

Lesson Plan

Topic

Silk Press on Natural Hair

Objective

- Students will learn the techniques for performing a silk press on natural hair, including proper washing, blow drying, flat ironing, and methods to prevent heat damage.

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 washing, blow drying, silk pressing, and preventing heat damage.
- Encourage students to ask questions and share their experiences.

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
- Blow dryer with a comb attachment or diffuser
- Heat protectant spray
- Flat iron
- Rat-tail comb
- Sectioning clips
- Paddle brush or round brush

Games

Procedure: Silk Press on Natural Hair

1. Introduction

- Explain what a silk press is and its benefits for natural hair.
- Discuss the importance of starting with clean, properly detangled hair.

2. Silk Pressing the Hair

- Heat Protectant
- Emphasize the importance of applying a heat protectant to each section before using the flat iron.
- One Pass Chase Method
- Explain the one pass chase method, where a comb is followed closely by the flat iron.

Steps for Silk Pressing

Step 1: Section the Hair

- Divide the hair into very small sections for better control and smoother results.

Step 2: Comb and Flat Iron

- Place the rat-tail comb at the roots of a small section.
- Follow the comb with the flat iron, ensuring only one pass to minimize heat exposure.

Step 3: Consistent Tension

- Maintain consistent tension to ensure smooth, straight hair.

Step 4: Cool and Set

- Allow the hair to cool down and set naturally without manipulating it.

3. Preventing Heat Damage

- Always use a heat protectant spray to shield hair from high temperatures.
- Limit each section to one pass with the flat iron to avoid excessive heat exposure.
- Use a high-quality flat iron with adjustable heat settings.
- Adjust the flat iron to a moderate heat setting, typically between 300°F and 350°F, depending on hair texture and thickness.

Key Points and Tips

Washing and Conditioning

- Start with clean, well-conditioned hair to achieve the best results.
- Use moisturizing and deep conditioning treatments to maintain hair health.

Blow Drying

- Always apply a heat protectant before blow drying.
- Use a comb attachment or diffuser for a smoother blowout.

Silk Pressing

- Work in very small sections for even heat distribution.
- Use the one pass chase method to minimize heat damage.
- Keep the flat iron moving to avoid lingering on one spot.

Preventing Heat Damage

- Use a heat protectant.
- Limit to one pass with the flat iron.
- Adjust heat settings according to hair type and condition.