

Lesson Plan

Course Title: Cosmetology I

Session Title: Chemical Hair Relaxer Retouch

Performance Objective:

Upon completion of this assignment, the student will be able to demonstrate the procedure for a retouch application of a sodium hydroxide relaxer using the brush method to the satisfaction of the instructor.

Specific Objectives:

- Demonstrate related safety and sanitation measures.
- Analyze the hair and scalp.
- Select appropriate relaxer strength according to hair texture.
- Complete a record card.

Preparation

TEKS Correlations:

125.112(c)(1)(A)

...identify employment opportunities, including entrepreneurship, and preparation requirements in the field of cosmetology services...

125.112(c)(1)(E)

...demonstrate knowledge of the concepts and skills related to health and safety in the workplace, as specified by appropriate government regulations...

125.112(c)(5)(A)

...perform the tasks specified in the "Public School Program" as determined by the rules and regulations of the Texas Cosmetology Commission...

Interdisciplinary Correlations:

English:

110.xx(7)(A) – Reading/comprehension

...establish a purpose for reading such as to discover, interpret, and enjoy;

110.xx(7)(I) – Reading/comprehension

...use study strategies such as skimming and scanning, note taking, outlining, and using study-guide questions to better understand texts;

110.xx(7)(J) – Reading/comprehension

...read silently with comprehension for a sustained period of time.

Science – Chemistry:

112.45(c)(5)(B)

...identify and measure energy transformations and exchanges involved in chemical reactions...

Instructor/Trainer

References:

1. Milady's Standard Textbook of Cosmetology
2. Pivot Point Salon Fundamentals

Instructional Aids:

1. Chemical Hair Relaxer PowerPoint Presentation.
2. Chemical Hair Relaxer PowerPoint Presentation – Slides.
3. Chemical Hair Relaxer PowerPoint Presentation – Handouts.
4. Chemical Hair Relaxer PowerPoint Presentation – Notes Pages.
5. Chemical Relaxer Retouch Rubric.
6. Milady's Standard Practical Workbook (copies for a class set).

Materials Needed:

1. 2 plastic toy slinkys (to be used during introduction)
2. Chemical Drape (shampoo cape and two towels)
3. Chemical Relaxer
4. Neutralizer or neutralizing shampoo
5. Protective Base Cream
6. Conditioner-Filler (if required)
7. Gloves
8. Clips (5-6)
9. Extra Towels
10. Combs (styling and rattail)
11. Applicator brush and bowl
12. Timer
13. Conditioner
14. Styling Lotion
15. Record Card

Learner

- Knowledge of the sodium hydroxide relaxer and virgin application procedure.
- Read chapter 15 in Milady's Standard Textbook of Cosmetology.
- Complete chapter outline and questions.

Introduction

Introduction (LSI Quadrant I):

[Before lesson, take one plastic slinky and twist and bend it out of shape. This slinky will represent damaged chemically relaxed hair. The regular slinky will represent overly curly hair.]

Using the regular slinky, explain to the class that it is shaped like overly curly hair. Stretch out the slinky, and explain the clients who come in to have their hair chemically relaxed are having their hair stretched out like the slinky.

Using the damaged slinky, explain to the class that it represents damaged overly curly hair and it should not receive a chemical service.

Outline

Outline (LSI Quadrant II):

- I. **Demonstrate proper hand cleansing procedure.**
SANITATION: sanitize hands with hand gel sanitizer.

- II. **Construct preparation for a chemical relaxer service (sodium hydroxide retouch).**
Select and arrange tools and materials.
SANITATION: use tools and materials that have been disinfected.
Drape client for a chemical service.
SANITATION: Make sure cape does not come in contact with the client's skin.
Do not pre-shampoo hair; hair must be dry.

- III. **Analysis of client's hair and scalp.**
SAFETY: Because of the high alkaline content of sodium hydroxide great care must be taken in its use.
Make a record card to find out the client's hair history and to keep for future reference (See unit on Records and Releases).
SAFETY: Hair that has been damaged from heat appliances or other chemical services must be reconditioned before a relaxer service can be performed.
SAFETY: hair treated with lighteners or metallic dyes must not be given a chemical service, it may cause excessive damage or breakage.
Examine the scalp for eruption, scratches, or abrasions; if any are present do not apply the chemical relaxer. Doing so could cause these areas to become infected when aggravated by the relaxer.
Give a strand test to estimate the results you may expect to get from a chemical relaxer and help you to choose the proper strength. Use one of the following methods.
 1. Finger test: to check porosity.
 2. Pull test: to check elasticity
 3. Relaxer test: reaction of relaxer on hair.A retouch should be given every six weeks to two months, depending on how fast the hair grows; check the hair for proper new growth.

- IV. **Demonstrate chemical relaxer retouch procedure.**
Part hair into four sections.
Apply protective base by dividing the four sections and applying freely throughout the scalp.
When applying the base be sure not to irritate the scalp.

SAFETY: When using a “no base” relaxer, a protective base cream is not necessary, but it is recommended that a protective cream be used on the hairline and around the ears.

If a conditioner-filler is required you may apply it at this time.

SAFETY: In order to avoid breakage of previously treated hair, apply a cream conditioner over the hair that received the earlier treatment.

SAFETY: The cosmetologist, to prevent damage to the hands, must wear protective gloves.

When applying the relaxer using the brush method, begin in the back right section taking a 1/4 to 1/2 inch parting of hair and apply the relaxer only to the new growth being sure not to overlap onto the previously treated hair.

SAFETY: Use extreme care when applying the relaxer to avoid accidentally spreading it on the ears, scalp, or skin.

Spread the relaxer on the top of the hair strand then raise the sections and apply underneath.

Complete the back right sections and work in a clockwise direction throughout the head in the same manner.

Go back over head and apply additional relaxer if needed and spread the relaxer close to the scalp.

SAFETY: The relaxer is applied to the scalp last because body heat speeds up the processing time.

Smooth the cream through the new growth so that the hair gently stretches into a straight position.

SAFETY: Avoid excessive pressure or stretching of the hair.

When the entire head has been covered with the relaxer continue with the remaining procedures of the relaxing process.

V. Clean up

Application

Guided Practice (LSI Quadrant III):

Instructor demonstrates chemical relaxer retouch application as students observe and record process and take notes.

Independent Practice (LSI Quadrant III):

Students will work individually and perform chemical relaxer retouch application on their manikin. The instructor should monitor and reteach as needed.

Summary

Review (LSI Quadrants I and IV):

Restate lesson objectives.

ASK: EVALUATION/ORAL QUESTIONS:

1. How often should a retouch be given? *[Every six weeks to two months depending on how fast the hair grows]*
2. Where is the relaxer applied in a retouch application? *[The new growth only]*
3. How can the previously treated hair be protected from overlapping and damage?

[By applying a cream conditioner to the previously treated hair]

4. What kind of form does the sodium hydroxide retouch application leave the new growth hair in? *[A straight form]*

5. Why is it necessary that the scalp be free from eruptions, scratches or abrasions?
[So these areas will not become infected by the chemical relaxer]

Evaluation

Informal Assessment (LSI Quadrant III):

Students will complete worksheet pages T141-T157 in Milady's Standard Practical Workbook.

Formal Assessment (LSI Quadrant III, IV):

APPLICATION:

1. Students will practice applying a mock chemical relaxer retouch using the brush method.
2. Students will be checked for major points using the rubric.
3. Students will practice on subject.
4. Students will give the major points and explanations.

Extension/Enrichment (LSI Quadrant IV):

Have students pair up with a student with overly curly hair or invite a client in with overly curly hair and perform a chemical relaxer service.

Cosmetology

Chemical Hair Relaxing and Soft Curl Permanent: Sodium Hydroxide Retouch



©2003 Texas Trade and Industrial Education

1

Performance Objective

- Upon completion of this assignment, the student will be able to demonstrate the procedure for a retouch application of a sodium hydroxide relaxer using the brush method to the satisfaction of the instructor.

©2003 Texas Trade and Industrial Education

Cosmetology I: Chemical Hair Relaxing and Soft Curl Permanent

2

Specific Objectives

1. Demonstrate related safety and sanitation measures.
2. Analyze the hair and scalp.
3. Select appropriate relaxer strength according to hair texture.
4. Complete a record card.

©2003 Texas Trade and Industrial Education

Cosmetology I: Chemical Hair Relaxing and Soft Curl Permanent

3

Steps to a Sodium Hydroxide Retouch Application

- Demonstrate proper hand cleansing procedure.
SANITATION: sanitize hands with hand gel sanitizer.
- Construct preparation for a chemical relaxer service (sodium hydroxide retouch).
Select and arrange tools and materials.
SANITATION: use tools and materials that have been disinfected.
- Drape client for a chemical service.
SANITATION: Make sure cape does not come in contact with the client's skin.
- Do not pre-shampoo hair; hair must be dry.

©2003 Texas Trade and Industrial Education

Cosmetology I: Chemical Hair Relaxing and Soft Curl Permanent

4

Analysis of hair and scalp

- **SAFETY:** Because of the high alkaline content of sodium hydroxide great care must be taken in its use.
- Make a record card to find out the client's hair history and to keep for future reference.
- **SAFETY:** Hair that has been damaged from heat appliances or other chemical services must be reconditioned before a relaxer service can be performed.
- **SAFETY:** hair treated with lighteners or metallic dyes must not be given a chemical service, it may cause excessive damage or breakage.

©2003 Texas Trade and Industrial Education

Cosmetology I: Chemical Hair Relaxing and Soft Curl Permanent

5

Analysis of hair and scalp

- Examine the scalp for eruption, scratches, or abrasions; if any are present do not apply the chemical relaxer. Doing so could cause these areas to become infected when aggravated by the relaxer.
- Give a strand test to estimate the results you may expect to get from a chemical relaxer and help you to choose the proper strength. Use one of the following methods.
 1. Finger test: to check porosity.
 2. Pull test: to check elasticity
 3. Relaxer test: reaction of relaxer on hair.
- A retouch should be given every six weeks to two months, depending on how fast the hair grows; check the hair for proper new growth

©2003 Texas Trade and Industrial Education

Cosmetology I: Chemical Hair Relaxing and Soft Curl Permanent

6

Retouch Procedure



- Part hair into four sections.
- Apply protective base by dividing the four sections and applying freely throughout the scalp.
- When applying the base be sure not to irritate the scalp.
- SAFETY: When using a “no base” relaxer, a protective base cream is not necessary, but it is recommended that a protective cream be used on the hairline and around the ears.
- If a conditioner-filler is required you may apply it at this time.

©2003 Texas Trade and Industrial Education Cosmetology I: Chemical Hair Relaxing and Soft Curl Permanent

7

Retouch Procedure



- SAFETY: In order to avoid breakage of previously treated hair, apply a cream conditioner over the hair that received the earlier treatment.
- SAFETY: In order to avoid breakage of previously treated hair, apply a cream conditioner over the hair that received the earlier treatment.
- SAFETY: the cosmetologist can prevent damage to the hands by wearing protective gloves.

©2003 Texas Trade and Industrial Education Cosmetology I: Chemical Hair Relaxing and Soft Curl Permanent

8

Retouch Procedure



- When applying the relaxer using the brush method, begin in the back right section taking a ¼ to 1/2 inch parting of hair and apply the relaxer only to the new growth being sure not to overlap onto the previously treated hair.
- SAFETY: use extreme care when applying the relaxer to avoid accidentally spreading it on the ears, scalp, or skin.

©2003 Texas Trade and Industrial Education Cosmetology I: Chemical Hair Relaxing and Soft Curl Permanent

9

Retouch Procedure



- Spread the relaxer on the top of the hair strand then raise the sections and apply underneath.
- Complete the back right sections and work in a clockwise direction throughout the head in the same manner.
- Go back over head and apply additional relaxer if needed and spread the relaxer close to the scalp.
- SAFETY: The relaxer is applied to the scalp last because body heat speeds up the processing time.

©2003 Texas Trade and Industrial Education Cosmetology I: Chemical Hair Relaxing and Soft Curl Permanent

10

Retouch Procedure



- Smooth the cream through the new growth so that the hair gently stretches into a straight position.
- SAFETY: Avoid excessive pressure or stretching of the hair. When the entire head has been covered with the relaxer continue with the remaining procedures of the relaxing process.
- Clean up.

©2003 Texas Trade and Industrial Education Cosmetology I: Chemical Hair Relaxing and Soft Curl Permanent

11

Name _____

Date _____

Chemical Hair Relaxer Retouch Rubric

Evaluation Criteria	Points Available	Points Earned	Comments
Sectioning	20		
Sub-sectioning	20		
Application	20		
Speed	20		
Oral Presentation of Major Points	20		
TOTAL	100		

Point Conversion Scale

90-100= A

80-89= B

70-79= C

60-69= D

Below 60= F