

COURSE MANUAL

Bridal Hair Course – 2 Day Course 2013/2014

Learning outcomes:

- ¥ Understanding and adhering to strict hygiene practices
- ¥ Understanding basic hair anatomy and ability to execute basic style
- ¥ Working professionally and with integrity
- ¥ Understanding the bridal styling process and acting with good etiquette
- ¥ Ability to create new relevant and effective bridal hair looks
- ¥ Ability to interpret and execute a bridal client's brief
- ¥ General business principles and how to start business
- ¥ Where to find work and how to promote business

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BRIDAL GOLDEN RULES

As a professional Bridal Hairstylist, you should always follow these golden rules before starting to apply make up to your client:

1. Clean your hands and Tools!

Always have a bottle of hand sanitizer in your kit and clean your hands thoroughly between clients.

2. Check for allergies or sensitivities!

Always check with your client if they have any known allergies or product sensitivities ideally through completing a client consultation form before you begin. Also check if they have any health conditions such as diabetes as this can affect your public liability insurance. Refer to your insurance provider's terms and conditions for advice.

3. Make sure your brushes are clean!

There is nothing worse for a client to look at your brushes and see them dirty with other products on them. Skin conditions and germs can spread easy and quickly, always be vigilant. Ensure your brushes are clean between clients by using a brush cleaner and giving them a thorough clean at the end of the day.

4. Take your rubbish with you and leave the workstation as you found it!

Your client should never have to clear up after you. Always take a bag to put your rubbish in and give work surfaces a wipe before leaving to remove any spilt product. Always leave it how you found it!

5. Always aim to be early!

It will take a good 15 minutes at least to set up your kit and workstation. When your call time comes, you need to be ready to go especially when working on someone's wedding.

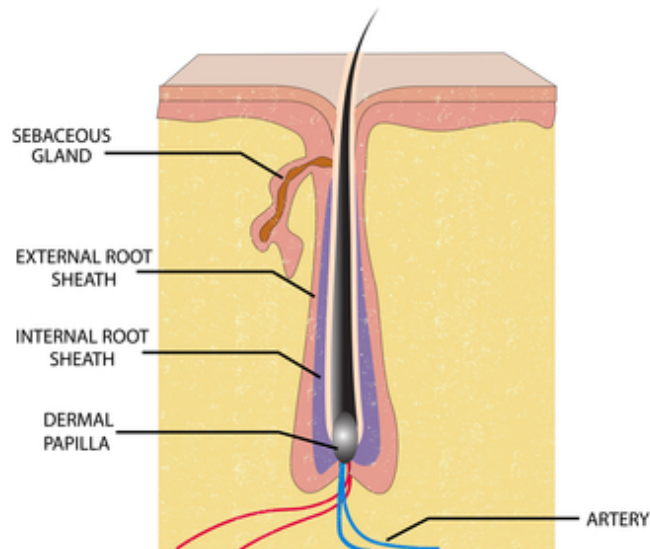
7 Only accept a booking if you can fulfil it!

If you take a booking on then stick to it! This is so important when working with brides. Do not let a bride down unless it is an emergency or out of your control and always try to have a back up. Try and find another Artist locally who you can work with as a back up to one another.

1. Hair Theory

1.1 Hair Anatomy and Structure

As with skin, hair comes in different types and tones. Hair is different to the skin in that it has a continuing growth cycle. Below is a cross section of hair follicle.



Hair may be natural in colour, or coloured/bleached and comes in a variety of different natural styles such as straight or curly. It is good to gain experience with various types to build your confidence. As with skin, hair can become greasy or oily or equally dry and brittle. This can be due to many different reasons such as diet or climate change.

1.2 Contraindications

A contraindication is a condition or factor that may prevent you from carrying out a treatment on your client. You should never diagnose a condition to your client. You should check with your client whether they have any allergies or sensitivities before you work them ideally through filling in a client consultation form that you should keep updated.

Potential contraindications, this list is not exhaustive but a selection:

- Sore, red or weeping skin or scalp
- Open sores, abrasions, cuts, blisters or bumps in the scalp or on the skin
- Head lice
- Warts on the scalp or skin
- Broken or weak hair
- Scabies
- Recent scar tissue
- Bruising
- Burnt scalp or skin
- Any swellings
- Flaky scalp or dandruff

- Insect Bites
- Sebaceous cysts
- Psoriasis
- Eczema
- Dermatitis
- Hair loss/Alopecia
- Ringworm
- Impetigo
- Viral infections such as chicken pox and shingles
- Rashes
- Eye conditions such as conjunctivitis or styes
- Cold sores

Refer to your insurer's terms and conditions as to whether they have any restrictions to who you can work on regarding age, medical conditions etc.

2. Tools

2.1 Hairstyling Tools

There are many different types of hairbrushes and combs out there for you to use. It is good to try as many out as you can to decide your preference. Below is a selection of some of the popular types of brushes and combs out there:

- Paddle Brush
- Radial Ceramic Brush
- Round Brush
- Dressing Out Brush
- Massage Brush
- Vent Brush
- Cutting Comb
- Pintail Comb
- Detangler Comb
- Backcombing Brush

2.2 Other tools

Other tools you may have in your kit:

HAIR

Hairdryer

Curling Tongs (available in various sizes and styles)

Heater Rollers
Velcro Rollers
Hot Sticks
Straighteners
Section Clips
Kirby Grips/Bobby Pins (available in various sizes and styles)
Hair Products (hairspray, mousse, heat defence spray etc)
Cape
Barbicide
Mirror

2.3 Hygiene

It is imperative that you have outstanding hygiene practices so you do not spread any germs to other clients. This includes but is not limited to:

- Washing hands or sanitizing hands between clients
- Not putting unused product back in its container
- Removing product from the pot hygienically
- Maintaining a clean and neat work station at all times
- Cleaning hair brushes and combs with a sanitizing spray between clients
- Cleaning hair brushes and combs every night with a disinfectant such as Barbicide
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3. Basic Hair Techniques

3.1 Brushing

For general brushing out, a nice paddle brush or dressing hairbrush is good. You want a brush that is not going to cause static or flyaway hairs. Start at the ends, making sure you go carefully for any knots and work them out carefully if you encounter them. Never use a comb! It will create knots and cause the hair to knot up. Use one of the aforementioned brushes to brush out knots, never combs, as they will literally tear a knot out of the hair!

To determine the natural parting, brush the hair back from the forehead and carefully holding the ends of the hair, loosely let the roots drop to where the natural parting forms.

3.2 Sectioning

Use a tail comb to section the hair for your desired style. Try to keep the sections as neat, straight and equal as possible. Use sectioning clips to keep the other hair out of the way while you work on your desired section.

3.3 Teasing/Backcombing

Although teasing and backcombing is not recommended particularly often for hair as it can

damage it and cause split ends, it is a great tool for any updo. By backcombing or teasing the hair, it will enable you to sculpt the hair into the style you want it go into.

Start by taking a section and combing it through in a vertical direction. Next carefully put your comb or backcombing brush into the section of hair starting nearer the root and pulling down. You need to do this with a bit of force so do not be too gentle. Although do not be too forceful so it hurts your client! Slowly you will see hair starting to come back on itself and cause a teased effect. Once you have finished teasing that section, spray it with hairspray and start working on the next section. The slimmer the sections, the tighter the tease will be.

Once you have teased the hair, you will then need to smooth out the bit that will be on show, usually the top section, so it does not look teased and knotted. Do this by using a large ceramic radial brush by carefully stroking across the hair and smoothing it out. Do not brush it too hard, as you do not want to brush out the tease.

4. Basic Hairstyles

4.1 Ponytail



Making sure the hair is totally knot free, carefully brush back the hair into a neat ponytail at the height you desire. Making sure to brush out any lumps and bumps as you go. Using the elastic cotton and grip hair band, secure the ponytail in place. Spray with hairspray.

4.2 Chignon bun



There are many ways to create a chignon bun. You could use a donut ring, make a free form bun or even use plaits to create the bun. A way of doing a free form bun is once you have your ponytail, section it into 5 sections. Then begin to curl each section towards the scalp and secure it

with 2 Kirby grips, 1 either side. You will end up with a flower type chignon bun, which is also very adaptable.

4.3 French Pleat



Another very popular style and highly adaptable is the classic French pleat. Begin to gently backcomb the hair all over avoiding the top section so you have a nice amount of loose tease through it. Then using a radial brush, smooth out one side of the head while holding the rest of the hair to the other side. Once totally smooth and bump free, spray with hairspray and create a row of Kirby grips in a zigzag ladder style from the bottom to the top. Next, brush the hair back over the ladder and do the same smoothing out process again but this time rolling the hair into a sausage type pleat in the middle of the head. Secure with a row of Kirby grips going up the loose side of the sausage. Spray with hairspray to fix.

5. Bridal Hairstyles

5.1 Elegant Bun

This beautifully elegant bun can go at the back of the head or to the side. First, in small sections at a time, put a loose curl in each of the sections. Next, secure the hair into a ponytail where you would like the bun to be. Now, curl by curl, twist each section and then taking a small strand from the middle of the section, push the rest of the hair up towards the scalp, then pin. As you do this, start to mould the curl sections to look like a bun. Spray with hairspray as you go.

5.2 Tousled Curls

This popular style is a good one to master and a good trick in your bag. For a more romantic looser curl, spray each section with a curl activating heat spray and curl with tongs. Then release and spray with hairspray. For a tighter more defined curl, after curling, pin the curl to the scalp until cooled. Spray with hairspray to set.

5.3 Elaborate Curl Updo

There are no real rules to this hairstyle and is very dependent on your client's hair you are working on. Start with a basic ponytail and start to curl different sections of hair in varying thicknesses. Pin one section to the scalp and then you can either leave the next section to hang down or roll and

pin on top. Carry on doing this until all the sections are curled and set. Spray with hairspray as you go. For a vintage twist, lay a few curls on their side on top of the other curls.

6. Bridal Consultation

6.1 Bridal Trial

The consultation or trial, is an opportunity for yourself and the bride to do the following before the wedding day:

- See how you get along and work with one another. It is just as important for the bride to feel comfortable with you as it is for you to see if you can work with the bride.
- Go through a client consultation form to record any allergies, sensitivities, wedding day details etc.
- Ask the bride to show you any styles, magazine clippings or pictures she has seen of styles she likes. It is quite popular nowadays for the bride to have a Pinterest board of images to show you,
- An opportunity for you to tell the bride about your previous experience and styles that you would recommend for her. Then once you are in agreement, you can commence with your first style. Remember that the first style is what you have interpreted from what the bride has told you. It is likely she may ask for a detail on the style to be different.
- Find out about any other members of the wedding party that may need their hair or make up done. If you do not ask them they may just do it themselves but if you do ask, then they may go for it.
- Agree on the style and finalise the look. Always take plenty of pictures and write down the different products and shades etc that you have used on the client consultation form. Take a deposit to secure the date, advise the bride of how much she will need to pay and when by. Send a receipt for the deposit if she requests it and an invoice given plenty of notice of the final amount payable.

Prior to the trial, ask the bride the following in preparation for the trial:

- To allow up to 3 hours for a hair and make up trial.
- Collect pictures and images of styles she likes.
- Bring a picture of the dress and bridesmaid dresses if applicable.
- Bring a picture of her flowers and the colours if available.
- Bring with her any accessories such as tiaras, hair clips or veils/fascinators.

6.2 Wedding Day

On the day itself, arrive early. It is always better to get there early than be late. The night before, pack your kit and clean your brushes plus know your route and how you are going to get there. Send the bride an email or call earlier that week to confirm details including location you are going to, any money due to be paid and timing of your arrival. If going by car, check there is parking available. Confirm with the bride whether you'll be going straight to their room/suite or calling when you arrive in reception. If you are running late, make sure that you tell her and keep

her informed at all times. Before you go, check with the bride or someone else close such as the mother of the bride if everything is ok and happy for you to leave.

6.3 Post Wedding Day

When you start out it is important that you gain as many portfolio pictures and testimonials as possible. Send a nice email to your bridal client about a week or so after their wedding (check for when they are back from honeymoon!) congratulating them and thanking them for booking you. Then ask in closing that you would appreciate any pictures and a testimonial if possible. If they send you professional pictures, make sure you put any links to the photographer's website as they hold the copyright to the pictures,

Recommended Further Reading

Anatomy and Physiology for Therapists and Healthcare Professionals by Ruth Hull (2009)

Great Hair: Elegant Styles for Every Occasion by Davis Biton (2008)

Gorgeous Wedding Hairstyles by Eric Mayost 2012