
Unit Specification

iUHB363 – Plait and twist hair using a variety of techniques

Unit reference number: J/651/0766

Level: 2

Guided Learning Hours (GLH): 42

Overview

The aim of this unit is to develop learners' knowledge, understanding and skills to use plaiting and twisting techniques to achieve a variety of different looks. A high degree of manual dexterity will be necessary.

Learners will need to maintain health, safety and hygiene salon procedures throughout the unit. Additionally, learners must maintain their personal appearance and demonstrate effective communication and consultation skills.

Learning outcomes

On completion of this unit, learners will:

LO1 Be able to plait and twist hair

LO2 Know how health and safety policies and procedures affect plaiting and twisting services

LO3 Understand the factors that influence the plaiting and twisting services

LO4 Understand the tools, equipment, products and techniques used to plait and twist hair

Unit content

LO1 Be able to plait and twist hair

Prepare for plaiting and twisting services

Taught content

- Preparation of learners should include:
 - Clean and hygienic appearance for example, avoidance of overpowering odours
 - Good communication and listening skills
 - Correct own posture with weight evenly balanced
 - Appropriate personal protective equipment (PPE)
- Preparation of the working area to include:
 - Chair and work area to be clean before the client arrives
 - Chair is positioned correctly including height adjustment
 - Adequate work area to allow safe manipulation of the hair
 - Products on display to be clean of dust and hair
 - Tools and equipment to be clean and sterilised
 - All tools and equipment to be positioned for ease of use
- Preparation of the client to include:
 - Clean protective garments for the client
 - Visual checks of client's scalp for signs of cuts, sores, abrasions or infections, check the hair for contra-indications, infestations and suitability of service
 - Using visual aids to help identify the client's wishes
 - Accurately identifying and factors that may affect the service
 - Considering the client's lifestyle maintenance time hairstyle
 - Analysing the client's hair to include: hair growth patterns, hair characteristics, texture, density and elasticity
 - Identify possible hair damage or traction alopecia
 - Removal of obstructive jewellery
 - Used all tests:
 - Pull
 - Elasticity

Apply safe and hygienic methods of working throughout services

Taught content

- Ensure learners maintain good posture throughout the service
- Ensure the chair is adjusted to a workable height for the learners, but is also comfortable for the client
- Ensure manufacturers' instructions are followed and used safely when using products
- Ensure relevant tests are followed where appropriate
- Minimise the risk of damage to tools and equipment
- Ensure waste is disposed of hygienically and appropriately
- Ensure there is sufficient stock, that is used appropriately to minimise the wastage of products
- Ensure resources are clean and all hygienic precautions are followed to minimise the risk of cross-infection
- Minimise the risk of harm or injury to themselves and others when using electrical equipment, for example, when using tongs to enhance the plait or twist style
- Ensure hygienic working practices throughout the service including own personal hygiene, for example, eliminating overpowering odours
- Make effective use of their working time
- Ensure covered hair bands are used to avoid hair breakage

Consult with clients to confirm the desired look

Taught content

- Consulting and confirming with the client before plaiting and/or twisting hair service commences to agree the chosen style and desired look
- The use of visual aids where appropriate for example, style books
- Agreeing products to be used
- Agreeing the tools to be used for example, types of brushes and/or other electrical items to be used
- Checking throughout the service to meet the client's needs including:
 - Suitability of the style
 - Confirming comfort of the plait and/or twist
 - Checking tension of the plait and/or twist
 - Confirming placement of the plaiting and/or twisting position
- Explaining each stage of the process to the client
- Carrying out and assessing the hair and scalp for suitable services to include hair classifications
- Hair characteristics:
 - Elasticity – the hair's ability to stretch and retract to its original size
 - Porosity – the condition of the cuticle
 - Texture – the feel of an individual hair – fine, medium or coarse, examples may include:
 - Caucasian – wavy and straight
 - African type – very curly, fine, medium
 - Asian – straight
 - Density – the number of hairs on the scalp

- Hair condition – if it has been chemically or physically affected by chemicals or external elements for example, heat damaged, environmentally damaged, product build-up, over processing
- Hygroscopicity – hair has the ability to absorb moisture; this function gives the hair its elasticity and makes the hair hygroscopic. The properties are changed when hair has been shampooed or becomes wet, weaker hydrogen bonds break down to its natural state, and at this stage hair is known as the alpha keratin state. This allows the hair to be stretched using heat. Once hair is stretched and dried into a new shape it becomes known as the beta keratin state
- Growth patterns – this relates to the direction the hair grows from the scalp and may influence the techniques, products and tools used
- Hair length – this may affect the general condition, style required or styling techniques required of the hair
- Services prior to style and finish hair – other services offered prior to this service may influence the end result, for example, a client requesting the addition of a colouring service may be advised to have this service prior to plaiting and/or twisting hair to ensure colour placement compliments the style
- Scalp conditions to include:
 - Cuts, sores or abrasions
 - Sebaceous cyst – tender or sore raised bump on skin, which if infected or inflamed will contain pus
 - Psoriasis – common skin condition that changes the life cycle of skin cells. Causes a build-up of skin cells which may appear thick silvery and inflamed. May cause itching
 - Contact dermatitis – is a rash caused by the skin reacting to a substance it has come into contact with for example, chemicals. Symptoms can be varied and include:
 - Skin redness
 - Extreme itching
 - Oozing or blisters, may make skin swell
 - Skin that appears darkened or hard/leathery to touch that may become dry or flaky
 - Sensitive to products and sunlight
 - Seborrhoea – over activity of sebaceous glands by excessive secretion of sebum resulting in an oily coating on the skin
 - Scalp sensitivity – an inflamed, sore and red scalp, may restrict or prevent the plaiting and/or twisting service
 - Recent scar/tissue injury may be tender and sensitive
 - Alopecia
 - Loss of hair in patches on the scalp
 - Traction alopecia – hair loss at the point of tension, possible after the removal of hair extensions, may restrict or prevent the plaiting and/or twisting service
 - Hair loss as a result of chemotherapy – usually temporary and hair is lost over scalp and body
 - Hair loss as a result of medication or medical conditions, for example, thyroid imbalance
 - Hair loss as a result of hormonal changes, for example, after giving birth
- Purpose of plaiting and/or twisting hair service examples will include:
 - Special occasion for example, special event
 - Change of style

Select suitable products, tools and equipment

Taught content

- Products to support the plait and twist hair service to include:
 - Hair spray (aerosol) – varying degrees of strength (firm to soft hold) and bonds finished style in place
 - Serum – adds moisture and shine to hair
 - Gel – produces a firm hold
 - Finishing sprays/mist/gloss (aerosol) – adds a protective layer and gloss to dry hair and may be used after or instead of hair spray for natural soft finish
 - Detangling or conditioning spray – a spray with conditioning agents that help to remove knots
 - Water spray – used to dampen small sections of the hair
 - Accessories (if used) to enhance the style
- Tools and equipment required for plaiting and twisting services to include:
 - Flat brushes – different types available
 - Tail comb – for sectioning and controlling hair
 - Sectioning clips – to aid securing the hair whilst working
 - Dressing comb – used to dress hair
 - Grips/bands/pins – used to secure plaits and twists into place
 - Hand-held dryer (if used) – can dry specific part of the hair – or used to dry freshly shampooed hair

Carry out plaiting and twisting services

Taught content

- Consult with the client to confirm the look agreed at consultation prior to and during styling
- Ensure the client is positioned correctly and at the right height and is adjusted when necessary for example, when drying the nape area the clients head should be tilted forward
- Ensure own posture is correct for the service for example, weight evenly balanced
- Sectioning the hair working methodically
- Avoidance of disturbing the hair already plaited or twisted
- Controlling tools to minimise the risk of damage to the hair, client discomfort and to achieve the desired look
- Taking size meshes of hair which are appropriate to the desired plait or twist and complement the balance and overall shape
- Maintenance of an even tension throughout the service
- Controlling the hair during the plaiting and/or twisting process, taking account of influencing factors
- Achieve a variety of different plaiting or twisting styles to include:
 - Multiple cornrows
 - French plait
 - Fishtail plait
 - Two strand twists
 - Flat twists

Provide clients with advice and recommendations on the service(s) provided

Taught content

- Products to use to maintain the style, for example, hairsprays
- Home care maintenance including night-care regime
- Discussing client's needs and requirements for future services
- Recommendations for removal of plaits or twists including how to avoid possible tangling of the hair
- Demonstrating the removal of bands and grips
- Demonstrating brushing techniques to prevent detangling the hair further
- Discussing with the client the reasons why excessive hair loss may occur when plaits or twists are removed
- Other services, offers or promotions, for example, possible conditioning treatments

LO2 Know how health and safety policies and procedures affect plaiting and twisting services

Responsibilities for health and safety in own role

Taught content

- Relevant legislation for consultation, client care, confidentiality and consumer/retail, for the country the qualification is taken, which includes: General Data Protection Regulation (GDPR), consumer rights, health and safety, equality. Health and safety regulations for the country where the qualification is taken, examples within the United Kingdom would include:
 - The Health and Safety at Work Act
 - The Management of Health and Safety at Work Regulations
 - Provision and Use of Work Equipment Regulations
 - Personal Protective Equipment at Work Regulations
 - Electricity at Work Regulations
 - Reporting Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)
 - The Consumer Protection Act
 - The Trade Descriptions Act
 - Control of Substances Hazardous to Health Regulations (COSHH)
 - Salon insurance requirements, employers liability, public liability, professional indemnity
- Responsibilities for health and safety to include:
 - The reasons why all staff working in the salon have a responsibility for the health and safety of themselves and others
 - The salon safety regulations to ensure their actions do not put others at risk, which includes all staff, clients and visitors
- Additional factors will include:
 - The reasons why it is important to accurately describe the features and benefits of products and services
 - The reasons and importance for gaining client consent
 - The maintenance of the salon environment including:
 - The comfort of the salon
 - Cleanliness of the salon to prevent cross infections via direct or indirect contact
 - Provisions and use of workplace equipment – using only products, tools and equipment trained to use
 - Reasons for personal protective equipment (PPE) for example, using protective gloves to prevent contact dermatitis when using certain products
 - Making visual checks on all electrical equipment and reporting faults/isolating power
 - Ensuring manufacturers' instructions are always followed when using products and equipment
 - Responsibilities of reporting certain work-related incidents or accidents, diseases and dangerous occurrences to a senior staff member
 - Ensuring the public are protected from the manufacture of supplied unsafe goods or misleading price indications
 - Prevent a false trade description to any goods that are supplied or offered to supply any goods to which a false trade description has been applied, or false statement about the provision of any service
 - Ensure that all personal client data records remain safe and confidential
 - Update client records following service
 - Hazards associated when plaiting and twisting hair

- Risks associated for plaiting and twisting hair services

The potential hazards and possible risks that may occur in the workplace and affect services

Taught content

- Hazards – anything that has the potential to cause harm, for example, spillage of product on the floor
- Risks – a chance, high or low, that harm caused by the hazard may occur, for example, potential for self, client or others to slip on the spillage
- Working safely throughout the service, an example may include ensuring there is adequate room around the client and no obstructions
- Ensuring use and maintenance of any products, tools or equipment is monitored
- Ensuring the client is comfortable and free from harm throughout the service for example, removing jewellery that may obstruct the plaiting or twisting service
- Disposing of waste appropriately to minimise risk of cross-infection and ensure there is no unnecessary risk to the environment, for example, ensure clean protective garments are freshly laundered for every client
- The importance of ensuring the tension of the plait and/or twist does not cause client discomfort or undue stress on the hair or scalp
- Correct handling and storage of all products, tools and equipment as applicable to the country the qualification is being taken in
- The importance of ensuring a thorough visual check of the hair and scalp is performed prior to the service for example, ensuring the scalp is not tender when combing hair for sectioning prior to plaiting or twisting the hair service
- Risk of electric shock when using electrical equipment to enhance the service to include potential hazards of trailing wires
- Fire – the salon's policy in the outcome of a fire and where the assembly point is
- The need to ensure personal protective equipment (PPE) requirements are followed in relation to the country this qualification is delivered in

The safe and hygienic working methods and practices that must be followed throughout the services

Taught content

- Use of clean towels and gowns for all clients
- Use of clean and sterile tools and equipment for all clients
- Cover open cuts
- Adjusting tension when necessary to avoid client discomfort
- Organisation of working area
- Avoid trailing wires
- Spillages from water sprays and products or sprays on the floor

Contact dermatitis and how it can be prevented

Taught content

- Recognising contact dermatitis symptoms
- Contact dermatitis – is a rash caused by the skin reacting to a substance it has come into contact with for example, chemicals. Symptoms can be varied and include:
 - Skin redness
 - Extreme itching
 - Oozing or blisters, may make skin swell
 - Skin that appears darkened or hard/leathery to touch that may become dry or flaky
 - Sensitive to products and sunlight
- How to avoid contracting and preventing measures which may include:
 - Wearing gloves (recommended) when shampooing hair prior to plaiting and/or twisting hair services
 - Rinsing and drying hands thoroughly
 - Use of moisturisers or barrier creams

The importance of questioning clients prior to and during services

Taught content

- Understanding the client requirements and expectations of the chosen plaiting or twisting style
- To ensure the client understands the process
- To provide the client with the opportunity to ask questions
- To gain information on how they maintain their hair, lifestyle and commitment to the style
- To ensure the client's expectations are met
- To ensure the client is comfortable, to include:
 - Checking the tension
 - Checking there is no scalp discomfort
 - Ensuring the balance of the plait and/or twist is correct
- The legal significance of client questioning and the recording of client's responses to questioning (where appropriate)

The importance of preventing cross-infection and cross-infestation

Taught content

- Avoidance of cross-contamination for example, using unclean tools from one client could contaminate the next client's hair or scalp
- Ensure the professional salon image is maintained
- The contra-indications to plaiting and twisting to include:
 - Adverse skin conditions
 - Bacterial infection examples include:
 - Impetigo – begins as blisters that itch, then fill with a yellowish-brown fluid, that once rupture becomes a flat crust
 - Folliculitis – infection of the hair follicle, causes bumps with pus. May be painful, itchy, sore or swollen
 - Viral infection examples include:
 - Herpes simplex, a raised red blister full of fluid. It will usually be painful and tender to the touch
 - Warts, small, fleshy, grainy bumps usually flesh-coloured, white, pink or tan. Rough to the touch and can be sprinkled with black pinpoints, which are small, clotted blood vessels
 - Fungal infection examples include:
 - Ringworm – depends where it appears but may be red, itchy, scaly, or raised patches that develop blisters or begin to ooze. Patches that may be redder on the outside edges creating a 'ring' effect
 - Infestation/parasites:
 - Head lice – are tiny grey/brown insects. Head lice cling to hairs but stay close to the scalp which they feed off. Head lice lay eggs which hatch after 7 to 10 days. It takes about 7 to 10 days for a newly hatched louse to grow into an adult and start to lay eggs known as nits. Nits are the empty yellow-white eggshells which are left when the lice hatch. Nits look like dandruff but stick strongly to hair
 - Scabies – itchy skin condition causing a rash which may cause tiny blisters or sores where mites have burrowed into the skin
 - Hair defects, including:
 - Trichorrhhexis nodosa – hair which breaks easily. Symptoms can include patches of hair loss or extremely short hair that appears not to grow. The hair shaft has thickened or thinned areas or has excessively split ends with discolouration
 - Monilethrix – is a condition that affects hair growth. Its most characteristic feature is that individual strands of hair have a beaded appearance that results in short, fragile and broken hair
- The course of action to be taken if contra-indications are suspected to include:
 - The limits and boundaries of duties
 - Not to offer diagnosis
 - Which conditions need reporting and when
 - Who to report to and where to record the findings
 - Referral for medical attention or advice

LO3 Understand the factors that influence the plaiting and twisting services

The factors that may influence the services provided

Taught content

- Hair classification

Hair classifications table			
Type 1: Straight hair	1A - Fine/thin	1B - Medium	1C - Coarse
	Straight	Straight with volume	Straight difficult hair
Type 2: Wavy hair	2A - Fine/thin	2B - Medium	2C - Coarse
	'S' pattern	Frizzy 'S' pattern	Very frizzy 'S' pattern
Type 3: Curly hair	3A - Fine/thin	3B - Medium	3C - Coarse
	Soft curl	Loose curl	Tight curl
Type 4: Very curly hair	4A - Fine/thin	4B - Medium	4C - Coarse
	Tight coiled curl pattern	'Z' pattern and spring curl	Tight 'Z' pattern

- The hair characteristics to include:
 - Density – this is defined as the number of hairs on the scalp and will affect the size of sections used when creating plaiting and twisting services and choice of products used
 - Texture – the circumference of an individual strand of hair. Hair can be fine, medium or coarse. Coarse hair has the largest circumference, and fine hair the smallest. Texture may affect the porosity of the hair
 - Porosity – this relates to the condition of the cuticle. Porosity levels are caused by both chemical and physical damage. Cuticles which are raised and feel rough, and may tangle when plaiting and twisting hair, are known as porous and will absorb water and products more easily and unevenly when applying finishing products. Suitable treatment products will be required if hair is porous
 - Elasticity – this relates to the condition of the cortex layer of the hair. Elasticity levels are affected by how the hair is treated and the condition it is in. Hair should stretch and return to its normal size, this indicates the hair is in good condition hair and no damage to the cortex. If hair stretches and snaps or does not return to its original length this indicates internal damage to the cortex
 - Growth patterns – this relates to the direction the hair grows from the scalp and may influence the desired finish
 - Head and face shape and size – this relates to the overall shape and size of the client's head and includes any specific features
 - Hair length – this will affect the outcome of the plait or twist and general condition of the hair
 - The current hairstyle/lifestyle/desired look – the client's wishes must be considered when creating plaiting and twisting techniques and advice offered on how to create the finish look
 - Scalp condition – caution must be taken with a client who has a sore or sensitive scalp, this may contra-indicate the service in extreme cases or require adjustments

The ways of dealing with any influencing factors

Taught content

- The reasons and ways of dealing with each of the influencing factors listed when plaiting and twisting hair
- How these may influence the style and finish methods and techniques used when plaiting and twisting hair
- How these factors may affect the possible desired style to include:
 - Density – this is defined as the number of hairs on the scalp and will affect the size of sections used when creating plaiting and twisting services and choice of products used. Very fine density hair requires careful handling and less tension used to avoid causing damage to the hair
 - Texture – thicker texture hair may require careful sectioning and require firmer handling or tension in order to achieve the desired result
 - Porosity – care will be required when handling very porous hair. The hair may have cuticles which are raised and feel rough, and may tangle when plaiting and twisting hair
 - Elasticity – when plaiting and twisting the hair, damage may be more acute towards the ends of the hair, therefore care must be taken when handling the hair to ensure the hair is not overstretched
 - Growth patterns – a difficult growth pattern may influence how a plait and twist is created, for example, when plaiting and twisting over a double or strong crown area more tension and careful sectioning should be used
 - Head and face shape and size – when plaiting and twisting hair, it is important to ensure that the client has a style which suits their overall appearance, for example, a client with a high forehead may require a style where the front or fringe is left loose and the plait or twist is not pulled too tightly to avoid accentuating the high forehead
 - Hair length – this will affect the outcome of the plait or twist and general condition of the hair. Hair that is layered may be harder to plait or twist due to the shorter lengths in the hair
 - The current hairstyle/lifestyle/desired look – the client's wishes must be considered when creating plaiting and twisting techniques and advice offered on how to create the finish look, for example the use of pictures or style book could be used to confirm the type of plaiting the client requires
 - Scalp condition – caution must be taken with a client who has a sore or sensitive scalp, this may contra-indicate the service in extreme cases or require adjustments, for example, if a client required a tight scalp plait, a looser version could be offered to avoid causing discomfort to the scalp

The effects on the hair structure when plaiting and twisting hair

Taught content

- To analyse the stages of hair growth cycle:
 - Anagen – the active growth stage, most of the hair is in this stage at any one time
 - Catagen – the period of change, a small percentage of the hair is this stage at any one time
 - Telogen – the resting stage, hair is not growing and is separated from the hair bulb
 - Early anagen – new hair begins to form
- Impact of hair growth on plaiting and/or twisting hair services to include:
 - Healthy hair falls out at around 80 hairs a day, but if they are plaited or twisting for prolonged periods of time they are unable to fall out. Clients will need to be advised that once the plait and/or twist is removed they may see excess hair fall out, but that is because the hairs have been unable to fall out during the time period the hair has been tied up
- The effects of stretching the hair to include:
 - Retaining its shape
 - The potential damage if the hair is overstretched
 - The potential damage if the hair is pulled or secured too tight
- Ensure plaiting and twisting techniques used keep cuticles smooth to avoid unnecessary damage to the hair
- The correct removal of plaits or twists in the hair to avoid damaging the hair, for example, advise client on methods of removal i.e. take small sections unwind and use comb or brush through from points to roots

The potential consequences of excessive tension on the hair

Taught content

- Excessive tension may cause traction alopecia – recognition of traction alopecia, that is thinning around the hairline
- Receding hairline
- Ensure the necessary tests have been undertaken prior to plaiting and/or twisting to include:
 - Pull test – to assess potential hair loss following other salon services for example, hair extensions
 - Before service on dry hair, ideally the client should not washed their hair for at least 24 hours beforehand
 - Using thumb, index and middle fingers gentle traction is applied near the root area on approximately 40-60 hairs in three different areas of scalp
 - If more than 10 hairs come out with every pull or approximately 10% of pulled hairs come out, the pull test is considered positive
 - If excess hair loss is evident do not proceed with the service – to proceed may cause damage to the scalp or hair
 - Elasticity test – may prevent or restrict application plaiting and/or twisting services if the hair is stretched and does not go back to its original state
 - On wet hair, take individual strands of hair 3-4 areas of the head – if hair is dry then dampen thoroughly
 - Hold one single hair securely and pull it – if the hair stretches and return to its original length without breaking – it has normal elasticity. If hair breaks or fails to return to its original length it has low or no elasticity
 - If the hair has poor elasticity the service may not be advised and other treatments should be offered – to proceed may cause damage to the scalp or hair including traction alopecia or baldness
- Bald patches
- Sensitive scalp
- Sensitive scalp/irritation or headaches

LO4 Understand the tools, equipment, products and techniques used to plait and twist hair

The tools, equipment and products available and their use

Taught content

- Tools and equipment to include:
 - Flat brushes – used to brush through the hair prior to plaiting or twisting to remove tangles and knots
 - Tail comb – used to take clean sections when picking up sections that are being plaited or twisted
 - Sectioning clips – used to section hair not being plaited or twisted out of the way to avoid becoming tangled in hair
 - Dressing comb – used to dress and tweak the hair when plait or twist has been completed, taming loose hair and smoothing where required
 - Grips/bands/pins – used to secure plaits and twists into place
 - Hand-held dryer (if used) for example, to dry a fringe that has not been plaited or twisted
- Products
 - Hair spray (aerosol) – varying degrees of strength (firm to soft hold) and bonds finished style in place. Apply sparingly to dry hair at a distance of 20cm, being aware of client and others inhaling product
 - Serum – adds moisture and shine to hair. Ideal for dry brittle or chemically treated hair. Apply on wet or dry hair. Use sparingly on fine hair
 - Gel – produces a firm hold and ideal for plaits and twists that are tight and structure and hold are required, apply to wet hair
 - Finishing sprays/mist/gloss (aerosol) – adds a protective layer and gloss to dry hair and may be used after or instead of hair spray for natural soft finish. Apply very sparingly, over-use may weigh down hair. Check surroundings after use and before client moves – any product on floor may cause a hazard and be slippery
 - Detangling or conditioning spray – a spray with conditioning agents that help to remove knots, making brushing easy and limiting any damage that may be caused when removing plaits and twists
 - Water spray – used to dampen small sections of the hair
 - Accessories (if used) – may add adornment to the finish for example, beads or cuffs

The importance of using products cost effectively

Taught content

- Applying products in a logical sequence (where used)
- Applying products evenly to minimise wastage
- The effect on the hair and/or scalp if excessive products are used, such as preventing the scalp becoming irritated by the product
- Minimising waste for example, not using unnecessary and excessive amount of grips, pins or accessories
- The safe storage of products as some may lose their ability to work or may present a risk or hazard, for example, hairsprays/aerosols should be stored away from direct heat and sunlight
- Follow salon and organisation policy e.g. ensuring manufacturers' instructions are adhered to
- Calculate costs of the hair service, include any retail products sold, for example, client with very long hair an intricate plaiting style may require a longer appointment time

The importance of following salon and manufacturers' instructions for products, tools and equipment

Taught content

- To prevent hazards
- To minimise risks
- To produce satisfactory results
- To avoid problems or mistakes
- To avoid legal action

The different methods of creating and removing plaits and twists and the effects that can be achieved

Taught content

- Multiple corn rows, French plait, fishtail plait
 - The hair is normally held close to the scalp while plaiting
- On the scalp plaits and twists
 - The plait or twist starts from above the back hair line and sections are taken and added to the previous section, until all hair has been picked up and added
- Off the scalp plaits and twists, the plait or twist continues or starts from below the back or side hair line these may include:
 - French plait – a single inverted plait using all the client's hair, the hair is divided into three equal sections and crossed over from left and right continuously, while picking up hair to add to the sections
 - Multiple corn rows – lots of three-strand plaits, weaved under instead of over, which sit on top of their base. These are also known as cane rows
 - Fishtail plait – a plait with two main sections and two small sections, the small sections are crossed from left to right in even sections over each other to create a herringbone look
 - Two strand twists – the hair is twisted, then crossed over each other until the twist is complete
 - Flat twists – the hair is rolled on to the scalp in small sections and twisted by hand keeping the hair flat then secured normally at the crown area with a pin or band

The importance of providing clients with advice and recommendations on the service(s) provided and products available

Taught content

- Removing plaits and twists
- Remove bands and pins
- Demonstrating the correct removal process and techniques to the client
- Information about the reasons why there may appear to be excessive hair loss when removing plaits or twists
- Recommendations regarding shampooing and conditioning/treatment services to ensure hair remains in good condition or home care routines and product options

Unit requirements

Learners are required to complete the assessment requirement related to this unit:

1. Service portfolio

Learners must produce a service portfolio which is required to be completed under the supervision of a lecturer who must monitor the quality of the services performed throughout the learners' training, to ensure that they meet the given criteria.

The performance of learning outcome 1 must be demonstrated as part of all technical observations and will be recorded on **at least three observations**. This must be conducted on a range of new and existing clients and include the following plaiting techniques: French plait, multiple corn rows, and two strand twists.

A style collection of before and after photographs of each observation must be produced to be sampled by the external examiner.

Document History

Version	Issue Date	Changes	Role
v1.0	20/03/2024	First Published	Qualification Administrator
v2.0	24/06/2026	Rebranding	Development Administrator