

# Lesson Plan

## Objective

- Students will learn the techniques for properly detangling, shampooing, conditioning, blow drying, and treating natural hair. They will understand different types of treatments, how to identify hair textures and porosity, and the importance of professional care.

## Evaluation

## Review

## Topic

**Properly Detangling, Shampooing, Conditioning, Blow Drying, and Treating Natural Hair**

## Materials

- Wide-tooth comb
- Detangling brush
- Spray bottle with water
- Detangling spray or leave-in conditioner
- Clarifying shampoo
- Moisturizing shampoo
- Sulfate-free shampoo
- Deep conditioner
- Regular conditioner
- Scalp massager (optional)
- Blow dryer with a comb attachment or diffuser
- Heat protectant spray
- Sectioning clips
- Paddle brush or round brush

## Games

### 1. Detangling

- Begin with damp hair. Use a spray bottle to lightly mist the hair if it's dry.
- Apply a detangling spray or leave-in conditioner to add slip and make detangling easier.
- Divide the hair into manageable sections using clips.
- Start detangling with your fingers to remove larger tangles.
- Use a wide-tooth comb or detangling brush, starting from the ends and working your way up to the roots.
- Be gentle to avoid breakage and take your time with each section.

### 2. Shampooing

#### Types of Shampoo

- **Clarifying Shampoo**

Use for deep cleaning to remove product buildup.

- **Moisturizing Shampoo**

Use for regular washes to maintain moisture balance

- **Sulfate-Free Shampoo**

Gentle on the hair and scalp, maintaining natural oils.

#### Steps for Shampooing

- **Rinse Hair Thoroughly**

Start with warm water to open the hair cuticles.

- **Apply Shampoo to Scalp**

Focus on the scalp and roots, using fingertips to massage the scalp gently. This helps to remove dirt and excess oil.

- **Distribute Shampoo to Ends**

Work the shampoo through to the ends of the hair

- **Rinse Completely**

Ensure all shampoo is rinsed out to prevent residue build-up.

- **Cleaning the Scalp**

Properly cleansing the scalp is crucial for hair growth and overall hair health.

Use fingertips (not nails) to gently massage the scalp and remove buildup.

Promotes blood circulation, encourages hair growth, and prevents dandruff and scalp issues.

### 3. Conditioning

#### Types of Conditioners

- **Regular Conditioner**

Use after each shampoo to maintain moisture and manageability.

- **Deep Conditioner**

Use for intensive moisture and repair.

#### Steps for Conditioning

- **Apply Conditioner**

Apply conditioner generously from mid-shaft to ends. Avoid the scalp to prevent buildup.

Use a wide-tooth comb to detangle the hair while the conditioner is in.

Follow the product instructions for how long to leave the conditioner in.

Use cool water to close the hair cuticles and lock in moisture.

#### 4. Blow Drying

- Apply a heat protectant spray evenly throughout damp hair to protect against heat damage.

#### Section the Hair

- Divide the hair into small, manageable sections using clips.
- Start at the Back
- Begin blow drying at the nape, working your way up.
- Attach a comb attachment or diffuser to the blow dryer.
- For a smoother finish, use a paddle brush or round brush.
- Direct the airflow from the roots to the ends to help smooth the hair cuticles.
- Move the blow dryer steadily down each section without lingering too long in one spot.

#### 5. Hair Treatments

##### Hot Oil Treatment

- Ideal for dry, brittle hair to add moisture and shine.
- Deeply moisturizes, adds shine, and improves hair elasticity.

##### Protein Treatment

- For damaged or weak hair to strengthen and repair.
- Strengthens hair, reduces breakage, and repairs damage.

##### Hydration Treatment

- For extremely dry hair needing intensive moisture.
- Deeply hydrates, enhances softness, and improves manageability.

#### 6. Hair Porosity

##### Low Porosity

- Hair cuticles are tight. Hard to absorb moisture but retains it well.
- Use lightweight, water-based products.

##### Medium Porosity

- Hair cuticles are normal. Absorbs and retains moisture well.
- Use balanced moisture and protein treatments.

##### High Porosity

- Hair cuticles are open. Easily absorbs moisture but loses it quickly.
- Use heavier moisturizers and sealants.

#### 7. Trimming the Hair

##### Signs Hair Needs Trimming

- Split ends, single-strand knots, and tangles that don't resolve with conditioning.
- Recommended every 6–8 weeks, or as needed based on hair health.

#### 8. Importance of Professional Hair Care

- Working with a professional ensures that hair is properly maintained and treated.
- Professionals can provide personalized advice and treatments tailored to individual hair needs.
- Regular trims by a professional prevent damage and promote healthy hair growth.
- Professionals can offer deep conditioning, protein treatments, and other specialized services that enhance hair health.