

HAIR EXTENSION SERVICES (OPTIONAL UNIT)



This chapter maps to:

- Unit 8 Hair extension services (Level 2 Diploma for Hair Professionals – Hairdressing)

INTRODUCTION

Hair extensions offer an instant and dramatic change in style for a client. They add length, volume, colour and movement to hair and come in a variety of forms. Many salons now offer a hair extension service, using either short term or long term extensions as part of a dressing service or, most commonly, as a standalone service. If you can provide hair extension services, you can offer your clients instant length without them having to wait years for their hair to grow naturally. Why should your client wait for their hair to grow when you can create a new look for them client instantly in the salon?

After reading this chapter, you will:

- understand how health and safety policies and procedures affect hair extension services
- apply safe working practices when working with hair extensions
- know how to plan, prepare and attach hair extensions
- know how to cut and finish hair extensions
- know how to maintain and remove hair extensions.

HEALTH AND SAFETY POLICIES AND PROCEDURES

It is vital that you adhere to all health and safety policies and procedures during the hair extension service.

Outline responsibilities for health and safety in own role

As with all services, when carrying out hair extension services, you must maintain your responsibilities for health and safety within your job role.

You must protect both your client's and your own clothing and ensure your appearance reflects the high standards required by your salon and the industry.

Prepare for hair extension services

Being well prepared before the hair extension service is an important part of the whole treatment. Knowing how to analyse the hair prior to the service will allow you to complete a fully professional procedure. You will be working with specialised items of equipment in this chapter, so you must know how to use them safely. You should be aware that the preparation for this service is completely different to that required for



▲ Well-presented stylist

other services, for example you will need to order and prepare the hair extensions in advance of the service.

Prepare yourself

Hair extension services can be very long, so as a stylist you must be prepared.

- Do not wear jewellery, as this can get caught in the extensions and cause tangling.
- Make sure you wear comfortable clothing that is easy to move around in, with no loose sleeves.
- Wash your hands – you must keep the extensions as clean as possible.
- Wear suitable personal protective equipment (PPE), such as non-latex gloves if you are using bonding or adhesive methods to prevent dermatitis and skin allergies and an apron for all extension services to protect your clothes.

THE HAIR PROFESSIONAL AT WORK

Hair extensions services take a long time to complete so you must ensure you maintain your personal hygiene throughout the service and wear suitable layered clothing to prevent you from overheating and developing body odour.

Once you are suitably protected, you must check that all the tools and equipment you will be using have been maintained following the manufacturers' instructions (MFIs).

Prepare the client

The client's scalp must be checked for cuts, abrasions and signs of infection or infestation. Question the client about their hair to find out whether they have a history of any form of alopecia or whether contra-indications (such as weak hair, open wounds) are present.

The client must be informed of the duration of the hair extension service, which will depend on their requirements and the density of their hair. They must also be informed of the cost of the service before you begin – hair extension services are costly, especially when you are dealing with real hair, rather than synthetic hair.

As part of the client's preparation you must ensure they are fully aware of the maintenance of the extensions they are undertaking. This includes products and tools they will need to purchase.

Where possible, make sure the client is sitting in a hydraulic styling chair so you can move them up and down as you progress through the service. Check your client's comfort throughout the service.

THE HAIR PROFESSIONAL IN THE WORKPLACE

Do not leave the booking up to the receptionist, as insufficient time may be allocated for the service. Book the appointment together with your client and explain the importance of regular maintenance appointments.



- ▲ Book hair extension services yourself to ensure enough time is allowed

HANDY HINT

As the hair is ordered and purchased specifically for each client's colour match hair extension service, is advisable to take a payment deposit. This is done prior to completing the booking.



▲ Client comfort

HANDY HINT

Remember that because of the length of the service, the client will need regular opportunities to move around, stretch and take a comfort break.

HANDY HINT

You must take care of your own needs too by making sure you have regular rests. Remember to eat and drink while your client is having a break from the service.



▲ Drink water

Prepare the work-area

Ensure the work areas are maintained and clean, tidy and disinfected. As your client will be sitting for long periods of time, ensure they are comfortable throughout.

Safe and hygienic working methods and practices

A hair extension service can take anywhere between 30 minutes and 10 hours depending on the technique and the client's requirements, so it is important that both you and the client are positioned correctly throughout.

Client's position

- The client should be sitting, with their back against the back of the chair.
- They should have their feet on the footrest or flat on the floor – this may vary, depending on the height of the stylist and whether the chair needs to be raised for their working comfort.
- The client should keep their legs uncrossed.
- They should sit up straight and avoid slouching.

Your position

- Stand with your feet shoulder-width apart.
- Use a cutting stool to work on certain areas, such as the nape area of the client's hair.
- Adjust the client's chair to the desired height and turn it when you need to.

HEALTH AND SAFETY

Remember that an incorrect working position can cause fatigue, long-term damage and musculoskeletal problems.

Work safely when providing creative hair extension services

Refer back to the health and safety section in Chapter 1 and read about the different types of working methods that promote environmental and sustainable working practices.

Take special note of sterilisation methods for your tools and equipment. You will also need to ensure you are up to date with relevant legislation by following all health and safety law, including the Control of Substances Hazardous to Health 2002 (COSHH) guidelines. Again, refer back to Chapter 1 for more information on current legislation. To learn more about COSHH, go to: www.legislation.gov.uk/uksi/2002/2677/regulation/7/made.

Throughout the hair extension service, ensure you keep your work area clean and well organised, position your tools, products and equipment for ease of use and use the correct methods of waste disposal.

Use methods of cleaning, disinfecting and sterilisation to suit the equipment and tools used and to minimise the risk of cross-infection and cross-infestation.

PLAN, PREPARE AND ATTACH HAIR EXTENSIONS

Before the service can be carried out you must plan the service and prepare the hair extensions.

Factors that may affect the service

To provide a full and professional extension service to your client, you must first assess the factors that influence the service to decide whether or not your client is suitable for an extension service. Never ignore these factors – if you do, you will be risking your professional reputation and you could even risk legal action against you if the client suffers damaging effects as a result of the service.

You must therefore conduct a thorough examination of the hair and scalp and be able to recognise the following factors that affect the hair attachment system:

- Hair characteristics
- Hair classifications
- Test results
- Attachment methods
- Direction and fall of added hair
- Client's own hair length
- Evident hair damage
- Quantity of added hair
- Head and face shape
- Finished look/hairstyle.

Hair characteristics

Hair growth patterns

Work with hair growth patterns, not against them. The extensions will lie to the natural fall of the hair, so, if you go against the growth pattern, the extension will not sit correctly on the hair.

Hair texture

Make sure you ask your client if they require curly or wavy extensions to match their own hair's movement – some clients always straighten their hair, so it is important to check. If you are working with type 1, Asian-type hair in particular, make sure you use the correct extensions to match



- ▲ Avoid musculoskeletal problems by maintaining a good posture while working

HEALTH AND SAFETY

Avoid contact dermatitis by protecting your hands throughout the service. Make sure you wear gloves when using glue products.



- ▲ Contact dermatitis



▲ Asian-type hair

the texture. Once you have identified the texture you will be able to decide the quantity of extensions you need to attach.

Hair density

Extensions are not recommended for very fine hair. Fine hair is more fragile and can break easily, especially with extensions over a certain length. If the hair is dense, no extra volume will be needed. Take this into consideration when you choose the extension method.

Lifestyle

Clients who participate in regular sport may find this type of service unsuitable. This is especially true if the client swims a lot as chlorine and salt water will have a damaging effect on the hair extensions. Shampooing and protecting the extensions also takes time. Remember, extensions are not for everybody, so question your client on their lifestyle to see whether extensions will work for them.

Hair classification

Some hair types may not be suitable for an extension service; this is dependent on not only the client's classification type but also whether the hair is weak or has a tendency to be oily.

- Type 1 – straight hair has a tendency to be oily, due to the sebaceous gland being able to secrete along the length of the follicle. Analyse the hair and scalp, and question the client. Straight hair in good condition can achieve any extension service, as long as you match the correct texture.
- Type 2 – wavy hair can achieve various types of hair extensions with a variety of styles. Check the hair for areas that can be frizzy as these will need the extension hair matching to the natural curl type.
- Type 3 – curly hair can be weak due to the lack of natural oils travelling along the follicle from the sebaceous gland. Carry out the necessary tests to analyse this. If you are satisfied with the results, you can proceed but be aware, this classification type can have a combination of textures, so match the extensions to the texture.
- Type 4 – very curly hair can be fragile and tangle easily. Carry out tests and if you are satisfied with the results you can proceed with the extension service. Take extra care when detangling and sectioning to avoid structural damage of the natural hair



▲ Braided type 4 curly hair

KEY TERMS

Porous – condition of cuticles.

Elasticity – strength of cortex.

Test results

Always consider the outcomes of any tests and do not proceed with the service if the hair is too **porous** or of weak **elasticity**. If the hair fails the pull test, then do not put extra strain on the root area by adding weighty hair extensions. If clients have a positive reaction to the adhesive skin test, do not offer glue-in hair extensions as a suitable service.

Attachment method

Whether your client requires a short term or long term attachment method, you must consider all the factors before deciding which, if any, option is suitable.

Direction and fall of added hair

Make sure the extensions fall with the natural fall of the hair. If they go against the natural fall, the extensions will be difficult to manage and style. If you are unsure about the natural fall of the hair, shampoo the hair to see how it naturally falls and where the natural partings are.

Client's own hair length

The client's own hair should be a minimum of 8 cm long to add textured looks and a minimum of 15 cm long to create a natural longer style. Hair extensions must also be treated as the client's own hair, so consider this when advising on the length of extensions and ensure there is enough of the client's own hair to support the added hair. If the client's own hair is too short then the weight of the added hair can cause **traction alopecia** and damage to the root area, affecting new hair growth.

Evident hair damage

If there are already signs of broken hair or hair loss, treat this as traction alopecia and do not continue with the service. Any hair breakage within the first 3–6 cm of the root or evidence of thinning are contra-indications for extension services.

Quantity of added hair

Decide on the amount of hair to be added to the style to achieve the client's requirements. If you are using **wefts**, you will need to cut them to fit the width of the style.

Head and face shape

If the client requires a new style with added length or volume, check that their head and face shape is suitable for the style.

Finished look/hairstyle

You can completely change your client's hairstyle or enhance their current look with extensions, so analyse their hair and discuss whether they want a subtle change or a dramatic new look. Your client may want their hair cut – always do any cutting after you have attached the extensions.

KEY TERM

Traction alopecia – hair loss due to excess tension being placed on the hair.

KEY TERM

Wefts – bundles of hair stitched together to form a length of easy-to-apply hair extensions.

HANDY HINT

Refer back to Chapter 1 and Chapter 2 for information on styles to suit particular features, face and body shape.

How contra-indications can affect or restrict the services

Traction alopecia

If there is any evidence of traction alopecia, the service must not be carried out. Traction alopecia is when too much tension has been put on the hair resulting in hair loss. You should seek advice from a **trichologist** and discuss other options with your client. Traction alopecia can also be caused by poor placement of extensions.

If the condition is present, advise your client to postpone new extensions for a while.

Hair oiliness

It is not recommended that clients with excessively greasy hair have long term hair extensions as excessive natural sebum will reduce the bonding ability of the adhesive. They may, however, consider short term hair extensions.

Medication

Clients taking medication for hair loss or experiencing hair loss as a result of cancer treatment are not recommended to have this service, as it could result in further hair loss.

Broken skin, infection and infestation

If the client has broken skin or recent scar tissue, you cannot proceed with the service. Any sign of infection or infestation also means you must not proceed.



▲ Traction alopecia

KEY TERM

Trichologist – hair and scalp specialist

KEY TERM

Anagen stage – when hair is actively growing.

Hair growth cycle

You will need to obtain information on your client's current hair growth cycle. Although it is difficult to ascertain what stage each individual hair is at, you can question the client on how they feel their hair is at present. Is it healthy and growing? Or have they noticed they are losing hair? This does not necessarily mean the client has alopecia – it could be a higher percentage of the hair than normal is coming into the active **anagen stage**. Check the scalp and question the client well.

PLAN TO ADD HAIR EXTENSIONS

When a client books an appointment for a hair extension service, they should be allocated 30 minutes for a consultation prior to the service. This consultation will enable you to:

- discuss the client's requirements
- allow time for you to check the hair and scalp for suitability

- discuss and agree the type of extensions required
- decide on the most suitable technique.

Importance of questioning clients

During the consultation you must find out why the client wants hair extensions and what their expectations are. Without clear objectives you will not be able to carry out a professional and complete service. You must also find out about their commitment to maintaining the extensions and establish whether there are any contra-indications to the service.

Questions you should ask your client during a consultation for a hair extension service:

- What do they want the added hair to achieve?
- What is their vision of the end result?
- How long would they like the hair to be?
- Would they like any movement in the hair?
- When (or if) they last had a chemical service on their hair?
- What chemicals do they currently have on their hair, if any?
- Do they have any contra-indications such as allergies?
- Do they have the ability to maintain the look at home, both in terms of money and time?

During the consultation you will need to evaluate the influencing factors and judge the impact they will have on the extension service.

Visual aids

The visual aids you will probably benefit from most during the consultation are colour ring wefts of either natural hair or synthetic fibre extensions, to correctly identify the colour required. If the client wants to pre-colour their hair (before the extension service), you will need to use a manufacturer's colour chart. Remember, you can only colour natural hair extensions. Fibre extensions can only be used to either blend with and complement the style or make a statement by contrasting with the existing hair.

Provide clients with advice and recommendations

Once you have considered all the influencing factors and analysed the hair, record all your findings on the client's record card. Make clear recommendations based on these factors and use them to decide which extension service is right for your client. You must advise the client if the service is currently not appropriate for them. If you are not honest with your client and proceed with the service, you will be in breach of your professional code of practice and could face legal action from your client.



▲ Consultation for hair extension services

HANDY HINT

Revisit Chapter 2 for more information on consultation techniques.

HANDY HINT

Think about the questioning techniques you might use during the consultation. Remember to ask questions that will ensure you get as much information as you can from your client to enable you to help them achieve their desired look.



ACTIVITY

Write a list of five open and five closed questions you could ask to build an analysis of a client, their lifestyle and their requirements.

HEALTH AND SAFETY

Remember the legal significance of client questioning and of recording the client's responses. Records of the questions asked and answers provided may be required in the event of any future legal proceedings.



▲ Colour ring wefts

Always discuss the cost of the service with the client before proceeding. Natural hair is much more expensive than synthetic fibre. Aside from cost, there are other differences between types of extensions that you will need to take into consideration, such as the hair type (curly, wavy or straight), amount to be placed in the hair and whether it is a full or partial head of extensions.

Your salon's policy for referring clients to other professionals

It is important you are aware of your salon's policy for referring clients to a specialist if the service cannot be carried out. Specialists may include a trichologist or a doctor (GP).

Client anxieties


Your client may feel anxious about the service and you will need to put their mind at rest. These anxieties may include concerns over natural hair shedding, or maintenance of the hair extensions.




You will need to relieve client anxieties in a reassuring way. Speak in a calming and reassuring voice and be clear on any potential risks involved. This enables your client to make an informed decision about the service and whether to proceed. Providing clients with the facts will help to put their mind at rest and relax them for the service ahead.

Conduct hair and skin tests prior to hair extension services.

The following tests should be carried out prior to hair extensions services and according to manufacturer's instructions and recognised industry procedures:

- elasticity test
- porosity test
- pull test
- skin test.

Test	When and why	Influence on service	Consequence of failing to carry out test
Elasticity test 	When – during the consultation. Why – to check the hair's elasticity.	If the elasticity is poor, the extension service cannot be carried out.	The hair will stretch under pressure and break, which may result in the client taking legal action against you.

Test	When and why	Influence on service	Consequence of failing to carry out test
Porosity test 	When – before the service. Why – to check the porosity of the hair	A rough raised cuticle will cause structural damage when attaching long term extensions and the cuticle scales will not repair with short term extensions.	Damaged hair may result in the client taking legal action against you.
Pull test 	When – before the service, select a small amount of hair and pull gently to check for hair loss. Why – if more than a dozen hairs are displaced, this could be an early sign of traction alopecia.	If traction alopecia is present you must not continue with the service.	Hair loss may result in the client taking legal action against you.
Skin test 	When – if you plan to use an adhesive, test a small amount of the glue behind the ear and leave for 24–48 hours. Why – if there is a positive reaction you must not use extensions with adhesive.	Allergic reaction which could result in anaphylactic shock/ death.	Outcome may result in the client taking legal action against you.

Types of hair attachment systems

It is helpful to offer your clients a wide range of extension services, from short term to long term extensions and to include different hair types, such as synthetic and **ethically-sourced** human hair.

The style required by the client will affect your choice of hair attachment system and the placement of the hair extensions. The shorter the hair, the more limitations the client will have for style change. Equally, if the natural hair is quite fine or sparse, the strength of the hair will be **jeopardised** if too much additional hair is added.

The clips will be more **prominent** in finer hair, as will bonds or loops, so the decision as to where the extensions are placed will be of greater importance. The hairline area should always be avoided, as this is generally the weakest area of the head and the attachment method will be more visible too.

KEY TERM

Ethically-sourced – methods of obtaining hair in a responsible and sustainable way, ensuring that the hair donor is treated fairly and that the environmental and social impacts are taken into consideration

KEY TERMS

Jeopardise – risk harm or damage to.


Prominent – noticeable.



Long term extensions



The advantages and disadvantages of the five main techniques of attaching long term extensions are shown in the table.

Attachment technique	Advantages	Disadvantages
Plaited 	<ul style="list-style-type: none"> • This technique gives more movement within the style and looks more natural than all the other techniques. • It gives more body to finer hair but can cause traction alopecia and reduce scalp moisture. • Plaited extensions are ideal for clients who are sensitive or allergic to adhesives. 	<ul style="list-style-type: none"> • You will need an assistant to help you with this technique, to hold or assist with plaiting the hair.
Sewn-in 	<ul style="list-style-type: none"> • This technique benefits the scalp by causing minimal damage and allowing cleaning of the scalp area. • The removal is simple but the attached hair can become uneven as the real hair grows. • This is a preferred technique for many clients who have had extensions before and who have movement in their hair. • It is ideal for clients who have an allergy or sensitivity to adhesives. 	<ul style="list-style-type: none"> • This technique can lack flexibility and creates a less natural look.
Bonded 	<ul style="list-style-type: none"> • Extensions are easy to apply and remove and look good on smooth, sleek styles. 	<ul style="list-style-type: none"> • An allergic reaction can occur, so always test prior to the service. • Does not last as long as other techniques. • Unsuitable for use with oil-based products or those containing acetone.
Fusion 	<ul style="list-style-type: none"> • Looks very natural and the scalp can be cleaned easily. • Gives great natural movement. 	<ul style="list-style-type: none"> • Some hair loss can occur and oil-based products cannot be used on the hair. • Be aware that an allergic reaction can occur, so always test prior to beginning the service.

Attachment technique	Advantages	Disadvantages
Loop (micro- and nano-) 	<ul style="list-style-type: none"> ● No chemicals on the hair, so no allergy test required. ● Easy to apply and remove. 	<ul style="list-style-type: none"> ● Not as long lasting as a bonded extension. ● Up to twice as much extension loss in the same period as bonded extensions.

Short term extensions

The table below describes the use of products associated with short term hair extension services. Natural extensions can be used for short term extensions but almost never are due to the higher cost of this product.





Product	Description and use
Synthetic fibre extensions 	<ul style="list-style-type: none"> ● You can use a hairdryer or heat up to 180° C on expensive synthetic hair but not straighteners, wand or tongs, or styling equipment with a high heat setting as the hair will melt. Always check the MFIs prior to using heated styling equipment. ● Synthetic fibre extensions cannot be coloured. ● They come in different densities, colours and structures (curly, wavy or straight) as well as different lengths.
Clip-in extensions, e.g. bun, braids, beehives, head band, fringe, 3/4 head 	<ul style="list-style-type: none"> ● Synthetic hair is used in many of the short term extension services and has various styles, from clip-ins to a 3/4 headpiece on a band.

ACTIVITY

Investigate what percentage of extension services are short term and what percentage are long term in your salon. Discuss your findings to identify the most popular services.

Products used with long term extensions

The table describes the use of products associated with long term hair extension services.

Product	Description and use
Real hair extensions 	<ul style="list-style-type: none"> ● Real hair undergoes a cleaning and colouring process before being used for extensions. ● If curl is required, it is permed. ● Comes in a variety of densities and lengths and is ready packaged in wefts or weaves.
Pre-bonded extensions 	<ul style="list-style-type: none"> ● Can be synthetic fibre or real hair with pre-bonded keratin roots.
Micro-loops 	<ul style="list-style-type: none"> ● Has a metal loop on the root of the extension which is tightened onto the required section of hair.
Liquid cold fusion adhesive 	<ul style="list-style-type: none"> ● Can be in liquid, gum or rubber form. ● Applied direct from the applicator bottle – no heat is used.

Product	Description and use
Resin sticks 	<ul style="list-style-type: none"> Placed in an applicator, heated and dispersed as liquid resin. May be used on real hair or synthetic fibre extensions.
Removal solution 	<ul style="list-style-type: none"> Breaks down resin and adhesives for safe removal. Can be acetone or spirit-based and is obtained direct from the extension manufacturers.
Pre- and aftercare products 	<ul style="list-style-type: none"> Obtained direct from the extension manufacturers. Follow manufacturers' instructions.

Principles for selecting the correct hair attachment system

Before you even begin the consultation, you must have the colour choice of wefts. These usually come on a ring showing the different shades available from the manufacturer.

To decide on the most suitable hair attachment system to use, you must identify the following:

- Your client's requirements – do they know what they would like? Do they want short or long term hair extensions? How long do they want or need the hair extensions to last for? Do they want to add length, colour and/or body to their own hair?

HEALTH AND SAFETY

If you are using heated equipment and adhesives, always follow the MFIs and make sure you are fully aware of the first aid procedures, as stated in your salon's policy.



▲ Consultation with client

- How much time does your client have to commit to hair extensions and can they afford the time to maintain them?
- How much money can your client afford to pay – human hair extensions are an expensive service, so is your client aware of the costs involved?
- Length of hair – is the client's hair long enough for hair extensions?
- Critical influencing factors – is your client's hair and skin suitable for the service? Have you carried out skin tests?

Estimate the length of time the hair attachment system may take

Hair extensions can be a very quick or a very lengthy service depending on the type of hair extension used.

Clip-in hair extensions can be added in minutes, depending on how many are used and where they are placed. Adding a whole head of clip-in extensions can take up to an hour or more but this is still considered a very quick hair extension service.

Long term extensions average around six hours but can take up to ten hours to complete. Equally they can be completed within a couple of hours, depending of the method used and the result required.



ACTIVITY

If you are not sure how long the extension service will take, time yourself on one row of extensions then multiply this for a rough estimate of how long it will take to complete the required number of extensions.



▲ Clip in crown

Methods of applying short term and long term hair attachment systems

Hair extensions can be made with human or artificial hair. As noted, some short term clip-in extensions are made with real hair, but usually short term attachment systems are made with artificial hair which is cheaper. Long term systems are more often made with real human hair.

Short term attachment systems

A simple clip-in fringe, crown or a curly ponytail can be added instantly and temporarily transform your client's look quite dramatically.

Clip-in small sections of hair can be added to the whole head and transform a person's style quickly and easily. These are reusable and often clients may use these themselves in between salon services.



▲ Clip-in extensions

Long term attachment systems

Hair extensions can be attached by the following methods:

- plaited in
- glued-in (bonded)

- weft-weaved in
- attached with micro loops.

These services are designed for longer-term wearability and can last up to five months if looked after and maintained effectively.

Plaited hair extensions

Plaited hair extensions are a popular service with clients with African-type hair. The hair extension is plaited into a three-strand plait using the extension as the one of the three strands. This service can be time consuming as the plaits are quite thin and there are lots of them.

Glued-in extensions

Glued-in (pre-bonded) extensions are generally individual strands of hair extensions that are glued-in at the root area in sections around the head. This service is very time consuming but this type of extension can last up to five months if maintained properly. It is one of the most popular forms of long term extension services as a variety of styles, length, colour and volume can be achieved. There are many different brand names for pre-bonded extensions. Always follow the MFIs.

Cylinder bonds are a type of glued-in extension that are less detectable to the eye as they are rounded and sit to the strand. Flat bonds are less detectable by touch as the ends are splayed at the baseline.

Weft-weave in extensions

Weft-weave in extensions are quick and easier to apply as the hair pieces are often wide and cover a larger part of the head. They are not designed to last as long as individual extensions, but they are considered a long term attachment service.

In addition to weft-weave in extensions, clients can choose a whole head weave. This attachment system provides whole head coverage and completely changes and covers the client's own hair. The client's natural hair is plaited with additional hair into small plaits about 1.5 cm wide. The added lengths are then folded back on themselves and sewn into the gaps between each plait. A weaving net is then placed over the top of the plaits and securely sewn into place. The net is cut into shape around the head and hairline. Then a weft of hair is sewn onto the netting around the hairline and perimeter. Additional wefts are sewn in horizontally around the head to create the look required.

Micro-loops

Micro-loops are individual strands of hair extensions that are held together with a ring and clamped onto the hair. These are kinder to the hair and do not use harsh chemicals or glue. If looked after properly they can last nearly as long as the glued-in extensions.



▲ Glued-in extension



▲ Weft-weave in



▲ Micro-loops

Principles of blending added hair

The most difficult thing when adding hair extensions to a client's hair is deciding on the colour mix needed to achieve the exact colour of the client's natural hair. By using colour ring wefts, you can decide whether colours need to be blended to achieve the target colour.

You can blend extensions to make them lighter or darker by adding or taking away tone. Take the main colour, add 25 per cent of a lighter or darker shade, then add another tone (if required). Keep the roots and points in the right direction and use a bush to brush them together.

ACTIVITY

There is no exact science to the principles of blending added hair – sometimes you have to add a little more or less of a particular colour to achieve the perfect blend. Practise blending hair to create a perfect colour.

KEY TERM

Shatter – heavily thin out the hair, remove bulk and make uneven.

KEY TERM

Defined – prominent, obvious



Blending also involves cutting the extensions to the required length. Never club or blunt cut – a razor should be used to blend. If the client's hair is bulky and club cut prior to attaching the extensions, it may be best to **shatter** the ends before the addition of hair.

If the client's requirements are for a defined colour look, such as high- or lowlights, then you will need to use a colour technique where more base colour is added and less of the chosen secondary colour. Block colouring depends on how **defined** the client wants the colour.

Mix added hair colours to give block colour and highlighting effects

Block colour effect

When achieving a block colour using two or more colours, agree the look and colour effect to be achieved and split the hair into the colour sections. If your client wants a dramatic look, consider which colours will achieve this.

Highlighted colour effect

For a highlighted effect, alternate the extension colours as you would if you were weaving colour through the hair. Never complete a row of one colour and then a row of another colour if you want to produce a natural effect as this will only produce a stripy look.

Importance of preparing the hair prior to attaching hair extensions

Prepare hair extensions

Explain fully to the client the time needed to complete the hair extension service and discuss when they will need to return for their maintenance

appointment. Maintenance appointments must be booked at least every four weeks so extensions can be rotated and checked to combat **matting**. The extensions must be removed every three months and a re-application of the extensions will be needed.

The client must be made aware, in advance, of the best products and tools to use at home to keep their extensions in good condition. When you place the order for hair extensions, double check that you have ordered the correct hair in the right colour and don't forget to order all the products that you need for pre- and post-service care. Update the client's record card with the order details and the advice given.

Prepare the hair

When you have prepared your work area, the client's hair must be shampooed in preparation, then blow dried and straightened. This will make it easier for you to attach the extensions and ensures the hair is appropriately cleaned for the service, as hair extensions can slip and become loose on oily hair.

When sectioning the hair for the extension service, bear in mind that you should not place extensions on the hairline, nape area or partings; they should sit 2 cm (1 inch) in from the perimeter of the hair and parting to minimise structural damage and to achieve a more natural look. Also, extensions placed on the occipital bone will protrude outwards. For placements on the crown area you must consider how growth patterns and the natural fall of the hair could affect where the extensions are placed.

How you section the hair will depend on which techniques are to be used and where the extensions are required. Work methodically through the hair using the correct tools. When using a scalp shield, check to make sure you have placed it correctly – the shield should be able to turn 360° for the correct distance from scalp to extension.

Importance of following instructions for products, tools and equipment

The two hair types (human and artificial) need to be treated very differently to avoid tangling the hair and causing damage, so you must ensure you follow the handling and preparing instructions provided. To ensure your client maximises the **longevity** of the extensions, advise them correct maintenance advice is also of utmost importance.

Ensure the availability of assistance, where required

To prevent tangling of the hair, it is often advisable to have someone to assist you when you are preparing and blending the hair. Plaited in hair extension services also benefit from an assistant to help you hold or plait the hair.

KEY TERM

Matting – heavily tangled hair which occurs because of natural hair loss or a poor home maintenance regime.

HANDY HINT

Remember, humans lose about 100 hairs per day and if this hair mats in the extension, it can cause structural damage.

HANDY HINT

As you gather the extension hair together, make sure it all lies root to tip. Any hair lying the wrong way will tangle and mat tighter, and cause problems for your client later on.



▲ Prepare the hair and store it carefully on the trolley



▲ Ensure extensions are placed 2 cm (1 inch) inside the hairline

KEY TERM



Longevity – how long something lasts.



▲ Quantity of hair



▲ Human hair



▲ Yak hair

Methods of attaching, maintaining and removing hair extensions

Hair extensions can be attached with a clip, glue/bonds, plaits, wefts, weaves or loops. Each method will have its own requirements for maintenance and removal.

Attach the correct quantity of added hair

The amount of hair required will depend on the technique to be used, style requirements and the density and texture of the client's natural hair. A usual number of pre-bonded extensions used for a full head is 125–200 but can be up to 350 – this is also dependent on the MFIs.

Natural hair extensions

There are two types of natural hair used for hair extensions:

- human hair
- yak hair.

Human hair

Human hair is the more expensive option but it gives the most natural effect. It can be coloured using hair colourants, straightened and generally treated as the client's real hair. It comes in different hair classifications, from straight through to very curly.

Yak hair

Yak hair is less expensive than human hair and comes in all different hair classifications. It can be coloured using hair colourants, straightened and generally treated as the client's real hair. However, it can be very shiny and look rather fake.

Synthetic fibre hair extensions

There are two main types of synthetic fibre used for hair extensions:

- nylon and acrylic
- Kanekalon.

Nylon/acrylic

Nylon/acrylic synthetic hair is a relatively inexpensive option and is available in all different hair classifications. It comes pre-coloured and cannot be coloured with hair colourants. It is less natural looking than real hair. Remember, it cannot be straightened or styled using heated appliances.

Kanekalon

Kanekalon looks more authentic than nylon and acrylic. It is easy to work with and comes in all different hair classifications. Refer to MFIs for the ability to colour and style this type of hair extension.

Blending natural hair

Follow these steps to blend real hair:

- 1 Always use a hair extension mat. This kind of mat consists of two large flat combs that fix together.
- 2 The real hair extensions are placed on to the first mat: make sure the hair is all laid the same direction and keep the root ends together.
- 3 Place the second mat on top of the first with the teeth interlocking. Colour mixing begins as you carefully draw the hair through the interlocked mats.
- 4 Ensure that the hair is pulled through when selecting pieces and that the root of the extension is attached to the root of the hair. Even though the cuticle is stripped during the cleaning and colouring process, the hair still needs to lie the correct way.

Blending synthetic hair

If you are using synthetic hair extensions, do not use a mixing mat to blend colours as it will tangle and be impossible to work with. Instead, hold the chosen synthetic hair colours together and, with a soft bristle brush, blend the coloured fibres together.



▲ Synthetic hair

Maintain real hair extensions

Manufacturers recommend following their specific home hair care regime for real/natural hair extensions in order to obtain optimum results. The following are general guidelines:

- Use a clarifying shampoo to remove sebum – this needs to be oil- and acetone-free.
- Apply a reconstructive conditioner that will work both with the extensions and the client's natural hair.
- Use a pH-balanced spray to close the cuticle, reduce matting and add shine.
- Advise your client to tie the hair back with a **hair scrunchy** or ribbon at night to stop hair extensions tangling and knotting during sleep.
- Advise returning to the salon for a maintenance check after three to four weeks.



ACTIVITY

How many hairs will be lost in the in-between four-week appointments, if natural hair loss is 100 per day?

KEY TERM

Hair scrunchy – loosely covered hair band.

Maintain synthetic fibre extensions

Manufacturers recommend following their specific home hair care regime for synthetic fibre extensions in order to obtain optimum results. The following are general guidelines:

- Use a clarifying shampoo to remove sebum; this must be oil-free.
- Use conditioner as recommended by the manufacturer. For bonded extensions do not choose a heavy or treatment conditioner, as this can break down the bonds. Do not apply conditioner to the root area as this can also weaken the bonds.
- Use a hair mask or protective spray to help prevent matting and protect against damage by styling equipment.

- Advise your client to tie the hair back with a scrunchy or ribbon at night to stop hair extensions tangling and knotting during sleep.

Removal of hair extensions

Whatever type of hair extensions used, you will need to remove them following the manufacturer's instructions. Always explain the importance of having the extensions removed professionally to your client. Once the extensions have been removed, you will need to carry out a thorough shampoo and conditioning treatment on the hair to get rid of any remaining product and dead skin build-up from the scalp and also to moisturise the scalp.



▲ Removal of sewn-in extensions

Removal of clip-in extensions

Clip-in extensions are the easiest to remove and clients will often carry this out themselves at home. Explain to your client how to unclip the added hair and how to protect and store the reusable extensions for future use. Advise your client to brush their hair to detangle and then cleanse the hair and scalp and condition their hair before reattachment.

Removal of plaited extensions

- 1 Remove any bands used.
- 2 Use a pintail comb to start unravelling the plait.
- 3 Use an intense conditioner afterwards to detangle the hair.

Removal of sewn-in extensions

- 1 Locate the stitches.
- 2 Cut the thread to remove the weft.

Removal of bonded extensions

- 1 Section the hair.
- 2 Use the removal tool to crush the bond.
- 3 Protect the remaining hair as you apply the removal solution.
- 4 Once the adhesive breaks down, crush the bond again.
- 5 Gently pull the extension away.

Removal of micro-/nano-rings and loops

- 1 Section the hair.
- 2 Using the opening and closing tool, pinch the ring the opposite way.
- 3 The extensions will fall away.

Importance of following salon and manufacturers' instructions

To ensure you achieve the best possible result when performing a hair extension service, it is essential that you follow the manufacturers' instructions (MFIs) and those of your salon.

Maintain correct tension throughout the service

The tension you use will depend on the technique chosen, but it must be the same throughout. Unequal tension will result in an uneven finish and your client will be unhappy with the final result.




Be aware that too much tension on the hair can cause pulling and a sore and tender scalp, making the extensions uncomfortable for the client. It can also cause traction alopecia.





Tools and equipment




The table shows the use and maintenance for equipment commonly used in hair extension services.

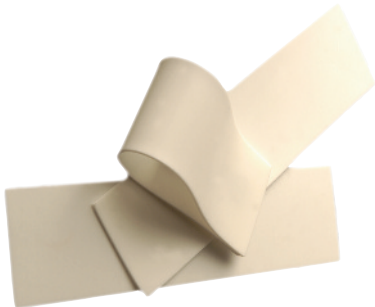



▲ Maintain tension throughout the service

Equipment	Use	Maintenance
Pintail or tail comb 	<ul style="list-style-type: none"> Separates and sections the client's hair. 	<ul style="list-style-type: none"> Check that no teeth are missing. Check that it is clean and sterilised.
Bristle brush/dressing-out brush 	<ul style="list-style-type: none"> To brush through the extensions, once completed. 	<ul style="list-style-type: none"> Remove any hair. Check all bristles are upright.
Sectioning clips 	<ul style="list-style-type: none"> Section the client's hair while adding extensions to aid methodical working. 	<ul style="list-style-type: none"> Check each clip is still able to grip the hair. If old, discard and replace.
Curved needle and thread 	<ul style="list-style-type: none"> Used with a weave technique to sew in the extensions. 	<ul style="list-style-type: none"> Use correct thread colour. Check that needle is at correct angle.

Equipment	Use	Maintenance
Hook or loop needle 	<ul style="list-style-type: none"> Used for micro- and nano-loops, to thread the client's natural hair through the ring. 	<ul style="list-style-type: none"> Use the hook/loop correctly following the MFIs and check for hair build-up.
Opening and closing tool 	<ul style="list-style-type: none"> Used for micro- and nano-extensions to secure the ring. Also used as a removal tool for the extensions. 	<ul style="list-style-type: none"> Check the opening and closing tool works correctly and can pinch the ring together.
Heat clamp 	<ul style="list-style-type: none"> To be used only on fibre extensions. Heats up to 140–220 °C. 	<ul style="list-style-type: none"> For maintenance, always follow MFIs.
Bonding applicator 	<ul style="list-style-type: none"> Can be used on real or fibre extensions. Heats pre-shaped resin sticks to 180° and disperses from nozzle in glue form. 	<ul style="list-style-type: none"> For maintenance, always follow MFIs.
Pre-bonded extension applicator	<ul style="list-style-type: none"> Melts pre-bonded extensions onto the client's natural hair. Heats to 140 °C. 	<ul style="list-style-type: none"> For maintenance, always follow MFIs.

Equipment	Use	Maintenance
Scalp shields 	<ul style="list-style-type: none"> ● Protection when using adhesive. ● Placed against the scalp to protect from scalp burns and irritation. ● Must be able to rotate 360° to ensure correct placement of extension. 	<ul style="list-style-type: none"> ● For maintenance, always follow MFIs.
Scissors/thinning scissors and razor 	<ul style="list-style-type: none"> ● Used for cutting and styling extension and to blend extensions into the natural hair. 	<ul style="list-style-type: none"> ● For maintenance, always follow MFIs.
Removal tool 	<ul style="list-style-type: none"> ● Breaks the extension seal, to aid removal. 	<ul style="list-style-type: none"> ● Keep clean from solvents to ensure easy removal.

Equipment	Use	Maintenance
Silicone pads 	<ul style="list-style-type: none"> ● Part of PPE. ● Protects the stylist's fingers when using resin or adhesive bonds. 	<ul style="list-style-type: none"> ● For maintenance, always follow MFIs.
Mixing mat 	<ul style="list-style-type: none"> ● Used for real hair extensions to help with the mixing and blending of colours and achieving correct section sizes. 	<ul style="list-style-type: none"> ● Keep the mat free from hair build-up. ● Do not use with fibre hair.

Hair extension problems

Throughout the service, there are problems that you as the stylist must be aware of and know how to overcome.

Problem	Causes and remedies
Dreadlocks	<p>Cause – not maintaining the extensions, either by incorrect brushing or not using the recommended products from the manufacturer can result in dreadlocks forming. Incorrectly applied extensions, point to root, can also cause dreadlocks to form.</p> <p>Remedy – provide guidance to the client, as extensions will have to be removed if dreadlocks occur.</p>
Knotted or matted extensions	<p>Cause – not maintaining the extensions.</p> <p>Remedy – comb or brush the hair from roots to points. Detangle from the bottom and work towards the top. Check that the extensions have all been placed root to point.</p>
Poor condition after shampooing	<p>Check that products are being used as directed by the manufacturer's instructions.</p>
Tangling of extensions during sleep	<p>Tie the hair back using a soft, covered scrunchy or ribbon – this will keep the hair from tangling as the client sleeps.</p>
Limited styling options	<p>Hair extensions, especially on long hair, can be quite limiting in terms of styling – this should be explained to the client during the consultation. You can add more shape into the extensions or recommend that the client returns to the salon for you to show them useful styling techniques.</p>

Problem	Causes and remedies
Loss of extensions	<p>Cause – may occur as a result of using incorrect shampoo, using heated styling equipment on the bonds, or over-combing or brushing. The client should take care when using heated styling equipment and use tools carefully so as not to disturb the extensions. Poor application may also be to blame.</p> <p>Remedy – recommend that the client return to the salon to have the problem checked out.</p>
Sore, tender scalp	<p>Cause – may occur if extensions have been placed incorrectly. Crossed hairs from poor application can cause pain.</p> <p>Remedy – if the problem persists, you must remove the extensions and advise the client on follow-up care.</p>
Glue burns	<p>Cause – may be due to poor application – either the resin was the wrong consistency or it was too hot. Resin or adhesive may also have dripped on to the scalp.</p> <p>Remedy – advise the client to seek medical advice and record the problem on their record card.</p>
Allergic reaction	<p>Cause – may occur if the client is not tested for an adhesive or resin allergy.</p> <p>Remedy – remove bonds immediately and seek medical advice.</p>
Ineffective bonding	<p>Cause – may be due to poor application, ineffective resin or not following the manufacturer's instructions.</p> <p>Remedy – re-bonding can be carried out if the hair is in good condition.</p>
Traction alopecia	If the hair recedes or areas of hair loss appear, remove the extensions immediately and seek advice from a trichologist.

Finishing products and techniques suitable for use with hair extensions

The list below will help you to advise your client on how to care for their hair extensions by recommending appropriate products and explaining the techniques to use to ensure their extensions remain in optimum condition.

- **Shampoo** – use a clarifying shampoo to remove sebum; this needs to be oil- and acetone-free.
- **Conditioner** – use conditioners as recommended by the MFIs. For bonded extensions, do not choose a heavy or treatment conditioner, as this can break down the bonds. Do not apply conditioner to the root area as this can also weaken the bonds. Alternatively, you can apply a reconstructive conditioner that will work both with the extensions and the client's natural hair. A hair mask or protective spray can be used to help prevent matting and protect against damage caused by styling equipment.
- **Sprays** – use a pH-balanced spray to close the cuticle, reduce matting and add shine. Serum or shine sprays can be used, but avoid applying the products near the roots.

KEY TERM

Dreadlocks – rope-like strands of hair formed by matted hair.



ACTIVITY

Produce an information chart outlining the problems caused by incorrect application of hair extensions and explaining how to solve them. Display the chart in the staff room or dispensary area.

KEY TERM

Effleurage – stroking shampoo massage movement



▲ Cut the hair extensions to the agreed shape

- **Heat protector** – use a heat shield/heat protector when heat styling the hair.
- **Techniques** – use **effleurage** shampoo techniques and avoid rubbing the root area. Avoid applying conditioning and styling products near the root area.
- **Brushing** – only brush the hair with a specialist bristle brush and detangle the hair from roots to points.

CUT AND FINISH HAIR WITH EXTENSIONS

On completion of the extension service, you will need to cut or texturise the hair to the agreed shape discussed with the client during consultation. You can use your hairdressing scissors, thinning scissors or a razor.

Adapt cutting techniques to suit the finished look

You must retain the balance and shape of the style. You will not be carrying out a technical haircut; instead, let yourself be guided visually to determine the style.

Cutting technique	Creative cutting technique required to blend client's own hair and extensions	Adapt cutting technique to suit different types of hair extensions
Blunt or club cutting	Use scissors to create strong external lines.	Never blunt cut synthetic hair as it has a tendency to fray. A blunt cut is a very dramatic look with extensions – ensure this is the look your client requires.
Layering	Use this to connect shorter hair to the perimeter.	Scissors or a razor can be used to achieve layers on human hair and synthetic hair, but be careful to avoid the ends becoming frizzy.
Freehand	Using scissors and freehand techniques, remove weight and improve the general shape of the style.	Both synthetic and human hair will require some freehand techniques to improve the final shape of the style.
Point cutting	Using scissors or thinning scissors can achieve a softer perimeter line.	Point cutting can be used to achieve layers on human hair and synthetic hair, but be careful to avoid the ends becoming frizzy.
Tapering	Achieve soft layers using a razor or thinning scissors.	Bear in mind that too much tapering or thinning on extensions can cause frizzing at the ends.

Importance of cross-checking the cut for accuracy

It is important to cross check the cut and the balance of the hair extensions to ensure accuracy and the overall symmetry of the look. As you work through the sections you have arranged, look in the mirror to check that the balance is correct throughout the extension service and the hair cut stage. You can swivel the chair as you work to check that the style is growing into a balanced shape.

Styling the extensions

Real hair extensions

Real hair can be treated similarly to the client's natural hair. Be careful when styling that you do not disturb the bonds, as they will soften and loosen. Do not backcomb hair extensions, as this can cause irreversible tangling.

Fibre extensions

These can be dried and styled using a hairdryer on a medium heat. If the fibre extensions have movement or curl in them, they will drop due to heat from the hairdryer and the client's body temperature. Check the MFIs for heat limitations.

HANDY HINT

Remember, when you are cutting hair extensions, you are aiming for a natural look. You will need to remove the bulk and soften the shape to blend the natural hair with the additions.

HANDY HINT

You will lose balance and shape by misplacing extensions or putting them in areas such as the crown and occipital bone.

HANDY HINT

Real hair extensions can be treated in the same way as natural hair, but they must still be treated with care.

MAINTAIN AND REMOVE HAIR EXTENSIONS

Earlier in this chapter, we looked at the various ways to remove the different hair attachment systems. At the end of every service, you must provide aftercare advice to your clients.

Importance of providing clients with advice and recommendations

The aftercare advice you give your client to look after their extensions will depend on the type of extensions used.

Hair extension services are probably the most costly of all salon services your client can purchase. It is therefore very important you provide advice and recommendations on the products and services used so your client can maintain their style for as long as possible.

THE HAIR PROFESSIONAL AT WORK

You should educate your client about how to invest in their hair and maintain the look for as long as possible. This ensures value for money and will help preserve the condition of the hair extensions and the client's own hair.

Real and synthetic fibre extensions

For both real and synthetic hair extensions, advise your client to use a soft bristle brush as this does not pull on the bonds. They should never use a vent brush or a brush with bobbles on the ends, as this can disturb the bonds.

Recommend that the client shampoo their hair using effleurage massage to cause minimum disruption to the root area and lessen the chance of matting the hair.

Explain to your client the importance of detangling the hair from roots to points by starting at the points and then starting each stroke further towards the root area. You must also explain how swimming can damage the extensions and cause tangling and matting due to the harsh chemicals, such as chlorine, present in the water. Make sure your client is aware of how to protect their hair when swimming and ensure they use pH-balanced products.

Do not forget to explain to your client how to style the hair; after all, this might be a completely new service for your client. They will need to change their home hair care regime and learn how to look after their extensions properly. Their styling options will now be more limited, as they have the care of their extensions to consider.

HANDY HINT

The extensions will need to be removed in three months, following the MFIs. Encourage your client to pre-book this along with their maintenance appointments.

HANDY HINT

Remind your client to wash their hair less often after long term hair extensions are attached, and to avoid too much conditioner or oil-based products near to the attachment of the hair extension as this may encourage the attachment to slide away from the root area.

Maintain and remove a hair attachment system

Always advise your client when to come back to the salon for maintenance of their hair attachment system and how often they will need to do this. It is essential that they understand the importance of home and salon maintenance and how the extensions must be removed from the hair.

Recommended time interval between services

After long term hair extensions are attached, you should advise your client to return within three to four weeks for a hair and scalp check. This service is often complimentary and ensures the extensions are securely in place, the hair is tangle free and the condition of the hair and scalp is maintained.

Impact of lifestyle on hair attachment systems

A client's lifestyle will impact on the maintenance and longevity of each hair attachment system. Most hair extension services still enable clients to go swimming or to the gym, as long as the maintenance programme described above is followed. Hair extensions should be brushed more regularly than natural hair to ensure they are tangle free, so encourage your client to keep a soft bristle brush with them at all times.

Tools and products for removal of hair attachment systems

During the removal process you may use removal solutions to break down the glue bonds or a removal tool to break the extension seals, or opening tools to open the loop to enable easy removal of the hair extension. For more information on tools and equipment, refer back to the table on pages 65-68.



▲ Aftercare brushes

Importance of removing hair attachment residue and product build up

Once extensions have been removed, the hair should be washed and conditioned. This will clean away any residue from the removal solutions, cleanse the scalp of product build-up and condition the hair.

WHAT YOU MUST DO

For your practical assessments you must:

- Apply safe working practices when working with hair extensions
- Carry out hair extension services.

Apply safe working practices when working with hair extensions

You must prepare for hair extension services and ensure you protect your client's clothing throughout the service.

Apply safe and hygienic methods of working

Throughout the service, ensure you position your client to meet the needs of the service without causing them discomfort. Make sure your own posture and position minimises fatigue and the risk of injury. You must:

- keep your work area clean and tidy throughout the service
- use working methods that:
 - minimise the risk of damage to cutting tools
 - minimise the risk of cross-infection
- make effective use of your working time
- ensure the use of clean resources
- minimise the risk of harm or injury to yourself and others
- promote environmental and sustainable working practices
- ensure your personal hygiene, protection and appearance meets accepted industry and organisational requirements
- follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
- dispose of waste materials appropriately
- complete the service within a commercially viable time and use working methods that promote environmental and sustainable working practices.



▲ Consultation process for hair extension services

Carry out hair extension services

To carry out hair extension services, you will need to:

- plan to add hair extensions
- confirm service requirements prior to ordering attachment systems and hair extensions
- consult with clients to confirm desired look
- carry out hair extension services
- cut and finish hair with extensions.

Plan to add hair extensions

Before starting, you must examine the client's hair and scalp to identify any factors that may affect the service and ask them appropriate questions to establish any known contra-indications to the hair extension service. During the consultation, you must conduct a range of tests on your client's hair and skin following manufacturers' instructions and recognised industry procedures.

If contra-indications cause doubts as to the suitability of the service for the client you must take a suitable course of action.

At the end of the consultation you must record your client's responses to questioning and the outcomes of all tests. At this stage, you should be ready to select attachment systems to meet your client requirements – either short term or long term – and hair extensions which are a suitable:

- texture
- colour
- length
- width.

HANDY HINT

When booking the appointment and prior to starting the service, you should ensure there is an assistant available to help you during the hair extension service, when required.

Confirm service requirements prior to ordering attachment systems and hair extensions

You will need to prepare and attach hair extensions and prepare the attachment systems and hair extensions to avoid wastage, tangling and to meet the manufacturer's instructions.

Before starting the service, you must prepare your client's hair in a way that is suitable for the attachment system to be used

Consult with clients to confirm desired look

Finally, before the service commences, re-confirm with your client the look agreed and confirm that the hair will need cutting at the end of the service. You are likely to use some of the following cutting techniques:

- point cutting
- tapering
- freehand
- razoring
- texturising.

Throughout the service check your client is comfortable at regular intervals, and if necessary provide suitable reassurance on the time frame, process and agreed outcome.

Carry out hair extension services

As you begin the service, you must part the hair sections cleanly and evenly to meet the requirements of the attachment system you are using. Ensure you section the hair in a way that will allow the hair extensions to lie in the direction required and secure any hair not being extended out of the way, to keep each section clearly visible.

Use attachment systems that secure hair extensions into your client's hair to meet style requirements. Add and attach hair in a way that takes into account the factors influencing the service. Ensure you maintain even tension throughout the attachment process and, as you proceed, identify and resolve any problems as they occur.

On completion, ensure that the hair extensions give a balanced and well-proportioned finished look.

Cut and finish hair with extensions

Once the hair extensions are added you need to complete the look with a haircut and finish. When cutting the hair ensure you establish and follow cutting guidelines and adapt your cutting techniques to take account of those factors which influence working on hair extensions. Combine and adapt your cutting techniques to achieve the finished look.

When cross-checking the haircut, adapt your methods to suit the fall of the hair extensions and make your final checks to ensure the cut is accurate.

Style and finish the hair using creative finishing techniques that complement the finished look and apply suitable styling and finishing products.

Finally, make sure the client is completely satisfied with their new look and hair extensions and recap the aftercare advice, making appropriate recommendations.

Maintain and remove hair extensions

When carrying out maintenance or removing the hair extensions, you must do so following the MFIs. Always use the correct tools and products when maintaining and removing hair extensions to minimise any damage to your client's hair.

After the removal of hair extensions, you must leave your client's hair free of residue and product build up and ensure the hair is clean and prepared ready for the next service.



▲ Carry out hair extension services

HEALTH AND SAFETY

Throughout the service, you must adapt your posture and position to ensure the accuracy of the cut and maintain your comfort during this long and demanding service.



▲ Cut and finish the style



▲ Advise on retail for home maintenance

Provide clients with advice and recommendations

Throughout the service and at the end, you must provide your client with suitable aftercare advice and any recommendations on the service you have provided, such as:

- how to maintain the attachment systems – including products and equipment to use, what to and what not to do to their hair
- time intervals between services – when to return for maintenance and when to have the extensions removed. If they are temporary short term extensions, remind your client on how to remove them and store them for future use at home
- present and future services that will benefit your client and help to maintain the hair's condition and style.

STEP BY STEPS

Whatever kind of extensions and attachment methods you choose, always follow the manufacturers' instructions. Consider the factors you looked at in the first part of this chapter to achieve the very best results to the satisfaction of your client.

Bonded wefts – bonded techniques

In bonded techniques, wefts of hair are cut to size. Glue is applied to the root area of the natural hair and the wefts are secured in place by the glue.

STEP 1 – Section the hair and prepare the weft to be attached.

STEP 2 – Remove the sticky back from the strip of glue.

STEP 3 – Attach the weft to the glued area.

STEP 4 – Continue to add the wefts until the desired results are achieved.

STEP 5 – The finished look.

Micro ring hair extensions

Before the client's appointment, you must have carried out the consultation and colour matched the hair to meet your client requirements.

At this stage you should have considered the client's hair's length, density, condition, any hair and scalp contra-indications, their lifestyle, future maintenance, aftercare advice and their required look.

Before starting the hair extensions service, you must:

- shampoo and dry the hair using a clarifying shampoo to ensure there is no product build up or residue on the hair
- avoid using conditioner, as this may cause the extensions to slide (unless it is necessary to apply conditioner on the ends for detangling purposes)
- avoid using any styling products or leave-in conditioning products on the hair prior to your application.



▲ Colour match the hair to meet your client's requirements



Hair before the service – shampooed and dried.



STEP 1 – Section hair into four sections: ear to ear and forehead to nape and secure with section clips. Starting at the hairline at the nape, a 2–2.5 cm horizontal section is taken across the head.



STEP 2 – Starting either side, take a small (approximately 1cm) section into a triangle with the point of the triangle pointing down.



STEP 3 – Use the application wire pull tool to thread the section through.



STEP 4 – Slide a ring to the root of the natural hair section. This needs to be approximately 1 cm down the hair shaft to allow for movement.



STEP 5 – Loop the strands of natural hair through the ring.



STEP 6 – Thread the bonded extension hair into the ring and section of natural hair.



STEP 7 – Attach the bonded hair through the loop but do not let the tip poke through the top of the



STEP 8 – Close the ring by squeezing using the application tool.



STEP 9 – Continue with 1.5 cm sections, applying the extensions in the triangle sections and leaving the hairline area free of extensions (to shield the rings when the hair is put up) and around the front hairline, as hair is usually more sparse in these areas.



STEP 10 – Loop the natural hair through the ring.



STEP 11 – Insert the hair extension into the ring, and squeeze and clamp the ring with the application tool.



STEP 12 – Continue the process, but never apply extensions at the crown as the hair will part and expose the extensions. Generally extensions are not required anywhere above eye level. At regular intervals blow dry and smooth the extensions into the natural hair. This will give you an idea of the blend during the extension process.



STEP 13 – Cut and shape the look as agreed, using freehand techniques at the baseline of the shape.



STEP 14 – Continue to shape the hair, removing bulk where necessary. It is advisable to use point cutting or slicing to achieve a softer, more natural finish.



STEP 15 – Style and finish the hair and provide aftercare and maintenance advice on products for care of the hair, do's and don'ts, and issue your client with a care leaflet.



STEP 16 – The finished look.

Weft application

This gives a natural effect and can be cut and styled to the client's requirements.

STEP 1 – Prepare the hair with blow drying, flat ironing and put in an appropriate parting.

STEP 2 – Starting with the nape, create a horizontal section approximately 2 cm deep.

STEP 3 – Now measure your weft length, leaving it a little shorter than the section to avoid bulking and to ensure a natural-looking blend.

STEP 4 – Place the weft piece onto the skin and dry the weft glue with the dryer.

STEP 5 – Continue placing the wefts using parallel sections approximately 2–3 cm apart, depending on the quality of the hair.

STEP 6 – Once you have worked the sections up to the ear, take a section from the centre-back round to the front hairline just above the ear.

STEP 7 – Continue with these sections up the head.

STEP 8 – Where the hair is finer around the hairline the size of the weft must be adjusted.

STEP 9 – You must assess the hair quality and leave out an appropriate amount of hair on the top to blend.

STEP 10 – Now repeat this process on the second side.

STEP 11 – Once the weft sections are in place, work through all the hair to blend with a set of hot flat irons.

STEP 12 – Finally refine the outline using freehand techniques.



▲ Weft application

Short term creative extensions

You can use short term extensions in various forms to add a creative and innovative design into the hair.

STEP 1 – Prepare the hair by creating a perfect ponytail and a chignon.

STEP 2 – Prepare the spherical additions by folding and securing lengths of wefts.

STEP 3 – Back brush and crimp the wefts to add volume.

STEP 4 – Smooth the top with irons.

STEP 5 – Wrap the wefts around a padded donut and secure.

STEP 6 – Arrange and secure the spherical shapes, initially pinning to the base. This is a visual technique that considers face shape, colour and form.



▲ Short term creative hair extensions

Infusing colour

A dramatic effect is to add colour using extensions – this can be very striking and can enhance a style.

STEP 1 – Colour the hair to the desired base shade. Back of the head: create a zigzag section using 27–29 bonds, tracking and alternating the colours throughout the application.

STEP 2 – Back of the head: create another zigzag section about a hand-width over the previous section, using 30–32 bonds.

STEP 3 – Right side: continue from the first zigzag section on the back of the head, using 21–23 bonds.

STEP 4 – Right side: continue from the second zigzag section on the back of the head, using 21–23 bonds.

STEP 5 – Left side: make a diagonal line upwards as a continuation of the first zigzag section on the back of the head, using 9–11 bonds.

STEP 6 – Left side: continue from the second zigzag section on the back of the head, using 7–9 bonds.

STEP 7 – Comb the hair forward as it would naturally fall and cut it into a narrow arc shape.

STEP 8 – Take a section at the top of the head to determine the graduated length of the entire cut.

STEP 9 – Blending between the client's own hair and the extensions is vital to create a soft transition between the colours.

You should now be able to offer your clients a whole new range of hair extension services. You must be aware of how vital the consultation is and the importance of providing thorough explanations of home hair care to enable the client to get the best out of their extensions.

Using extensions opens up a whole new creative and innovative, personalised service you can offer your clients. Keep working on different styles and experiment with new options to produce different looks, especially on shorter styles. Enjoy the flexibility and creativity of this service and the satisfaction you will feel, as a stylist, giving your clients such a dramatic new look.

Test your knowledge

Question 1

Describe the best cutting techniques to use to blend in hair extensions.

Question 2

Explain what could cause a sore, tender scalp during the extension service.

Multiple choice questions

- 3** What is the best tool for cutting extensions into style?
 - a** Thinning scissors
 - b** Razor
 - c** Scissors
 - d** Clippers
- 4** What type of brush is recommended for use on extensions?
 - a** Bristle brush
 - b** Vent brush
 - c** Paddle brush
 - d** Radial brush
- 5** Are the following statements true or false?

Statement 1: A pull test checks for the natural stretch of the hair.

Statement 2: A positive skin test to glue will halt an extension service using adhesive.

 - a** True, true
 - b** True, false
 - c** False, true
 - d** False, false
- 6** How do you create a natural highlighted effect with hair extensions?
 - a** Complete one row of each colour
 - b** Add the lighter colour every three rows
 - c** Place the extensions in slices of colour
 - d** Weave the colours through
- 7** Which of the following is a short term extension technique?
 - a** Loops
 - b** Plaiting
 - c** Clip-in
 - d** Bonded
- 8** How should you prepare the hair for an extension service?
 - a** Condition the hair and style as normal
 - b** Shampoo, blow dry and straighten the hair
 - c** Straighten the hair only
 - d** Shampoo and condition the hair
- 9** Are the following statements true or false?

Statement 1: There is a greater extension hair loss over a period of time with pre-bonded extensions.

Statement 2: There is less loss of extension hair with loop extensions.

 - a** True, true
 - b** True, false
 - c** False, true
 - d** False, false
- 10** What type of shampoo should you use after an extension service?
 - a** Moisturising
 - b** Clarifying
 - c** Protein-based
 - d** Volume

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