Chapter 18 Braiding and Braid Extensions

Name:

Instructions: Answer each question, using information from your readings and lessons as a guide.

1. In your own words, explain why cosmetologists should thoroughly understand the importance of braiding and braid extensions.

*(Answers will vary but may include that these services are very popular and consumers are interested in wearing styles specific to their hair textures. In addition, these techniques provide an opportunity for stylists to express their artistic abilities, and stylists should be prepared to work with every type of hair and hairstyle trend. Working with braid extensions exposes cosmetologists to fundamental techniques of adding hair extensions, which is a lucrative service for stylists and salons.)*

1. What is the best way to avoid misunderstandings and ensure a happy ending to every natural-styling service? *(A thorough and detailed consultation is the best way to avoid misunderstandings and ensure a happy ending to every natural-styling service.)*
2. In braiding and other natural hairstyling, texture refers to what three qualities?
3. *(Diameter of the hair)*
4. *(Feel)*
5. *(Wave pattern or coil configuration)*
6. In addition to texture, the cosmetologist should consider what characteristics during hair analysis?
   1. *(Density)*
   2. *(Condition)*
   3. *(Length)*
   4. *(Scalp health)*
7. Identify the tools used for braiding.
8. *(Boar-bristle brush or natural hairbrush)* 
   1. *(Square paddle brush)* 
      1. *(Vent brush)* 
         1. *(Wide-toothed comb)* 
            1. *(Double-toothed comb)*
            2. *(Tail comb)*
            3. *(Finishing comb)*
            4. *(Cutting comb)*
            5. *(Pick with rounded teeth)*
            6. *(Blowdryer with pick nozzle)*
            7. *(Diffuser)*
            8. *(Five-inch scissors)*
            9. *(Long clips)*
            10. *(Butterfly and small clips)*
            11. *(Hood dryer)*
            12. *(Small rubber bands or string)*
9. What is the advantage of using a boar-bristle brush? *(The boar-bristle brush, or natural hairbrush, is best for stimulating the scalp and removing dirt and lint from locks. Nylon-bristle brushes are less durable and may snag the hair.)*
10. Explain the use of the square paddle brush in braiding. *(The square paddle brush is good for releasing tangles, knots, and snarls in short, textured hair and long, straight hair. This brush is pneumatic, because it has a cushion of air in its head that makes the bristles collapse when they encounter too much resistance. This feature is key in preventing breakage in fragile African American hair.)*
11. What is a hackle? *(A hackle is a board of fine, upright nails through which human hair extensions are combed. Hackles are used for detangling or blending colors and highlights.)*
12. List some materials commonly used for hair extensions.

*(Human hair)*

*(Kanekalon)*

*(Nylon or rayon synthetic)*

*(Yarn)*

*(Lin)*

*(Yak)*

1. What is Kanekalon, and why is it a good choice for extensions? *(Kanekalon, a manufactured, synthetic fiber of excellent quality, is durable, soft, and less inclined to tangle than many other synthetics. Its durability and its ability to hold up to shampooing and styling are some of the reasons it is extremely popular for hair additions and extensions.)*
2. Discuss the pros and cons of nylon or rayon synthetic extensions. *(Nylon or rayon synthetic is less expensive than many other synthetics, and it is available in varying qualities. It reflects light and leaves the hair very shiny. A drawback of nylon and rayon is that both these fibers have been known to cut or break the surrounding natural hair. In addition, repeated shampooing will make these extensions less durable, and they melt if high heat is applied.)*
3. Why is traditional yarn now being used to adorn hair? *(Traditional yarn is now being used to adorn hair because it is very inexpensive and easy to find. It is light and soft, detangles easily, and is available in many colors. Although yarn may expand when shampooing, it does not slip from the base, making it durable for braids.)*
4. Why should care be taken when purchasing yarn? *(Care should be taken when purchasing yarn because some products may appear jet black in the store but actually show a blue or green tint in natural light.)*
5. Why is it best to braid curly hair when it is dry? *(In general, it is best to braid curly hair when it is dry because curly hair shrinks and recoils as it dries, possibly creating excess pulling and scalp tension. This tension, in turn, can lead to breakage or hair loss from pulling or twisting.)*
6. List the steps in the cleaning and disinfecting portion of the pre-service procedure.
   1. *(Put on a fresh pair of gloves.)*
   2. *(Clean all tools and implements by first rinsing them in warm running water and then thoroughly washing them with soap, a small nylon brush, and warm water.)*
   3. *(Rinse away all traces of soap with warm running water. Dry thoroughly with a clean fabric or disposable towel or allow them to air dry on a clean towel.)*
   4. *(Immerse cleaned implements in an appropriate disinfection container holding an EPA-registered disinfectant for the required time.)*
   5. *(Remove implements; rinse and dry tools thoroughly.)*
   6. *(Store disinfected implements in a clean, dry container until needed.)*
   7. *(Remove gloves, and thoroughly wash your hands with liquid soap. Then, rinse and dry your hands with a clean fabric or disposable towel.)*
7. What questions should the stylist ask to help prepare the client for a positive experience?
   1. *(Is my station clean and organized or cluttered and messy?)*
   2. *(Will the music and temperature be comfortable for the client?)*
   3. *(Am I wearing too much perfume or cologne? Am I carrying an unpleasant food or tobacco odor? Is my breath pleasant smelling?)*
   4. *(Do I see the professional I want to be when I look at myself in the mirror? Do my hair, clothing, and personal grooming look professional?)*
   5. *(Do I look like I am happy and enjoying my work?)*
   6. *(Is there some problem bothering me today that is affecting my ability to concentrate on the needs of my client?)*
8. What are the three main task areas of the post-service procedure?
   1. *(Advise clients and promote products)*
   2. *(Schedule the next appointment and thank the client)*
   3. *(Prepare work area and implements for next client)*
9. List all of the implements, materials, and supplies needed to prepare textured hair for braiding.
   1. *(Blowdrying cream or lotion with oil or glycerin base)*
   2. *(Butterfly clips)*
   3. *(Conditioner—protein or moisturizing)*
   4. *(Detangling solution in spray bottle)*
   5. *(Neck strip)*
   6. *(Shampoo)*
   7. *(Shampoo cape)*
   8. *(Tail comb with large, rounded teeth)*
   9. *(Towels)*
10. Explain how to blowdry textured hair as part of the pre-service procedure. *(Using a pick nozzle attachment on a blowdryer, hold the hair down and away from the client’s head as you begin drying. Use a comb-out motion with the pick, always pointing the nozzle away from the client. As the ends relax and stretch, continue to use the pick nozzle to comb through and smooth sections. Use moderate tension, and direct the air flow down the hair shaft to smooth and seal the cuticle.)*
11. Outline the procedure for creating a rope braid (The following provides instructions for a right-handed method; reverse for left-handed).
    1. *(Drape the client for a shampoo. If necessary, comb and detangle the hair.)*
    2. *(Shampoo, rinse, apply conditioner, and rinse thoroughly.)*
    3. *(Gently towel-dry the hair, then blowdry it completely.)*
    4. *(Take a triangular section of hair from the client. If the client has bangs (fringe), begin behind the bangs.)*
    5. *(Divide the section into two equal strands. Cross the right strand over the left one.)*
    6. *(Place both strands in your right hand with your index finger between the strands and your palm facing up.)*
    7. *(Twist the left strand two times clockwise [toward the center].)*
    8. *(Pick up a 1-inch section from the left side. Add this section to the left strand.)*
    9. *(Put both strands in your left hand with the index finger between and your palm facing up.)*
    10. *(Pick up a 1-inch section from the right side and add it to the right strand.)*
    11. *(Put both strands in your right hand with your index finger between the strands and your palm facing up.)*
    12. *(With your hand in this position, twist toward the left [toward the center] until your palm is facing down.)*
    13. *(Work toward the nape until the style is complete. Secure with a rubber band.)*
    14. *(When you run out of sections to pick up, another option is to create a rope ponytail with the remaining hair. Twist the left strand clockwise [away from the center] two or three times. Place the strands in your right hand, index finger between the strands and palm facing up. Twist the palm down [toward the center], right hand over left.)*
    15. *(Repeat these steps until you reach the end of the hair. Secure the ends with a rubber band.)*
12. What do the terms *single braids*, *box braids*,and *individual braids* refer to? *(The terms* single braids, box braids, *and* individual braids *refer to free-hanging braids, with or without extensions, that can be executed with an underhand or an overhand technique.)*
13. The partings or subsections for single braids can be what shape?
14. *(Square)*
15. *(Triangular)*
16. *(Rectangular)*
17. Discuss the process for preparing a client for a single braid. *(As part of the consultation step, open the package of extension fibers and show them to the client to verify that the color is correct. Remove the fibers from the package and, if necessary, cut them to the desired length. Place half the extension fibers in the bottom portion of the drawing board and sandwich them with the upper portion of board. To secure the hair extensions, place a heavy object on top of the board. Hair extensions can also be separated and dispensed by a free-hand method.)*
18. What is the procedure for creating a single braid without extensions?
19. *(Drape the client for a shampoo. If necessary, comb and detangle the hair.)*
20. *(Shampoo, rinse, apply conditioner, and rinse thoroughly.)*
21. *(Gently towel-dry the hair, then blowdry it completely.)*
22. *(Apply a light essential oil to the scalp, and massage it into the scalp and throughout the hair.)*
23. *(Divide the hair in half by parting from ear to ear across the crown. Clip away the front section.)*
24. *(Based on the style you and the client have selected, determine the size and direction of the base of the braid.)*
25. *(Part a diagonal section in the back of the head about 1 inch wide, taking into account the texture and length of the client’s hair.)*
26. *(Divide the section into three even strands. Place your fingers close to the base. Cross the left strand under the center strand and then cross the right strand under.)*
27. *(Pass the outer strands under the center strands, moving down the braid to the end. Secure the end as desired.)*
28. *(Move to the next subsection. Working systematically, repeat the braiding movement by passing the alternating outside strands under the center strand. Maintain an even tension on all strands.)*
29. *(Move across the back, and take the next diagonal parting. Continue the procedure until the entire back is completed.)*
30. *(Then move to the front and repeat the procedure in the front section.)*
31. *(Try to build up speed and accuracy to create straight and even braids. Rubber bands are optional to finish each braid.)*
32. *(Apply an oil sheen product as desired by your client for a shiny, finished look.)*
33. How are cornrows created? *(Cornrows are created with a three-strand, on-the-scalp braiding technique.)*
34. How long do cornrows last? *(The flat, contoured styles of cornrows can last several weeks when applied without extensions and up to two months when applied with extensions.)*
35. Explain why the feed-in method is used for cornrows with extensions. *(In the feed-in method, the braid is built up strand by strand. Excess amounts of extension material can place too much weight on the fragile areas of the hairline and will tighten and pull the hair to leave an unrealistic, finished look. By properly applying the correct tension when using the feed-in method, the braid stylist can avoid an artificial look and prevent breakage.)*
36. Compare traditional cornrows with those created with the feed-in method. *(The traditional cornrow is flat, natural, and contoured to the scalp. The feed-in method creates a tapered or narrow base at the hairline. Small pieces or strips of extension hair are added to fill in the base, bringing the adjoining braids closer together. This technique takes longer to perform than that for traditional cornrowing, but a cornrow achieved by the feed-in method lasts longer and looks more natural without placing excessive tension on the hairline.)*
37. Give some options for finishing basic cornrows. *(Simply braiding to the ends can finish basic cornrows. Small rubber bands can be used to hold the ends in place. Other optional finishes, like singeing [heat sealing], are considered advanced methods and require special training.)*
38. Outline the procedure for creating cornrows with extensions.
39. *(Drape the client for a shampoo. If necessary, comb and detangle the hair.)*
40. *(Shampoo and comb, then blowdry it completely.)*
41. *(Prepare the extension fibers.)*
42. *(Apply a light essential oil to the scalp, and massage it into the scalp and throughout the hair.)*
43. *(Starting at the hairline, part off a cornrow base in the desired direction. Add no extension at the starting point. If the extension is required because of a thinning hairline, apply minute amounts. Divide the natural hair into three equal strands.)*
44. *(With the first revolution, cross left-strand one under center-strand two.)*
45. *(On the second revolution, right-strand three crosses under center-strand one, which is now in the center. Pick up a small portion of natural hair, and add it to the outer strand during the revolution.)*
46. *(After several revolutions and pick-ups of the natural hair, you can introduce small amounts of extension fiber, perhaps 10 to 20 fibers. Fold the fibers in the middle and tuck the point between two adjoining strands of natural hair. Do not forget to continue picking up natural hair with each revolution to execute the cornrow. Work to the end.)*
47. *(Repeat the procedure in the same manner until all the hair is braided.)*
48. Discuss the technique of tree braiding and how a tree braid is created. *(Tree braiding is a newer way to add hair for a longer look. The client’s hair is braided along with an extension, but the finished look shows mostly faux hair. Braiders report that tree braids take about four hours, making them faster than some other techniques. Some braiders add individual strands of hair, which are braided along with the natural hair and tied in place about half an inch from the root area. Tree braids can also be created by adding long, loose pieces of hair to cornrows.)*
49. What are hair locks? *(Hair locks, also called dreadlocks, are separate networks of curly, textured hair that have been intertwined and meshed.)*
50. List and briefly explain the three basic methods of locking.
51. *(Comb technique—Particularly effective during the early stages of locking while the coil is still open)*
52. *(Palm roll—Gentlest on the hair and works through all the natural stages of locking)*
53. *(Braids or extensions—Effective method that involves sectioning the hair for the desired size of lock and single braiding the hair to the end)*