

# Milady Standard Barbering Course Management Guide 11.0

**INSTRUCTOR NAME:** \_\_\_\_\_ **DATE TAUGHT:** \_\_\_\_\_

**SUBJECT: THE PRACTICE OF BARBERING**

**TOPIC: TREATMENT OF THE HAIR AND SCALP**

## LESSON OBJECTIVES

Upon completion of this lesson, students will be able to:

1. Discuss the benefits of a shampoo service.
2. Select products for different hair types and textures.
3. Describe proper draping procedures for various services.
4. Identify basic considerations for performing a shampoo service.
5. Describe two shampooing methods.
6. Discuss reasons why a client might find fault with a shampoo service.
7. Describe scalp massage manipulations and techniques.
8. Explain services that may be included in a hair or scalp treatment.

## IMPLEMENTS, EQUIPMENT, AND SUPPLIES REQUIRED

Student	Instructor	Items
x	x	<i>Milady Standard Barbering</i> textbook
x		Student Workbook for <i>Milady Standard Barbering</i>
	x	Instructor Support Slides for <i>Milady Standard Barbering</i>
	x	Whiteboard or chalkboard; dry-erase markers or chalk
x		Exam Review for <i>Milady Standard Barbering</i>
x		Online Licensing Preparation for <i>Milady Standard Barbering</i>
x		MindTap for <i>Milady Standard Barbering</i>
	x	Computer/CD/DVD player, and/or projector
	x	Towels, wet capes, haircutting capes, neck strips, etc.
	x	Shampoos, conditioners, scalp conditioners, hair tonics, etc.
	x	Scalp steamer, massager, ultraviolet-ray/infrared lamps, electrotherapy modalities, etc.

**FACILITY:** Theory Classroom

**TIME ALLOTMENT:** 2 to 6 hours (adjust the time based on the school schedule and student activities/participation)







 **PRIOR STUDENT ASSIGNMENT:**

1. Read Chapter 11: *Treatment of the Hair and Scalp*

 **EDUCATOR REFERENCES:**

1. *Milady Standard Barbering*
2. *Milady Standard Barbering Course Management Guide on CD*

**INSTRUCTOR TEACHING PATH:**

- |   |  |
|---|--|
|  Instructor Materials and Supplies |  Pre-Assessment           |
|  Lesson Activities                 |  Instructor Demonstration |
|  Student Materials and Supplies    |  Post-Assessment          |

 **LESSON ACTIVITIES:**

1. Have students choose a partner to practice wet-service and haircut draping methods. Check for compliance with infection control and proper draping procedures. Refer to **Procedures 11-1 and 11-2** in the textbook.
2. Have students conduct a research project on the various shampoo products used at school or at home. The student can use their smart phone, tablet, or computer to complete the research. Use the chart provided in **Supplement 11.0** to list each type of shampoo, the type of hair each is created for, and the pH level. Focus on the content learned in Chapter 7, *Basics of Chemistry*. Use litmus paper and conduct a test on each product to determine the pH level (level of acidity and alkalinity).
3. Have students choose a partner on which to practice the shampoo service. Check for proper draping techniques; body positions of both students; and thoroughness of the shampoo, conditioning, and rinsing process. Instruct student models to provide their partners with feedback regarding comfort, protection of skin and clothing, massage manipulations, pressure, speed, water temperature, etc. Refer to **Procedure 11-3** in the textbook for the detailed steps.
4. Have students choose a partner on which to practice scalp massage manipulations. Instruct the first group of students receiving the massage to use the textbook to coach their partner through the manipulations; they should also provide feedback about the pressure, speed, etc., of the massage. When the first massages are completed, have students switch positions and repeat the exercise. Refer to **Procedure 11-6** in the textbook for the detailed steps.

**INSPIRATION FOR THE DAY**

Describe a shampoo service that would provide the most positive experience for your client.

## WHY STUDY TREATMENT OF THE HAIR AND SCALP?

- Analyzing the client's hair and scalp helps to identify conditions that may prohibit services.
- Professionally delivered scalp massage during shampooing and treatments provides hygienic, circulatory, and relaxation benefits to the client.
- Special services, such as electrotherapy or light therapy treatments, require advanced knowledge and skills to perform correctly and safely.

## LESSON PLAN 11.0

# SUBJECT OUTLINE AND IN-DEPTH NOTES TO SHARE DURING PRESENTATION

## I. INTRODUCTION

The treatment of the hair and scalp includes shampooing, scalp massage, conditioning, and special treatments for hair and scalp conditions. When performed correctly, these services are relaxing and effective in helping to ensure the health of clients' hair and scalp. Providing such professional services can also increase client retention and referrals and helps to promote a positive reputation for the barber and barbershop.

- Review lesson objectives.

## II. DISCUSS THE SHAMPOO SERVICE

Shampooing the hair before cutting ensures that the hair is clean and free from oils or products that can interfere with cutting tools and haircut results. Follow-up conditioning treatments after the shampooing help to keep hair in a healthy and manageable condition for the client and the barber. See **Figure 11-1** and **Table 11-1**.

### A. REVIEW SHAMPOOS AND CONDITIONERS

The purpose of a shampoo product and service is to cleanse the scalp and hair. Conditioners can refer to either hair conditioners or scalp conditioners.

 **Teaching Tip:** Refer to the Instructor Support Slides for more details on Review Shampoos and Conditioners: Slides 5–6.

## III. KNOW HOW TO DRAPE

Draping is the term used to describe the covering of the client's skin and clothing with a cape and a barrier at the neckband for sanitation and protection purposes.

- Shampoo Capes  
Shampoo capes are waterproof drapes made of vinyl that are used to protect the client's skin and clothing from water, liquids, and chemical processes. See **Figure 11-2**.
- Haircutting Capes  
Haircutting capes are made of nylon or other synthetic materials. See **Figure 11-3**.

### A. LEARN DRAPING METHODS


There are several draping methods used in the barbershop and all require the use of a barrier (towel or neck strip) between the client's neck and the neckband of the cape. See **Figure 11-4**.

- Shampoo Service

A cloth towel is positioned under the cape and folded over the neckband once the cape is secured.

- Chemical Service

A chemical service always requires a cloth towel under the cape and folded over the neckband once the cape is secured, followed by a cloth towel over the cape neckline and secured with a clip to provide protection from solution or chemical drips.

 **Perform:** Demonstrate and/or have students practice Draping for Wet And Chemical Services: **Procedure 11-1.**

- Haircut Service

For a haircut service, draping includes the use of a neck strip under and then folded over the neckband of the cape.

 **Perform:** Demonstrate and/or have students practice Draping for Haircutting: **Procedure 11-2.**

- Mustache/Beard Trim Service

This service requires either a neck strip or a cloth towel placed under and then folded over the neckband of the cape.

- Shave Service

The shave service requires a special draping method to ensure that a barrier between the client's skin and the drape remain in place during the procedure.

### 1. Consider Important Guidelines for Draping

 **Teaching Tip:** Refer to the Instructor Support Slides for more details on Consider Important Guidelines for Draping: Slide 11.

 **Engage:** Refer to Activity #1.

## IV. UNDERSTAND THE SHAMPOO SERVICE

### A. DESCRIBE TWO METHODS OF SHAMPOOING AND RINSING

The two common methods used for shampooing and rinsing are the reclined and inclined methods.

- Recline Method

The reclined method of shampooing is the most commonly used method. The hydraulic or shampoo chair is reclined and the client's head positioned in the neck rest of the shampoo bowl. See **Figure 11-5.**

- Inclined Method

The inclined method can be used when a standard shampoo bowl is not available or when the client cannot use the reclined method. See **Figure 11-6.**

### B. SHAMPOOING CLIENTS WITH SPECIAL NEEDS

If a client is disabled or wheelchair bound, ask the client how he would like to be shampooed.

### 1. The Barber's Physical Presentation

To prevent muscle aches, back strain, and fatigue, it is important that you maintain good posture at the shampoo bowl.

 **Teaching Tip:** Refer to the Instructor Support Slides for more details on The Barber's Physical Presentation: Slide 14.

### 2. Perform a Superior Shampoo Service

The effectiveness of the shampoo service depends on the manner in which the shampoo is applied and rinsed, the quality of the scalp massage, the temperature of the water used, and the use of the shampoo best suited to the condition of the client's scalp and hair.

 **Teaching Tip:** Refer to the Instructor Support Slides for more details on Perform a Superior Shampoo Service: Slide 16.

### 3. Preparation and Setup

Following consultation with the client, preparation is the first step in performing a shampoo service.

### 4. Analysis and Product Selection

To determine which product to use, a scalp and hair analysis must first be performed. The condition of the hair and scalp, and the density, texture, porosity, and elasticity of the hair should be determined. See **Figure 11-7**.

 **Teaching Tip:** Refer to the Instructor Support Slides for more details on Analysis and Product Selection: Slide 17.

 **Engage:** Refer to Activity #2.

### 5. Water Temperature

The water should be comfortably warm for the client. See **Figure 11-8**.

### 6. Shampoo Application

Applying the shampoo product is not difficult but some basic guidelines can help learners perform this step more efficiently and effectively.

 **Teaching Tip:** Refer to the Instructor Support Slides for more details on Ancient Cultures: Slide 19.

 **Perform:** Demonstrate and/or have students practice Shampoo and Shampoo Massage Manipulations: **Procedure 11-3**.

**Perform:** Demonstrate and/or have students practice Shampoo Variations: **Procedure 11-4**.

 **Engage:** Refer to Activity #3.

### 7. Other Shampoo Applications

Liquid-dry or powder shampoo applications can be used to freshen the client's hair and scalp.


## V. LEARN ABOUT SCALP AND HAIR TREATMENTS

The purpose of scalp and hair treatments is to preserve the health and appearance of the hair and scalp. These treatments also help to prevent or combat disorders such as dandruff, dry hair or scalp, and oily hair or scalp.

## A. EXPLAIN SCALP MASSAGE MANIPULATIONS

Massage manipulations performed during a shampoo or scalp treatment start at the hairline and should be performed with even pressure and continuous synchronized movements. See **Figures 11-9 through 11-11** and **Table 11-2**.

 **Teaching Tip:** Refer to the Instructor Support Slides for more details on Explain Scalp Massage Manipulations: Slides 20–23.

 **Perform:** Demonstrate and/or have students practice Scalp Massage Treatment: **Procedure 11-6**.

 **Engage:** Refer to Activity #4.

## B. DESCRIBE SCALP AND HAIR TREATMENTS

Cleanliness and stimulation are essential requirements for healthy hair and scalp; because the scalp and hair are so interrelated, many scalp disorders need correction to maintain the health of the hair.

- Dry Scalp and Hair

Dry scalp and hair may be caused by the inactivity of oil glands, poor blood circulation to the scalp of the excessive removal or natural oils by products that strip the hair oils.

- Oily Scalp and Hair

Oily scalp and hair is most often caused by overactive sebaceous glands; however, an improper diet or lack of hygienic practices can be contributing factors as well.

- Dandruff

Dandruff, caused by the fungus *malassezia*, is indicated by white scales on the hair and scalp and may be accompanied by itching.

- Alopecia

Alopecia is the term used to describe abnormal hair loss.

- Corrective Hair Treatment

 **Perform:** Demonstrate and/or have students practice Scalp Treatment Variations: **Procedure 11-7**.

Hair and scalp treatment involves various methods.

### 1. Scalp Steam

A scalp steam is effective in preparing the scalp for scalp massage manipulations and treatments. Steam relaxes the pores, softens the scalp and hair, and increases blood circulation. See **Figure 11-12**.

 **Perform:** Demonstrate and/or have students practice Scalp Steam: **Procedure 11-5**.

### 2. Scalp Treatment with an Electric Massager

An electric massager, sometimes called a vibrator or hand massager, is an electrical device that is used to perform a stimulating scalp massage. See **Figure 11-13**.

 **Teaching Tip:** Refer to the Instructor Support Slides for more details on Electric Massager: Slide 26.

### 3. Hair Tonic Treatments

Scalp steamers, steam towels, vibrators, and scalp manipulations may all be used with hair tonics.

 **Teaching Tip:** Refer to the Instructor Support Slides for more details on Hair Tonic Treatments: Slide 27.

## SUMMARY AND REVIEW:

- There are two types of capes used to drape clients: shampoo capes and haircutting capes.
- Different draping methods exist for shampoo, chemical, haircut, mustache/beard trim, and shave services.
- Common shampoo methods include the reclined method and inclined method.
- The effectiveness of the shampoo service depends on the manner in which the shampoo is applied and rinsed, the quality of the scalp massage, the temperature of the water used, and the use of the shampoo best suited to the condition of the client's scalp and hair.
- Hair and scalp treatments can be used to correct various disorders.
- Hair and scalp treatments include the use of steam, electric massagers, and hair tonics.

## ✓ CHAPTER REVIEW QUESTIONS AND ANSWERS

1. What services are associated with the treatment of the hair and scalp?

**Answer:** *Shampooing, scalp massage, conditioning, and special treatments depending on hair and scalp conditions.*

**Note:** *The answer to this question can be found on page 276 of Milady Standard Barbering.*

2. Why is performing a shampoo before a haircut a good idea?

**Answer:** *It is a good idea because a shampoo ensures that you are working with clean hair that is free from oils or products that can interfere with cutting tools and haircut results.*

**Note:** *The answer to this question can be found on page 276 of Milady Standard Barbering.*

3. Why is proper draping required?

**Answer:** *Proper draping is required to maintain compliance with state barber laws and infection control standards in the barbershop.*

**Note:** *The answer to this question can be found on page 277 of Milady Standard Barbering.*

4. Explain the purpose of the towel or neck strip in draping.

**Answer:** *A towel or neck strip is used in draping to create a barrier between the client's skin and the neckband of the drape.*

**Note:** *The answer to this question can be found on page 279 of Milady Standard Barbering.*

5. Describe the type of cape that should be used for wet and chemical services and why.

**Answer:** *A waterproof or vinyl cape should be used because it will protect the client from water and other liquids used in wet and chemical services.*

**Note:** *The answer to this question can be found on page 278 of Milady Standard Barbering.*

6. Describe the type of cape that should be used for haircutting services and why.

**Answer:** *A nylon or synthetic cape should be used because the fabrics are usually more comfortable for clients and do not hold in as much body heat as vinyl capes; nylon or synthetic capes also shed wet and dry hair more easily than vinyl capes.*

**Note:** *The answer to this question can be found on page 278 of Milady Standard Barbering.*

7. Where are massage manipulations started from relative to the client's head and how should they be performed?

**Answer:** *Massage manipulations start at the hairline and should be performed with even pressure and continuous synchronized movements.*

**Note:** *The answer to this question can be found on page 282 of Milady Standard Barbering.*



8. Compare the massage manipulations used in a shampoo service to the manipulations used in a scalp massage.

**Answer:** Shampoo massage is usually performed using a combination of rotary or circular movements and back and forth scrubbing-type movements. A scalp massage as part of a scalp treatment most often includes rotary and sliding massage movements.

**Note:** The answer to this question can be found on page 282 of Milady Standard Barbering.

9. Review the Procedures section and list the scalp treatments that include the application of ultraviolet rays and/or infrared rays in the treatment.

**Answer:** Scalp treatments that include the application of ultraviolet rays and/or infrared rays are treatments for healthy scalp and hair, oily scalp and hair, dry scalp and hair, dandruff condition, and alopecia.

**Note:** The answer to this question can be found on pages 297–299 of Milady Standard Barbering.

10. Identify three important cautions associated with scalp treatments.

**Answer:**

- Do not suggest a scalp treatment if abrasions or lesions are present. Advise clients with serious or contagious scalp disorders to consult a physician.
- Barbers are prohibited from treating scalp disorders caused by parasitic or staphylococcus infections. Clients with abnormal scalp conditions should be referred to a physician.
- Never use a scalp or hair treatment product that contains alcohol before applying high-frequency current. Products with alcohol can only be safely applied after the high-frequency treatment.

**Note:** The answer to this question can be found on pages 294, 295 and 298 of Milady Standard Barbering.



## LEARNING REINFORCEMENT IDEAS AND ACTIVITIES:

1. Have students complete Chapter 11 of *Milady Standard Barbering Exam Review*.
2. Read Chapter 12: Men's Facial Massage and Treatments.
3. Begin Workbook Chapter 12: Men's Facial Massage and Treatments; due date: \_\_\_\_\_.

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

## ✓ TEST—CHAPTER 11—TREATMENT OF THE HAIR AND SCALP

Read each statement carefully. Circle the letter that correctly completes each of the following statements.

- The main purpose of a shampoo is to \_\_\_\_\_.
  - make hair easier to comb
  - cleanse the hair and scalp
  - treat alopecia areata
  - soften the scalp
- A superior shampoo service should include \_\_\_\_\_.
  - a color application
  - a scalp massage
  - thickening treatments
  - deep conditioning
- The condition of the client's hair and scalp is identified through \_\_\_\_\_.
  - analysis
  - hair texture
  - the pH level
  - client's age
- Shampoo and haircutting capes are two types of \_\_\_\_\_.
  - shields
  - protectors
  - drapes
  - smocks
- Nylon or other synthetic haircutting capes are preferable because they \_\_\_\_\_.
  - do not require ironing
  - are less expensive
  - are available in more colors
  - shed wet or dry hair more effectively
- The two methods employed by barbers to perform a shampoo service are the \_\_\_\_\_.
  - upright and reclined methods
  - inclined and reclined methods
  - tub and shower methods
  - backward and reclined methods
- The effectiveness of a shampoo service depends on the following *except* \_\_\_\_\_.
  - manner of shampoo application
  - cost of the shampoo product
  - quality of the scalp massage
  - manner of rinsing
- Hair and scalp characteristics that require analysis include the following *except* the \_\_\_\_\_.
  - length of the hair
  - condition of the scalp
  - condition of the hair
  - porosity of the hair
- The temperature of the water used in the shampooing process should be \_\_\_\_\_.
  - cool
  - hot
  - warm
  - cold
- Shampoo and scalp manipulations are performed with \_\_\_\_\_.
  - the cushions of the fingertips
  - fingernails
  - rubber gloves
  - disposable gloves
- The shampoo massage is usually performed using a combination of circular and \_\_\_\_\_ movements.
  - sliding
  - uneven
  - back and forth
  - light
- The essential basic requirements for healthy hair and scalp are \_\_\_\_\_.
  - cost effective products
  - good products and stimulation
  - cleanliness and stimulation
  - cleanliness and sanitation

13. Manipulations during the scalp massage are performed with \_\_\_\_\_.
- a) tapping movements
  - b) pinching movements
  - c) scraping movements
  - d) sliding movements
14. Increased blood circulation to the scalp is stimulated by a(n) \_\_\_\_\_.
- a) insulator
  - b) depilatory
  - c) converter
  - d) scalp steam
15. Barbers are qualified to perform treatments for the following *except* \_\_\_\_\_.
- a) dry scalp conditions
  - b) oily scalp conditions
  - c) dandruff conditions
  - d) parasitic or staphylococcus conditions
16. Prepared steam towels may be stored \_\_\_\_\_.
- a) in the sink bowl
  - b) on the counter
  - c) in a hot towel cabinet
  - d) in a plastic bowl
17. The purpose of a general scalp treatment is to keep the scalp and hair \_\_\_\_\_.
- a) lubricated
  - b) clean and healthy
  - c) flexible
  - d) moisturized
18. During a dandruff treatment, the scalp may be exposed to ultraviolet rays for \_\_\_\_\_.
- a) 5 to 8 minutes
  - b) 30 minutes
  - c) 15 minutes
  - d) 3 minutes
19. Scalp or hair products containing alcohol should be applied \_\_\_\_\_.
- a) before shampooing
  - b) before rinsing
  - c) before a high-frequency treatment
  - d) after a high-frequency treatment
20. Dry, damaged hair can be improved by \_\_\_\_\_.
- a) hair brighteners
  - b) reconditioning treatments
  - c) adding color products to the hair
  - d) liquid-dry shampoos
21. Frequent shampooing with strong soap products may cause the scalp and hair to become \_\_\_\_\_.
- a) fragile
  - b) oily
  - c) dry
  - d) thickened
22. A tight scalp can be rendered more flexible by performing a(n) \_\_\_\_\_.
- a) topical medication
  - b) scalp treatment
  - c) inclined shampoo
  - d) hot towels
23. Some common causes of oily scalp and hair are improper diet, lack of hygienic practices, and \_\_\_\_\_.
- a) overactive sebaceous glands
  - b) scalp manipulations
  - c) oil shampoo
  - d) poor circulation
24. A scalp treatment should never be recommended when \_\_\_\_\_.
- a) the scalp is healthy
  - b) the scalp is clean
  - c) abrasions are present
  - d) the scalp is dry
25. One method used to treat alopecia is to \_\_\_\_\_.
- a) shave the head
  - b) cut the hair
  - c) use protein conditioners
  - d) stimulate the blood supply

**ANSWER KEY—CHAPTER 11—TREATMENT OF THE HAIR AND SCALP**

<i>ANSWER</i>	<i>PAGE REFERENCE</i>	<i>ANSWER</i>	<i>PAGE REFERENCE</i>	<i>ANSWER</i>	<i>PAGE REFERENCE</i>
1. b	Page 276	10. a	Page 282	19. d	Page 298
2. b	Page 280	11. c	Page 282	20. b	Page 284
3. a	Page 280	12. c	Page 283	21. c	Page 283
4. c	Page 278	13. d	Page 282	22. b	Page 284
5. d	Page 278	14. d	Page 284	23. a	Page 284
6. b	Page 279	15. d	Page 285	24. c	Page 280
7. b	Page 280	16. c	Page 285	25. d	Page 294
8. a	Page 280	17. b	Page 297		
9. c	Page 281	18. a	Page 299		

