

Relax hair permanently

Overview

This standard coexists alongside, **SKAHDBRBNST1 Implement and maintain safe, hygienic and effective working practices and SKAHDBRBNS1 Consult, assess, plan and prepare for Hair, Barbering, Beauty, Nails, Wellbeing and Holistic services**. This standard is about a hair professional providing permanent hair relaxing services. You will also be required to do a post service evaluation and reflection for continuous improvement. Users of this standard will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance. It is advisable users of this standard are aware of, and comply with first aid requirements in accordance with legislation and organisational policies and procedures.

The main outcomes are:

1. relax non-chemically treated hair
2. relax chemically treated hair
3. relax partially chemically treated hair

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Performance criteria

You must be able to:

1. carry out a concise and comprehensive consultation with the individual
2. maintain your responsibilities for health and safety in accordance with legislation, regulations, directives and guidelines
3. discuss and establish the individual's objectives and desired curl reduction to inform the permanent hair relaxing service plan, to include:
 - 3.1 service history
 - 3.2 alternative service options
4. carry out a hair and scalp analysis, to include:
 - 4.1 **hair curl classification**
 - 4.2 **hair characteristics**
 - 4.3 **state of hair**
 - 4.4 scalp condition
 - 4.5 length of re-growth on partially chemically treated hair
 - 4.6 degree of relaxation achievable
 - 4.7 percentage of white hair
 - 4.8 when to cut the hair
 - 4.9 previous hair relaxing history
5. carry out **tests** to determine suitability for the permanent hair relaxing service, to include:
 - 5.1 assess whether a pre-relaxing treatment is required to even out the porosity prior to the permanent relaxing service
 - 5.2 record the outcome and store in accordance with data legislation

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6. confirm and agree with the individual, they have understood the proposed permanent hair relaxing service, to include:

- 6.1 contra-actions

- 6.2 adverse reactions

7. obtain the individual's informed consent for the permanent hair relaxing service

8. protect the individual's hair and scalp in accordance with the **permanent hair relaxing service protocol**

9. comb and section the hair in accordance with the permanent hair relaxing service protocol

Pre-relaxing treatment

10. apply the pre-treatment product in accordance with the permanent hair relaxing service protocol

Relaxing service

11. apply the relaxing product in accordance with the permanent hair relaxing service protocol

- 11.1 use application techniques to minimise product exposure to the individual's skin and clothes

- 11.2 carry out development tests frequently to check adequate curl reduction

- 11.3 check for scalp sensitivity and the individual's health and wellbeing

Removal

12. remove the product from the hair and scalp in accordance with the manufacturer instructions

13. apply a post-relaxing product to restore the hairs pH

14. conclude the service in accordance with the permanent hair relaxing service protocol

15. confirm with the individual they are satisfied with the final result

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16. monitor the individual's health and wellbeing throughout the permanent hair relaxing service
17. implement the correct course of action in the event of an adverse reaction
18. complete the individual's service records and store in accordance with data legislation
19. use reflective practice to evaluate the permanent hair relaxing service and take appropriate action
20. provide **instructions** and advice to the individual, pre and post the service
21. record the outcome and evaluation of the permanent hair relaxing service

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Knowledge and understanding

You need to know and understand:

1. your role and responsibilities in providing permanent hair relaxing services and the importance of working within your competence
2. why you must comply with ethical practice and work within the legislative requirements, to include:
 - 2.1 the responsibilities under local authority licensing regulations for yourself and your premises
3. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
4. the **anatomy and physiology** relevant to this standard
5. the relative and absolute contraindications relevant to hair services, to include:
 - 5.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
6. the importance of recognising suspicious skin irregularities and scalp lesions and referring to a relevant healthcare professional
7. the types of sodium and non-sodium relaxing products and their effects, to include:
 - 7.1 the types and associated risks of permanent relaxing products linked with toxicity
8. the types and limitations of permanent hair relaxing services used to straighten the hair, and the adaptations required, in relation to:
 - 8.1 hair curl classification
 - 8.2 hair condition
 - 8.3 state of hair
 - 8.4 scalp condition
 - 8.5 length of re-growth on transition hair
 - 8.6 percentage of white hair
 - 8.7 service history/chemical build up
9. the importance of carrying out a hair and scalp analysis and how it effects the choice of **products** used
10. the importance of carrying out tests and how the test outcomes can affect the permanent hair relaxing service
11. how to recognise over processed hair, the associated risks and action to take
12. the importance to assess under processed and over overprocessed relaxed hair and take the appropriate action
13. how to recognise trichorrhhexis nodosa, the associated risks and action to take
14. why hair can require cutting prior to a permanent hair relaxing service
15. the products, **tools** and equipment used for permanent hair relaxing services for all hair curl classification, state of hair and conditions
16. how to adapt hair permanent hair relaxing techniques for curly hair

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- curl classifications
- 17. the physiological effects of permanent hair relaxing products on the hair structure, to include:
 - 17.1 the adaptations required for white hair
- 18. the active agents found in permanent hair relaxing products
- 19. the importance of using a pH restoring treatment on the hair to counteract the active agents in permanent hair relaxing products, to include:
 - 19.1 the physiological effects of neutralising products have on the hair structure
- 20. the types and use of pre and post relaxing products, to include:
 - 20.1 the physiological effects on the hair structure
- 21. the importance of using a scalp protecting product to protect the individual's skin and scalp from the permanent relaxing products
- 22. how to safely apply permanent relaxing products to the hair to avoid exposure of chemicals to the skin and scalp
- 23. the importance of following manufacturer instructions for products used in relaxing services
- 24. the importance to explain the physical sensation of relaxing products on the skin
- 25. how temperature of the scalp can accelerate the development of relaxing products, to include:
 - 25.1 adaptations to development time on the hair roots
- 26. the types of products used to restore the hairs pH post the permanent relaxing service
- 27. why hair should be of an even porosity prior to a permanent hair relaxing service
- 28. why you should comb and section the hair prior to the permanent hair relaxing
- 29. how to carry out a permanent hair relaxing service
- 30. the service time in accordance with your organisational policies and procedures
- 31. the reasons why you may need to troubleshoot problems that can commonly arise when permanent hair relaxing hair, to include:
 - 31.1 ways in which they can be remedied
- 32. the importance of consulting with the individual throughout the permanent hair relaxing process
- 33. the adverse reactions associated with a permanent hair relaxing service and how to respond
- 34. the health and safety responsibilities in line with legislation before, during and after the service
- 35. the legal requirements for providing hair services to minors and vulnerable adults
- 36. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired curl reduction and agree the permanent hair relaxing service plan
- 37. the fee structures and service options
- 38. the legislative and indemnity requirements of gaining signed,

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- informed consent for the service
- 39. the reasons for taking consensual visual media of the individual's treatment area and storing in accordance with the service, legislative, insurance and organisational requirements
- 40. the importance of adhering to the permanent hair relaxing service protocol
- 41. the importance of monitoring the health and wellbeing of the individual during and post service
- 42. the expected outcomes of permanent hair relaxing services
- 43. the purpose of reflective practice and evaluation and how it informs future services
- 44. the instructions and advice, pre and post the permanent hair relaxing service

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Scope/range**Hair curl classification**

1. wavy
2. curly
3. tight curls
4. combination

Hair characteristics

1. hair density
2. hair texture
3. hair elasticity
4. hair porosity
5. hair growth patterns

State of hair

1. non - chemically treated hair
2. partially chemically treated hair
3. chemically treated hair

Tests

1. elasticity
2. porosity
3. strand
4. development
5. skin test

Permanent hair relaxing service protocol

1. working environment
2. health and safety
3. infection prevention and control
4. service plan
5. informed consent
6. manufacturer instructions
7. test outcomes
8. data management
9. audit and accountability
10. instructions and advice
11. sustainability
12. waste management
13. evidence-based practice
14. reflective practice

Instructions

1. the individual and practitioner's legal rights and responsibilities
2. pre and post procedure instructions and care

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3. restrictions and associated risks
4. future procedures

Anatomy and physiology

1. the structure and function of the hair and the hair growth cycle
2. the structure and function of the skin
3. basic anatomical structure of the head, neck and shoulders
4. relative and absolute contraindications and related pathologies

Products

1. scalp protector
2. sodium relaxer
3. non-sodium relaxer
4. pre-relaxing treatment
5. post-relaxing treatment
6. pH balancing treatment

Tools

1. non-metal tail combs
2. non - metal wide tooth combs
3. tint brushes
4. spatula
5. hands (with PPE)

Glossary

Absolute contraindication

An absolute contraindication is a condition that prevents the service from being carried out and may require referral.

Adverse reaction

An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e. fainting

Anatomy and Physiology

How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service and outcomes.

Chemically treated hair

Chemically treated hair, is whereby the full head of hair has been previously treated with a chemical, i.e. relaxer, colour, lightener or perm

Contra action

A contra-action is an 'expected' reaction or outcome following a service, i.e. erythema

Development test

Development test is the removal of product during the service to check and reaffirm the development time.

Evidence-based practice

Evidence-based practice is based on the best available, current, valid and relevant evidence.

First aid

First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.

Hair curl classification

Hair curl classification can be referred to as Type 1 – 4.

Partially chemically treated hair

Partially chemically treated hair can be referred to as re-growth or whereby sections of hair has been treated with a chemical and other areas have not.

Protocol

A protocol is a standard procedure to ensure best practice and compliance when providing services, i.e. follow manufacturer instructions.

Relative contraindication

A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.

Strand test

Strand test can be referred to as test cutting and is carried out prior to the service to test the chemical reaction on the hair for the desired outcomes.

Toxicity

Toxicity is determined by a person's reaction to different dosages of a chemical. Toxicity or adverse reactions can occur from incompatibilities with an incorrect mixture of chemicals.

[Links to other NOS](#)

SKAHDBRBNST1, SKAHDBRBNS1, SKAHDBR1, SKAHD1, SKAHD2
SKAHDBR2, SKAHDBR3, SKAHDBR4, SKAHDBR5,
SKAHDBR6, SKAHDBR7, SKAHDBR8, SKAHDBR9, SKAHDBR10,
SKAHDBR11, SKAHDBR12, SKAHDBR14, SKAHDBR15,
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