

## Head massage

**Objectives :** At the end of this lesson you shall be able to

- explain the purpose of head massage
- explain consultation techniques
- explain different massage movements
- state benefits of head massage
- state precautions of head massage.

### Purpose of head massage

The two basic requirements for healthy scalp are cleanliness and stimulation . It is based on ancient healing system of ayurveda. The head massage is great for relieving the stress and tension in our everyday lives. Head massage is most effective when given in a sequence once a week for normal scalp .

### Explain consultation techniques

The therapist needs to obtain relevant details from the client before commencing a massage treatment .

The therapist must be professional in her manner and make the client feel welcome.

Personal details should be taken and recorded on a record card. These should include medical history, and contraindication that may be present and the treatment required .If in doubt , a letter of approval should first be obtained from the client's doctor .

Questioning the client on expectations and outcomes can ensure the client gain satisfaction from the treatment . The client will also require a postural check at the time of consultation. Once the consultation is complete , the therapist should ensure that all the details are recorded and that the client has signed her consent card.

### Product knowledge:

- |                                    |  |
|------------------------------------|--|
| 1 Any vegetable oil                | - For giving the massage.  |
| 2 Scalp steamer                    | - For giving the steam and opening of follicles.                       |
| 3 Essential oil                    | - For aroma.   |
| 4 Vibrator                         | - For improving blood circulations.                                    |
| 5 High frequency                   | - For improving blood circulation and also improves granular activity. |
| 6 Hair shampoo (According to hair) | - For cleaning the hair and scalp                                      |
| 7 Conditioner                      | - For improving condition of the hair and giving shine.                |

### Explain different massage movement

These are Several massage movement which are selected according to the desired effect. Each massage movement place the hand under the hair so that the length of the fingers, balls of the finger tips and cushions of the palms can stimulate the muscles, nerves and blood vessels of the scalp area.

### Basic scalp manipulation

#### 1 Effleurage (Stroking)

Effleurage movements have a sedating and relaxing effect on the skin . They are performed with the whole palm. Effleurage always commences and completes a massage routine.

#### 2 Petrissage

Petrissage is the technical name of kneading movement. This rolling and gentle squeezing of the muscles under the skin increases circulation of blood and lymph and stimulates muscles for toning effect.

#### 3 Friction

Friction is a circular , deep rubbing movement . friction greatly increases circulation and is used most commonly on the scalp, arms and hands . Friction is used with less pressure in scalp manipulation .

#### 4 Tapotement

Tapotement is a movement that consists of tapping or lightly slapping the skin. It is done in rhythmic and manny with the pads of the finger or the side of the palms. It increases blood circulation.

### Procedures of Head Massage:

- 1 Prepare the client - by draping towel, relaxing on chair.
- 2 Comb the hair free of tangles.
- 3 Part the hair into 4 sections
- 4 Make 1" parting on each section and apply the selected oil or tonic. Rub in well to the scalp.
- 5 Begin the Massage.

**Step 1:**

- Begin at the hairline, from the front of the ear to the top of the head.
- Using the pads of the fingers, do a rotating massage. Press the fingers firmly, but do not scratch with the nails. Curve the hand so that the palms do not rest on the client's head, giving weight.
- Count 1-2-3 to massage to a rhythm.
- Repeat 3 times.
- Follow the same procedure on the second line. The sides of the head above the ears to the top of the head.
- Repeat 3 times.
- Begin from behind the ears to the top of the head.
- Repeat 3 times.
- Cupping the hand, using the palms and the heel of the head, massage the back of the head with the same rotary movement.
- Repeat 3 times.
- Place the hands on the nape of the neck and massage giving attention to the neck.
- Repeat 3 times.
- Standing on the side of the client, place one hand on the top of the forehead and other at the base of the neck and massage towards the crown till the fingers meet.
- Repeat the entire massage procedures 3 times without breaking contact.

**Step 2**

- Using the tip of the fingers give friction movement on the head.
- Follow clockwise and anticlockwise movements to a rhythm. Make sure the hair is not pulled. Pressure should be given to the scalp without hurting but relaxing the client.
- Repeat 3 times.

**Step 3**

- Using the palms gently tap the head to a rhythm, beginning from one ear to the other, going around the head in a circular pattern.
- Repeat 3 times.

**Step 4:**

- First step again
- Begin at the hairline from the front of the ear to the top of the head.
- Using the pads of the fingers do a rotating massage. begin from behind the ears to the top of the head.
- Cupping the hand, using the palms and the heel of the hand, massage the back of the head with the same rotary movement.
- Place the hands on the nape of the neck and massage giving attention to the neck.
- Standing on the side of the client, place one hand on the top of the forehead and the other at the base of the neck and massage towards the crown till the fingers meet.
- Repeat 3 times.

**Step 5:**

- Complete the massage with a gentle stroking movement of the entire head.
- Repeat 4-6 times
- If oils are used for the massage 10 to 15 minutes of steaming under a head steamer is recommended.

**Benefits of massage**

- 1 Relaxation of the nerves .
- 2 Relief from the body tension
- 3 Increases blood circulation
- 4 Relieves eye strain
- 5 Ease headache and migraine
- 6 Stimulates the hair and scalp
- 7 Dead cells are removed by the head massage.
- 8 Hair follicles are stimulated.

**Precautions:**

- Creams or ointments may be applied before using high-frequency current. Hair tonics or lotions with alcoholic content may be applied only after the application of high-frequency current.
- If there are scalp abrasions, or if there is a scalp disorder do not suggest a scalp treatment.
- Immediately prior to the application of astringent, tint, toner, permanent wave, or a chemical hair relaxing treatment.

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## **Shampooing, Conditioning & Deep Conditioning**

**Objectives :** At the end of this lesson you shall be able to

- state the purpose of shampooing
- explain the types of shampoo
- explain the benefits of shampooing
- precautions for shampooing.

### **State the purpose of Shampooing**

The purpose of shampoo is to cleans the hair and scalp and remove dandruff, dirt, and cosmetics. Shampoo also increase the circulation of blood and stimulate the scalp .there are many kinds of shampoo available in the market and cosmetologist should know what shampoo is best for what type of hair. Main ingredient of the shampoo is distilled water .

### **Product Knowledge:**

- Hair shampoo according to hair.
- Coconut shampoo for dry hair.
- Egg shampoo for greasy and dry hair.
- Medicated shampoo helps maintain the normal state of the hair.
- Treatment shampoo variety of shampoos to deal with a specific problems.
- Pre-perm shampoo used before perming.

### **Explain the types of shampoo**

Many shampoo brands are designed for use with particular types of hair and scalp conditions. It is important that you read the label carefully so that you know how to use the product properly .

### **Other types of Shampoo are :**

- 1 **Dry shampoo:** Powder brushed on to hair and are then brushed out. They don't really clean , but its a good stop gap if you can't shampoo .
- 2 **Baby shampoo:** these are meant for babies . Who have fine hair and not much of it . Its not strong enough for an adult , even if used everyday.
- 3 **Shampoo for colour treated hair:** These need to be rich in moisturizers and protein to return water to the shaft . they should be low in alkalinity , it should not have sulphated castor oil that will strip colour.
- 4 **Shampoo for processed hair:** These need to be rich in moisturizers and protein to return water to the shaft. they should be low in alkalinity .

- 5 **Daily use shampoos:** These are very gentle and have low amounts of cleanser and usually contain conditioner.

### **Procedure:**

- 1 Take the client to the wash area with the cape and the towel intact.
- 2 Wet the scalp and hair.
- 3 Take a small amount of shampoo and spread it all over the scalp.
- 4 Give effleurage movement for at least three of five minutes.
- 5 Circular movements can also be done for next three minutes to remove dirt and dandruff.
- 6 Rinse of f the shampoo thoroughly with plenty of water.
- 7 See to it that water does not drip on the client face or spoil the client's dress.
- 8 Squeeze out the excess water from the hair and apply conditioner to the mid lengths and ends of the hair.
- 9 Emulsify the conditioner well all over the mid length and ends and leave on far next three minutes.
- 10 Now rinse off the conditioner thoroughly from the hair.
- 11 Remove the cap and pick up the towel from the client shoulder, wrap around the head taking care that the water does not drip on the client's face or dress.
- 12 After removing the shampoo cape use the setting brush or comb and hand dryer, dry the hair thoroughly.

### **Benefits of Shampoo:**

- 1 Reduces irritation
- 2 Good for coloured hair
- 3 Reduces the dryness of the scalp
- 4 Reduces hair loss
- 5 Reduces the frizzles

### **Procedure for Shampooing & Rinsing**

- 1 Take the client to the wash area with the cape and the towel intact
- 2 Wet the scalp and hair

- 3 Take a small amount of shampoo and spread it all over the scalp
- 4 Give effleurage movement for at least three of five minutes
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- 6 Rinse off the shampoo thoroughly with plenty of water
- 7 See to it that water does not drip on the client face or spoil the client's dress.
- 8 Squeeze out the excess water from the hair and apply conditioner to the mid lengths and ends of the hair.
- 9 Emulsify the conditioner well all over the mid length and ends and leave on for next three minutes
- 10 Now rinse off the conditioner thoroughly from the hair
- 11 Remove the cap and pick up the towel from the client shoulder, wrap around the head taking care that the water does not drip on the client's face or dress.
- 12 After removing the shampoo cape use the setting brush or comb and hand dryer, dry the hair thoroughly.

#### **Procedure for Deep conditioning**

- Hair can get dried out and damaged from the use of heat styling tools, dyes and chemical strengtheners, and exposure to the sun and cold air. It is good to restore hair's moisture and body with a good deep conditioning treatment.

#### **Choose a product:**

There are many products in the market, and you should find one that's made to order for your exact needs

- If you have fine hair, look for products that are described as "Light or weightless".
- Products made with heavier oils will make the hair look weighted down.

#### **1 Apply the Deep Conditioning product:**

- Apply conditioner directly onto your head. Smooth it from your roots down your hair shaft. Gives special attention to the tips, which tend to get drier than the

rest of your hair. If necessary, use a wide-tooth comb to distribute the product.

#### **2 Cover the head with plastic cap:**

- Deep conditioning treatments require a number of hours to set in and get to the centre of each strand of hair. Keep the conditioning in place by covering head with a plastic cap.
- Avoid using a material other than plastic, since fabric or other materials might absorb the product.

#### **3 Apply Heat:**

- After Applying the conditioner to give heat with help of dryer, this allows it to get absorbed into hair more easily. Make sure the hair dryer doesn't get too hot, since you don't want to melt the plastic cap.

#### **4 Rinse out the product:**

- Remove the shower cap and rinse your hair with cool water, which will tighten the hair shaft and make it look shiny. After rinsing, towel dry hair gently, then let it air dry and style the hair.

#### **Precautions for Shampooing, Conditioning and deep conditioning:**

- 1 Make sure cape and towel are fastened securely.
- 2 Check water temperature before wetting the client's head.
- 3 Avoid scratching the client's scalp with your finger nails while giving the shampoo.
- 4 Read the instructions for all special shampoos.
- 5 Always clean and sanitize shampoo bowl after each use.
- 6 Modern conditioners help chemically treated hair.
- 7 Conditioners strengthen and moisturize the hair.
- 8 Deep conditioning softens and smooths tight curly hair or coarse hair.
- 9 It counteracts the effect of hairdressing processes.

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