

Lesson Plan

Topic

Marley Twists

Objective

- Students will learn the techniques for creating Marley Twist, including proper preparation, sectioning, installation, and finishing touches.

Evaluation

- Observe students as they perform each step on a mannequin or on each other.
- Provide feedback and correct techniques as necessary.

Review

- Recap the steps for creating Marley twists.
- Encourage students to ask questions and share their experiences.

Materials

- Rat-tail comb
- Wide-tooth comb
- Hair clips for sectioning
- Marley hair
- Edge control or gel
- Moisturizing leave-in conditioner
- Shine spray or oil
- Scissors
- Mousse (optional)
- Hot water (for sealing the ends, optional)

Games

1. Introduction

- Explain what Marley twists are and their benefits (protective style, versatility, natural look).
- Start with clean, detangled hair.
- Apply a leave-in conditioner to moisturize the hair.

2. Sectioning the Hair

- Use a rat-tail comb to create clean, straight parts. Start by doing the middle part, ear to ear part, and nape part.
- From each section, further divide the hair into desired size rows and boxes for the braids. The size of the sections will determine the size of the braids.
- Use hair clips to secure each section and keep the hair organized.

3. Installing the Marley Twists

- Take a piece of Marley hair and fold it in half to create a loop.
- Use the loop method to attach the Marley hair to the base of the natural hair section. Insert the natural hair through the loop and pull tight to secure.
- Split the natural hair section into two parts, integrating each part with the Marley hair to create two equal sections.
- Start twisting the two sections together, maintaining even tension. Twist each section separately in one direction, then twist them together in the opposite direction (this is known as the rope twist method).
- Continue twisting down to the ends of the Marley hair. Ensure the twist is tight and secure.

4. Finishing the Twists

- Use scissors to trim any excess Marley hair for a neat finish.
- Dip the ends of the twists in hot water to seal and smooth them. Be cautious to avoid burns.
- Apply mousse to the twists for extra hold and a smooth finish.
- Finish with a shine spray or a light oil to add shine and reduce frizz.

5. Maintenance Tips

- Wrap hair with a silk or satin scarf at night to maintain neatness.
- Apply a light oil or leave-in conditioner to the scalp and twist to keep them moisturized.
- Keep the scalp clean and free from buildup by using a dry shampoo or a light scalp cleanser.