Oil hair



Fig. 1.4 Dry hair



1.4 fig. Damaged hair

Hair disorders

Hair disorders genetic factors, diet, endocrine abnormalities, systemic illnesses, drug intake, and hair shaft abnormalities may cause hair loss. The diagnosis of hair disorders is complex and an evaluation of the clinical presentation, history and physical examination is necessary. Laboratory work-up might be helpful.

Clinical history should include duration of hair loss, family history, affected areas (localized or diffuse scalp, and scalp alone or other hair bearing areas), associated nail changes, and hair care habits (shampooing, bleaching, perming).

Diagnostic office techniques include visual examination of all hair bearing areas as well as of the nails. Signs of scalp inflammation, infection or scarring (absence of hair follicle Ostia) are helpful for the differential diagnosis. The main classification divides hair loss in cicatricle and non-cicatrtrial alopecia (table1). Additional specific techniques are gentle hair pulls, hair clipping, hair plucks, light microscopy of hair fibers, bacterial and fungal cultures of scalp scales, and finally scalp 4-mm punch biopsies

Page 12 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

Table 2 Classification of Alopecia

Cicatrice alopecia	I. Folliculitis II. Lupus erythematosus III. Lichen plans IV. Scleroderma
Non-cicatrice alopecia	I. Talon effluvium II. Anlagen effluvium III. Androgen etic alopecia IV. Alopecia aerate V. Trichodystrophies

Cicatricial alopecia's are difficult to differentiate from one another clinically, and often require a scalp biopsy for a correct diagnosis. Non-cicatrice alopecia includes disorders that alternate the hair cycling, such as androgen etic alopecia, the most common cause of hair loss, and shedding. Patients with noncicatricial alopecia may require thyroid-stimulating hormone and ferritin level testing. The ferritin level should usually be higher than 40mcg/l to ensure normal hair growth. Associated acne or menstrual irregularities suggest hormonal imbalance, and an androgen workup is advised. Dehydroepiandrosterone-sulphate (DHEA-S) is most commonly elevated in women with androgen excess.

The complaint "My hair is coming out by the roots" represents an alteration in the cyclic growth pattern of scalp hair and may manifest as a talon or anlagen shed. Germinal center of the anlagen hair follicle. A severe insult, interrupting keratinization and changing of the anlagen hair follicle to a resting or dying hair follicle, produces a toughen follicle. This results in toughen shed.

Normally, telogen (resting) follicles represent approximately 20% of the total volume of scalp hair. Any premature interruption of anagen phase induces more telogen hair follicles. Ultimately, this results in increased shedding of excessive telogen hair. The diagnosis of telogen effluvium can be made by excessive hair loss telogen hair as demonstrated with hair pull. This change is experienced 6 weeks to 4 months after an initial cause or trigger. Common triggers for a telogen effluvium are: medications, illnesses, and childbirth and crash diets. The etiology of telogen effluvium is generally elucidated by history, with special concentration on events that have preceded the shed by 6 weeks to 4 months.

In general, telogen effluvium is self-limited, and no treatment is necessary after initial cause is removed. However, chronic or persistent telogen shed heralds androgen alopecia or other metabolic or disease states, such as thyroid disorders. If telogen shedding persists, a more intense medical evaluation is needed.

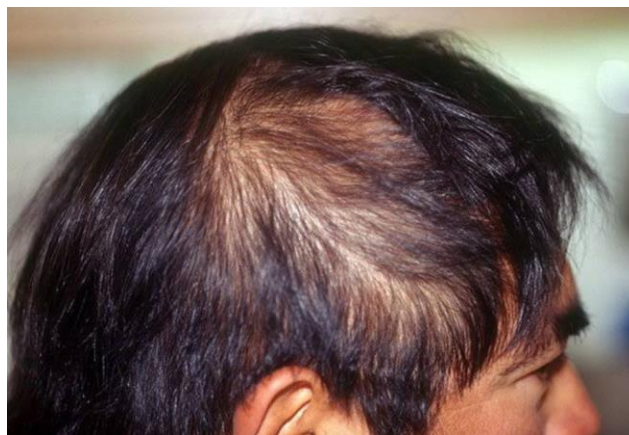


Figure 3 Telogen Shed

Anagen Shed (Effluvium)

The anagen shedding are the result of a major insult to the growing anagen hair follicle. The arrest of keratinization produces a progressively narrowing hair shaft that is fragile and fractures easily on its exit from the scalp's skin. This type of shedding generally occurs 1 to 2 weeks after the insult. Typical causes are chemotherapeutic, ant metabolic, alkylating, and cytotoxic agents.

Page 14 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022



Figure 4 Anlagen

Alopecia Areata

Alopecia areata is considered an autoimmune disease that affects 1 to 2% of the population. It commonly manifests as an oval patch, singular or multiple, and with occasional confluent patches. It is an inflammatory, non-cicatricial alopecia. Twenty percent of the cases of alopecia areata proceed to alopecia totalis, affecting the whole scalp, and 1% to alopecia Universalis, or total body hair loss. Alopecia areata is associated with a topic, Hashimoto's thyroiditis, and other autoimmune diseases. Minor nail dystrophies are common. The primary diagnosis is based on the hair pull and light microscopy examination of hair fibers, and biopsy of involved areas. Treatment depends on the extent of the disease and age of the patient. For mild to moderate patchy disease, topical corticosteroids are the preferred treatment. For more extensive or recalcitrant disease, triamcinolone acetone (Kenalog suspension, 10 mg per ml) can be injected into the involved sites with a 30-gauge needle, delivering tiny injections of 0.1ml to each small site. The total amount should not exceed 10 to 15 mg of triamcinolone per visit every 6 to 8 weeks.

Androgenetic Alopecia

Androgenetic alopecia, an autosomal dominant disorder, is the most common alopecia in humans, with a prevalence of 23 to 87%. In both sexes, it presents with a central scalp alopecia and is associated with clinical signs of sexual development (puberty) and androgen excess. Central alopecia is more severe in males than females, manifesting as several distinct areas of partial or

Page 15 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	---	---	--

complete alopecia. In the female, there is a more diffuse thinning rather than complete baldness. Androgenetic alopecia can be heralded by a chronic telogen effluvium and failure to regenerate terminal hair.

Estrogen. Testosterone, however, is relatively high if compared to youth levels. Androgen excess screening should include measurements of total testosterone and dehydroepiandrosterone sulfate as well as other laboratory tests, such as a complete blood count, ferritin measurement, thyroid screening, and antinuclear factor measurement.

In men, the treatment of androgenic alopecia consists of creative hairstyles, hair pieces, hair transplantation, and scalp reduction. Medical therapies include topical minoxidil 5% twice a day and selected anti-androgens. Oral finasteride, a 5- α -reductase inhibitor, blocks the peripheral conversion of testosterone to dihydrotestosterone (DHT). Serum and tissue (scalp) DHT concentration is decreased in men on finasteride. A significant increase in hair count was demonstrated after at least 6 months in men treated with finasteride.

Women have similar treatment options, but in addition to anti-androgens, estrogen replacement therapy can be used. These agents include estrogen dominant oral contraceptive (Demeran 1/50) or conjugated estrogen (Prempar), given daily or in conjunction with a progestin such as medroxyprogesterone (Provera). Spironolactone (Aldactone) in doses of 50 to 200 mg has been used as an anti-androgen successfully. If adrenal suppression is needed for androgen excess, dexamethasone, in doses of 0.125 to 0.25 mg at bedtime, may be used for 4 months or longer.

Hair Shaft Abnormalities

Hair shaft abnormalities (trichodystrophies) may be inherited or acquired. Inherited abnormalities may indicate a systemic disorder and may be associated with mental retardation, short stature, hypogonadism, and other metabolic disorders. Examples of trichodystrophy are pili torti (corkscrew hairs), Monilethrix (kinky-hair) syndrome, trichorrhexis nodes in argininosuccinic aciduria, trichoschisis (transverse fractures to the hair), and trichothiodystrophy (sulfur-depleted hair).

Acquired physical and chemical damage are more common than the inherited ones. Sunlight, hair care techniques (coloring, perming and blow drying) and chemical processes may result in fragile hair that is easily broken with normal handling. Usually, this entity manifests as a

Page 16 of 50	Author/Copyright Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	--	--	--

complaint of failure to grow (breakage) and is associated with short hair and normal scalp hair density. Treatment consists of gentle handling and normal shampooing with the use of leave on conditioners or volumizers. If the cause is not repeated, the hair normally regrows within a few months.

Trichorrhexis nodosa is the most common trichodystrophy that can be either inherited or acquired. The inherited form can be associated with aminoaciduria. The more common acquired form is the result of physical or chemical trauma. Characteristically, the hair breaks off suddenly and becomes strikingly short in the affected areas. Diagnosis is made by hair clipping and microscopy identification of nodes or fractured nodes (“broomstick deformity”). Treatment consists of discontinuation of hair care procedures except for normal shampooing and the use of heavy conditioners.



Figure 5 Hair Shaft Abnormalities

1.5 Unusual Scalp Condition

Scalp conditions that can cause bumps, sores, scabs and more psoriasis.

cause: Psoriasis thought to be an immune deregulation around skin cells that causes the cells in the top layer of skin to go into overdrive. Stress can make the situation worse, because it causes an increase in the hormone cortisol, which in turn can boost inflammation.

Treatment: Topical which control the inflammatory response, are the most common treatment. Injections called biologics that help suppress what's causing the flare-ups in tougher cases. An excimer laser can work on individual spots that are not responding to other therapies

Folliculitis a common skin condition, is basically inflammation of the hair follicle; it appears as little pus bumps scattered throughout the scalp that look similar to acne and can spread. The bumps can sometimes feel sore.

causes: Bacteria (most commonly a staph infection) or a fungal infection. Irritation from shaving, heavy conditioners, potent hair dyes and excessive sweating.

Treatment:

Topical or oral antibiotics may be prescribed if your doctor determines via a culture that bacteria are causing your scalp woes.

Seborrhea Dermatitis

Sab derm, as most dermis calls it, is one of the most common scalp conditions. In babies, it's called cradle cap; in adults, it causes red, itchy patches with greasy scale or dandruff in an adult. It isn't contagious, but it's chronic. Sab derm often comes and goes with triggers such as stress and seasonal changes — it is usually worse in winter and early spring. Unlike dandruff, it can spread beyond the scalp and affect the face, nose, eyebrows, ears and chest.

Page 18 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

What it looks like: greasy scale and dandruff flakes

Cause:

- A yeast (fungus) called *Malassezia*. Which is in the oil secretion on the skin, it thought to be the culprit, though doctors aren't certain that this is the cause.
- Parkinson's, depression, diabetes, a weakened immune system and obesity may make a person more likely to have seb derm. So can recovering from a stressful health event, like a heart attack.

Treatment:

prescription strength anti-yeast shampoo called ketoconazole can help. Since it can be very drying to the hair, applying the shampoo directly to your scalp 5 to 10 minutes before wetting the hair and then lathering only the scalp area before you rinse it off. "Follow with a moisturizing shampoo and conditioner on the hair shaft to prevent the dryness that Rx shampoos can often cause, especially in more curly hair types," advises Dr. Lenz.

Hair loss

Hair loss can stem from a number of reasons; it's important that your doctor does a thorough physical to look for an underlying medical problems, so that it can be treated if found.

What it looks like: anything from hair breaking or shedding, to bald spots on your scalp.

The cause:

"Hair loss can be due to a number of different factors, including genetics, medications, inflammation, hormonal abnormalities and hair fragility," says Dr. Koi. Regardless of the cause of hair loss, it can be extremely distressing. If you notice your hair breaking or shedding, or you see bald spots on your scalp, make an appointment to get evaluated by a health care provider immediately. The provider may run blood work to evaluate for anemia, vitamin deficiency, thyroid abnormalities, irregular hormone levels and autoimmune markers.

Page 19 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	---	--	--

Additional causes may include:

Extreme stress, such as the death of a loved one

Major weight loss (sometimes related to a high-protein diet)

Age can also play a role: As estrogen levels decrease between childbearing age and menopause, our hair may thin out. Years of bleaching, dyeing, straightening, perming and rocking tight, slicked-back hairstyles can also catch up to us.

The treatment:

- Rogaine, a solution that thickens existing hair, and spironolactone, a pill that helps block hormones called androgens, can be helpful in cases of hormonal thinning.
- Eating a well-balanced diet is also useful when experiencing hair health woes, and talking to your doctor about whether you're deficient in iron or specific vitamins.
- Taking a break from over-processing your hair and wearing more natural styles is recommended.
- "Platelet-rich plasma (PRP) is an effective option for androgen etic alopecia (also called male and female pattern hair loss) and the residual thinning after toughen effluvium," says Dr. Lenz. "During PRP, a patient's blood is drawn and the plasma, which is rich in various growth factors effective for stimulating hair regrowth, is isolated and injected or applied to the scalp with micro needling."

Cysts

Cysts can occur on the skin, just like they can show up on other organs. The good news: Scalp cysts are common and easy to identify. They are usually bumps the size of marbles or grapes, and you can feel them when your comb or brush runs over them. If you're unsure about a bump or you can't get a good look at your scalp, that's a smart time to consult a derma.

Page 20 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

What it looks like: a skin-colored or pink-red smooth bump

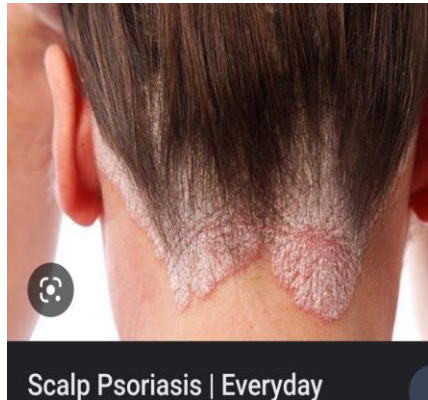


Fig .1. scalp psoriasis dermatitis



fig. 2. Folliculitis



Fig .3. Seborrhea

1.6 Clients to Remove Accessories Worn

Before washing doing list apply remove accessories worn to customer

- Remove of ear jewelry
- Remove employ ring
- Check the customer scalp
- Check the water hot or cold
- Assemble the materials for washing
- To dis tangle hair by comp

What Is PPE in A Salon?

Personal Protective Equipment (PPE) refers to any type of clothing or garment that protects the wearer from injury, infection or other external hazards. Salons, hairdressers, barbers and beauticians should already be familiar with some types of PPE such as disposable gloves and face masks, but the increased risk posed by Coronavirus will likely change the way you use them

Will PPE be Compulsory for Hairdressers and Beauty Salons to Reopen?

- Some hair and beauty boards have also put together back-to-work guides that include use of PPE – take a look at some of them below...

Page 21 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

- You can find out more about the official advice for reopening hairdressers, beauty salons and barber shops here.
- Having already lost over 3 months of revenue, the added cost of buying PPE can seem concerning to many hairdressers and salon owners.
- You might have a big influx of bookings for your salon when it reopens, but you won't be able to get through them as quickly as usual with reduced capacity. Some salons in Europe have faced this issue by temporarily adding the cost of PPE into their price list. Others preferred to absorb it themselves rather than pass it on to the client.
- Be sure you do what is most financially viable for your salon – just be honest and your clients will likely understand the tough times you are facing.

How to Use PPE Properly in a Salon...

- While PPE is playing a big part in helping salons reopen safely, this depends on it being used correctly.

a. Training

Knowledge really is key to staying safe during this pandemic. All properly trained salon staff should already understand the fundamentals of [salon hygiene](#) and how to use PPE necessary to the treatment they offer.

b. Follow all instructions

How you put on, remove and dispose of your salon PPE can have a big impact on how effective it is. If your equipment is specified as being single use, make sure it is only used once and then put in the bin. It should also be changed safely between clients.

Take a look at this guide from the government for advice on how to put on and remove PPE safely. We've summarised the steps for you below:

1. Wash hands thoroughly before picking up your PPE
2. Put on face coverings first, ensuring any masks cover the bridge of the nose down to the bottom of your chin
3. Put on gloves last
4. When finished, remove gloves first by peeling off from the cuff and place in the bin
5. Wash hands thoroughly before then removing face coverings and placing them in the bin
6. Wash your hands thoroughly again

Page 22 of 50	Author/Copyright Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	--	--	--

Remember, you should consciously make sure you do not touch your face, even while wearing PPE in the salon.

a. Keep up with hygiene and social distancing

One concern about the use of PPE is that it creates a ‘false sense of security’, which means the wearer begins to relax other measures.

Even while wearing PPE, all staff members should do their best to: Keep 2 metres apart

- Wash their hands regularly with soap and water
- Keep all surfaces clean and tidy
- Ensure all tools and equipment are sterilised before use
- Dispose of any single-use items as soon as they are finished with
- Stay at home if they show any Covid-19 symptoms

What Type of PPE Should You Consider Using in Your Hairdressers, Beauty Salon or Barber Shop?

The best way to be sure you are using the correct amount of PPE in your salon is to carry out a risk assessment before you reopen. This should identify for you all aspects of your day-to-day salon running that could pose a risk of transmission – including those cases where PPE could help reduce it.

Here are the main types of salon PPE you are likely to need in your salon...

Face Shield



Page 23 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	---	---	--

fig1,7. Face shields

b. Disposables salon face masks

Face masks are now a requirement for using public transport and are advised for those in enclosed spaces where social distancing cannot be guaranteed – such as shops. While face shields are required for staff within 2 meters of a client, face masks should be worn by everyone in the salon too, even if they can keep the full social distance measures apart

1.7 Shampoo and Treatment Products

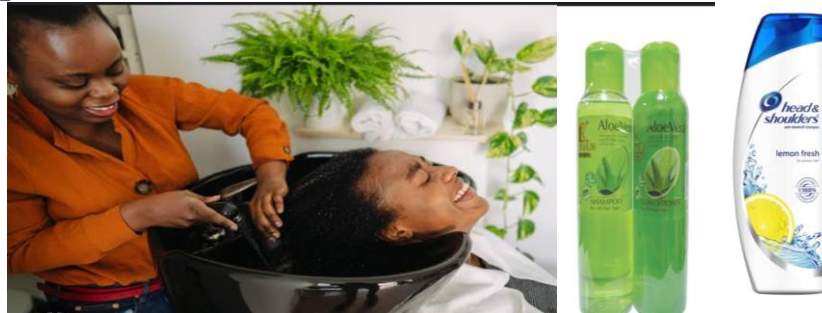


Fig. shampoo and treatment products

Shampoo is a basic hair care product representing the largest segment of hair care cosmetics. Shampoo is typically in the form of a viscous liquid with some exception of waterless solid form such as a bar. Shampoo was developed to replace soap for cleansing scalp and hair by removing unwanted sebum, dandruff, environmental dust, and residues of hair care products. Most of the dirt including sebum are water insoluble and cannot be effectively removed by water alone. Therefore, a shampoo containing a combination of surfactants is necessary. The content of surfactants in a shampoo is typically between 10% and 20%

Different Types of Shampoos for Different Hair Types

a. Regular Shampoo

This is a daily use shampoo suitable for people who do not have any specific hair needs. It is mild and contains a low percentage of cleansing agents. Regular shampoos suit all hair types.

Page 24 of 50	Author/Copyright Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	--	--	--



Fig. Regular Shampoo

b. Clarifying Shampoo

Hairstyling products like sprays and creams cause residue buildup. A clarifying shampoo contains a high percentage of sodium lauryl sulfate (SLS) that helps remove product buildup. It is best for oily and greasy scalp and for people who use hair styling products. However, use clarifying shampoo once in two weeks to avoid damaging your hair and causing scalp imbalances due to the drying nature of clarifying shampoo. Always follow up with a conditioner.



2.1. Clarifying Shampoo

Page 25 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

c. Protein Shampoo (Anti-Breakage Shampoo)

Keratin (hair protein) is essential for maintaining the hair structure, and protein loss can cause damaged hair. Such hair is breakage-prone, rough, and extremely fragile. Protein shampoos contain hydrolyzed keratin or plant proteins that strengthen damaged hair and add a healthy shine to it.



fig. protein shampoo (anti-breakage shampoo)

d. Volumizing

A volumizing shampoo is best for fine and limp hair. It has a lightweight formula that does not weigh the hair down. Volumizing shampoos lift the roots to give a fuller and bouncy look to your hair.



Fig.4. Volumizing

Page 26 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	---	--	--

e. Shampoo Bars

Shampoo bars contain less amount of water compared to the traditional liquid shampoos and have a soap-like appearance. They often contain natural ingredients and are best for those who travel a lot. Depending on the formula, shampoo bars may or may not lather.



Fig 5. Shampoo Bars

f. Color-Safe Shampoo

Color-safe shampoos contain ingredients that will not fade your hair dye. These shampoos can keep your colored hair moisturized, protected, and hydrated. They are suitable for all hair types.



6. Color-Safe Shampoo

g. Moisturizing Shampoos

If you have dry and frizzy hair, this type of shampoo is suitable for you. Moisturizing shampoos contain a high percentage of moisturizing ingredients like aloe Vera, oils, Shea or cocoa butter, and silicones **that moisturize the hair** and help prevent its dehydration



Fig. 7. Moisturizing Shampoos

h. Natural or Organic Shampoo

Natural shampoos contain plant-based ingredients and are devoid of any artificial preservatives like parabens and PEG and other harsh ingredients like alcohol, sulfates, phthalates, and silicones. These s9. Anti-Dandruff Shampoo



Fig.8. Natural or Organic Shampoo

Page 28 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	---	---	--

i. Anti-Dandruff Shampoos

soothe itchy scalp and prevent flaking and dandruff. They are formulated with ketoconazole to treat dandruff, help condition the hair, and minimize hair fall. Shampoos are suitable for all hair types, especially those who have sensitive scalps

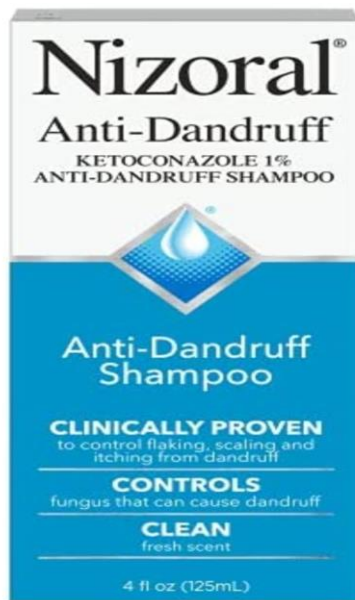


Fig. 9. Anti-Dandruff Shampoos

j. Chlorine Removal Shampoo or Swimmer's Shampoo

This Shampoo Is Specially Designed for Swimmers. Chlorine Exposure Strips the Moisture From Your Hair. A Chlorine Removal Shampoo Removes Chlorine Residue and Odor While Replenishing the Lost Moisture. It Contains Protective Conditioners That Keep Your Hair Nourished and Soft.

Page 29 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022



Fig. 10. Chlorine Removal Shampoo or Swimmer's Shampoo

k. Dry Shampoo

Dry shampoos are for refreshing your hair between washes. They are available in liquid, powder, and aerosol spray forms. You can spread the product through the roots and let it absorb grease and oil. Comb your hair and ta-da! Dry shampoo is good for all hair types but works especially well on oily and greasy hair. Red



Fig.11.Dry Shampoo

l. Curl-Defining Shampoo

Natural hair tends to be dry and frizzy. Curl-defining shampoos contain hydrating ingredients, amino acids, and hydrolyzed protein that moisturize the hair and define your curls. You may pick

Page 30 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	---	---	--

any of the shampoos as per your hair type or use a mix of them. find out which shampoos might suit your hair in the next section.



Fig.12. Curl-Defining Shampoo

SELF-CHECK

Part I- Multiple chose Item

- Which one of the following is hair type?
A wavy. B. curly C. straight D. all
- which materials are protective equipment
A. glove B. mask C. Trammel iron D. A and B
- what is the scalp condition
A. psoriasis B. folliculitis C. seborrhea D. all
- what is the use of gown
A. drape hair B. protective cloth C. C and B D. all
- what is the impotent of neutralizing shampoo
A/ clan B/ treat for hair C/coloring balance D/ none the a above

Part II: short Answer writing

Instruction: write short answer for the given question.

- List the procedure before washing hair.
- Define is the Meaning of PPE.
- What is the important of shampoo.
- List types of hair.

Lap Test-

Task-1: Identify different Shampoo application.

Task-2: Identify different hair type.

Task-3: Applying the Salon Procedure.

Task-4: Handle clients' correctly

Page 32 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

Operation Sheet:

Apply shampoo and basin service

1. Operation title: Applying shampoo basin service

2. Purpose: To understand Shampooing and basin service

3. Instruction: washing hair procedure

4. Tools and requirement:

- Shampoo
- Conditioner
- Water
- Brush
- Tail comp
- Washing sink
- Hair pen
- Ear paid
- Roller
- Trolley
- Towel
- Client chair

5. Steps in doing the task

- Remove of ear jewelry Wash their hands regularly with soap and water
- Keep all surfaces clean and tidy
- Ensure all tools and equipment are sterilised before use
- Dispose of any single-use items as soon as they are finished with
- Stay at home if they show any Covid-19 symptoms
- Time max.40-60 min.

Quality Criteria: Understand Shampooing service the given task

Precautions: To practice Shampooing and basin service

Page 33 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

UNIT TWO: SHAMPOOS AND CONDITIONER

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- Client's neck and head position
- Adapt water temperature for clients
- Massage techniques
- Manage excess water
- Rinse the hair

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Prepare Client's neck and head position
- Follow water temperature for clients
- Apply Massage techniques
- Prepare to absorb excess water by Towels
- Perform Rinse the hair

Page 34 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

2.1 Client's Neck and Head Position

Choosing the correct shampoo

The right choice of shampoo depends on the following factors: Type, texture and condition of hair:

- **Fine hair** (without product build-up) requires single wash shampoo. Choose a shampoo that will add body and volume.
- **hair** usually requires two shampoos with a shampoo that will tend to soften it and make it more flexible.
- **Thicker hair** usually requires two shampoos.
- Frequency of shampooing – if hair is washed once or more daily, choose a shampoo specifically designed for frequent use.
- **Water quality** – if the water in the salon is in a hard water area, more shampoo is needed to form a good lather. In soft water areas, shampoos foam more easily so less shampoo is required to do the job.
- **Shampoo purpose** – is the shampoo intended just for cleaning or to treat the scalp, condition the hair or color the hair?
- **Planned services** – what are you going to do with the hair later? Some shampoo ingredients produce a flexible coating on the hair shaft. This could be beneficial in adding protection and locking in moisture or, conversely, in the case of conditioning-type shampoos and most conditioners, it could prevent or prolong the processing of some treatments, such as perms.

Hair and scalp conditions to be aware of:

Split ends – caused by harsh treatments, chemical over-processing or general weathering of the hair.

Chemically damaged hair – caused by over-use of chemical treatments, such as perms, dyes, bleaches or relaxers.

Heat damaged hair – caused by over-use of heat treatments, such as hairdryers, straightening irons and tongs.

Product build-up on hair – caused by a gradual accumulation of products on hair strands.

Page 35 of 50	Author/Copyright Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	--	--	--

Dandruff – caused by overactive production and shedding of epidermal cells – can be stress related.

Oily scalp – caused by overactive sebaceous gland, sometimes related to hormonal change.

2.2 Client's Neck and Head Position

Ask the client to lean back into the wash basin and make sure they are sitting comfortably.

Some specific injuries or neck complaints prevent the client from lying back at the basin.

Ask your client if they know of any reason why they cannot lay their head back into the basin.



Fig.1.1. client's neck and head position

2.3 Adapt Water Temperature for Clients

Run the water and check the water temperature on your wrist. Once ready, apply water to the client's scalp and ask them if the temperature is ok. Starting at the front hairline, cup the hand to direct the water towards the wash basin as you wet the hair so that you don't wet the client's face. Take extra care around the hairline



Fig.1.2 Adapt water temperature for client

Page 36 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

2.4 Massage Technique

Choose a suitable shampoo for the client's hair type and any other factors identified during the hair and scalp analysis. Depending on the hair length and density, dispense the correct amount of shampoo, either one pump or about the size of a two pence piece. Distribute the

Product evenly between your hands then uses 'effleurage' techniques to apply the product evenly through the hair.



Tip: Effleurage' movement is a slow, smoothing, stroking massage movement done with the palms of the hands during shampooing.

'**Rotary**' techniques are applied utilizing small, firm, circular massage movements, using the pads of the fingers.

'**Friction**' techniques, with quick, rubbing movements, will remove any build up or debris from the hair, if the hair is not too long. Repeat the rotary massage technique until the shampoo and water emulsify

Do not use rotary or friction techniques with longer hair as it can cause knots and tangles.

2.1 Manage Excess Water

When the hair is ready for rinsing, turn the water back on, check the temperature on your wrist and then rinse the hair using the same cupping technique used at the beginning, checking the temperature with the client.

Work from the front hair line to remove the shampoo. Make sure both hands and hair are free from any suds. Squeeze out any excess water



1.4. Manage excess water

Page 38 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

2.7. Rinse the Hair

Run the water and rinse until all the shampoo has been removed. Turn off the water and gently squeeze the hair to remove excess water. Wrap a towel around the hair to stop any drips from entering the eyes or face.



Fig.1.5 Rinse the hair

SELF CHECK

Part I multiple chose

Instruction: - Choose the best answer for the following questions

- Which of the following correct order of hair washing?
 - Rinse dry applies conditioner.
 - .conditioner shampoos rinse
 - Shampoo, dry and rinse
 - Shampoo, conditioner and rinse
- How to manage excess water?
 - turn the water back on
 - turn the water back off
 - Proper use of water
 - none of the above
- How to adapt water for client?
 - more boiling
 - cold water
 - check water by hand
 - All of the above
- Which one is the correct hair washing?
 - .rinse dry apply conditioner
 - Conditioner shampoo rinse dry
 - shampoo dry rinse
 - none the above

Part II True or false

Instruction: True or false

- Effleurage' movement is a slow, smoothing, stroking massage movement done with the palms of the hands during shampooing.
- 'Rotary' techniques are applied utilizing small, firm, circular massage movements, using the pads of the fingers.
- 'Friction' techniques, with quick, rubbing movements, will remove any build up or debris from the hair, if the hair is not too long. Repeat the rotary massage technique until the shampoo and water emulsify
- Choose a suitable shampoo for the client's hair type and any other factors identified during the hair and scalp analysis.
- The right choice of shampoo depends on: type, texture and condition of hair:

Page 40 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -I
			November, 2022

Part III Fill the blank space

Instruction: Fill the blank space

1. _____ caused by harsh treatments, chemical over-processing or general weathering of the hair.
2. _____ caused by over-use of chemical treatments, such as perms, dyes, bleaches or relaxers.
3. _____ caused by over-use of heat treatments, such as hairdryers, straightening irons and tongs.
4. _____ caused by a gradual accumulation of products on hair strands.
5. _____ caused by overactive production and shedding of epidermal cells – can be stress related.
6. _____ caused by overactive sebaceous gland, sometimes related to hormonal change.

Page 41 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

UNIT THREE: COLOR NEUTRALIZATION

This learning unit is developed to provide the trainees the necessary information regarding the following content coverage and topics:

- Products to reform color treatment
- Personal precautions skin reactions to hair color.
- Salon procedure
- Client comfort and safety
- Clean Tools and Equipment

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- prepare products to reform color treatment
- Provide Personal precautions skin reactions to hair color.
- Follow Salon procedure
- Check Client comfort and safety
- Clean Tools and Equipment

3.1 Products to Reform Color Treatment

Color reflexology combines two disciplines, color therapy and reflexology, to create a practice that promotes stability and wellness in a person's general well-being. This occurs through restoring and maintaining balance within the chakras and the stimulation of pressure points in the hands and feet, to aid in the recovery of body parts or organs.

Page 42 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	---	--	--

3.2 Personal Precautions Skin Reactions to Hair Color

Hair colors are chemical compounds hence you should take some precautions while doing hair coloring. It is very important as it can cause allergy and other skin problems. If you have decided to go for hair coloring first select the color which suits your personality and once you have color your hair you do not change mind for another color. It is equally important to select beauty parlor or salon which is has a good reputation, trustworthy and experienced persons. Do discuss any doubt if you have any skin allergy for chemical use in hair dye. For coloring hair first time it is safe to go for professional salon. Try to avoid hair coloring if you have skin allergy or dandruff.

Precautions to take after colorings your hair

- Avoid frequent change of hair color because it damages hair and result in thinning of hair.
- Use shampoo which is specified for color hair.
- Deep condition hair once in a month and do condition after every shampoo.
- Do not apply henna in hair for 4-5 before you go for hair coloring.
- Do not use dandruff shampoo after coloring as it may discolor hairs.
- Oil regularly once in a week.
- Do not use hair dryer.
- Use good quality hair dye from good brand, check precaution to be taken and use before date.

3.3 Salon procedure

Should wear disposable nit rile or polyvinyl gloves. The risk of contact dermatitis is increased significantly during these processes, particularly when hands are constantly wet. Take protective measures to look after your hands and help to reduce the risk of developing contact dermatitis.

As shampooing is a chemical service, you should also consider contraindications before proceeding to shampoo the client's hair.

Page 43 of 50	Author/Copyright Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1 November, 2022
---------------	--	--	--

- Skin and scalp disorders and diseases,
- Cuts and abrasions,
- Product allergies,
- Recent scar tissue and
- Recent injuries to the treatment area can all prevent this procedure taking place.

3.4 Client comfort and safety

1. Ask if the temperature is adequate.
2. Ask the client about their favorite scent and music preference
3. Review the client's home care routine.
4. Wash your hands/select your protection.
5. Listen to the client's reason for visiting the spa.
6. Ask the client how their day is going
7. Explain the steps of your service.
8. Keep your conversation on the client.
9. Provide some quiet time.
10. Always keep your retail products on display.

3.5 Clean Tools and Equipment

The following will assist to ensure good hygiene and infection control:

- All surfaces can be easily and correctly cleaned.
- Non-slip flooring.
- Adequate lighting and good ventilation.
- Suitable floor coverings, shelves, fittings and furniture.

Page 44 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

- A waste disposal bin.
- Storage facilities that can store equipment and utensils in a hygienic manner.
- A separate sink with a supply of clean, warm water for cleaning equipment.
- A dedicated hand wash basin that has a constant supply of:
 - warm running water
 - liquid soap and an alcohol-based cleaner
 - Single-use towel or a working automatic hand dryer.
 - Equipment
- Equipment that is difficult to clean should be single use.
- All equipment must be cleaned between use, including combs, brushes, rollers, clippers and scissors, and be kept in a clean and dry condition.
- Manual clippers with non-detachable blades should not be used as they cannot be easily cleaned.
- Detachable blades on clippers must be cleaned before being reused.
- Equipment should not be soaked in solutions of disinfectant unless specified by the manufacturer's instructions.
- Equipment must be cleaned using warm water and detergent. Common household detergents are not recommended due to their high foaming properties and difficulties removing residues.
- Sterile single-use razors should be used for shaving. After use, the razor must be disposed of into an appropriate sharps container.
- Clean towels or linen must be used for each new client. Linen should be washed in detergent and hot water. If an impervious cover is used (such as plastic), it must be cleaned and disinfected before it is used for each new client.
- If equipment is exposed to blood or penetrates the skin, it must undergo a valid sterilization process in line with Office-based health care facilities - Reprocessing of reusable medical and surgical instruments and equipment, and maintenance of the associated environment before it can be reused

SELF CHECK

Part One:- Give a brief explains

Instruction :-Give a brief explains for the following questions.

1. List Precautions to take after colorings your hair
2. Mention good hygiene and infection control in beauty salon.
3. Write Client comfort and safety.

Part Two:- Fill the Blank

Instruction;-Fill the Blank Space

1. _____ is a chemical service, you should also consider contraindications before proceeding to shampoo the client's hair.
2. _____ chemical compounds hence you should take some precautions while doing hair coloring.
3. _____ used for shaving. After use, must be disposed of into an appropriate sharps container.

Part Three:- true or false

Instruction:-Say true or false

1. Equipment that is difficult to clean should be single use.
2. All equipment must be cleaned between use, including combs, brushes, rollers, clippers and scissors, and be kept in a clean and dry condition.
3. Manual clippers with non-detachable blades should not be used as they cannot be easily cleaned.
4. Detachable blades on clippers must be cleaned before being reused.
5. Equipment should not be soaked in solutions of disinfectant unless specified by the manufacturer's instructions.

Page 46 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -I
			November, 2022

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Page 47 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

Page 48 of 50	<u>Author/Copyright</u> Ministry of Labor and Skills	Module title Perform Shampoo and Color TREATED HAIR	Training module Version -1
			November, 2022

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