

Unit 203 (CH3) Cut Hair Using Basic Techniques Activity 12

Aftercare advice on hair growth between cuts

It is an important part of the service to offer advice to your client on how to look after and maintain the haircut you have carried out.

- 1 Working on your own, research how much the hair grows each month (on average).

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Now think back to the hair growth cycle and the different stages the hair goes through. In the anagen phase, the growing phase can last between 1.25 years and 7 years. We are all individual so each person's anagen phase will differ.

If you have hair that has only ever grown to your shoulders and has never got any longer, this may mean your anagen phase only lasts for 2–4 years. If you can grow your hair down to the ground it may be that your anagen phase lasts as long as (or even longer than) 7 years. This needs to be taken into account when offering advice to clients on how frequently they should return to the salon for another cut.

- 2 In groups, discuss how you would find out from your client how quickly their hair grows. Make notes in the space provided below.

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- 3 Taking into account the differing rates at which clients' hair grows, and using your answer from question 1, what would be the recommended time interval between haircuts that you would recommend to a client?

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