

Colour and lighten the hair

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 colouring and lightening services. The colouring services will include using semi-permanent, demi-permanent/quasi-permanent, and permanent colours. Additionally, use colours and lighteners to create lowlights and highlights. You will also be required to do a post procedure 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. full head colouring
2. regrowth colouring
3. woven and foil highlights and lowlights

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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 outcomes to inform the colouring and/or lightening service plan, to include:
 - 3.1 treatment history
 - 3.2 alternative treatment 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 percentage of white hair
 - 4.6 length of re-growth on partially chemically treated hair
 - 4.7 hair length
5. carry out **tests** to determine suitability for the colouring and/or lightening service, to include:
 - 5.1 record the outcome and store in accordance with data legislation
6. evaluate the consultation outcomes, the individual's objectives and hair and scalp analysis collectively
7. discuss with the individual the achievable effects using relevant visual aids to inform the selection of **products** to be used, to include:

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7.1 fees and duration

8. confirm and agree with the individual, they have understood the proposed colouring and/or lightening service, to include:

8.1 contra-actions

8.2 adverse reactions

9. obtain the individual's informed consent for the colouring and/or lightening service

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10. comb and section the hair and protect the surrounding skin in accordance with the **colouring and/or lightening service protocol**

11. select and prepare the products, tools, materials and equipment in accordance with the colouring and/or lightening service service protocol

12. apply the products and use **colouring and/or lightening techniques** in accordance with the colouring and/or lightening service protocol, to include:

12.1 weaving the hair, applying foils and securing the foils post product application

13. set and monitor the process time in accordance with the manufacturer instructions

14. carry out a development test to confirm the process times to include the assessment of:

14.1 condition of the hair

14.2 condition of the lightener

14.3 scalp sensitivity

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

16. conclude the service in accordance with the colouring and/or lightening service protocol

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

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

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Knowledge and understanding

You need to know and understand:

1. your role and responsibilities in providing colouring and/or lightening 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 and limitations of products used in colouring and lightening services, and the adaptations required, in relation to:
 - 7.1 hair curl classification
 - 7.2 hair condition
 - 7.3 state of hair
 - 7.4 scalp condition
 - 7.5 resistant hair
 - 7.6 chemically treated hair
8. the physiological effects of colour and lightening products have on the hair structure
9. how to recognise over processed hair and the associated risks and action to take
10. how to recognise trichorrhexis nodosa, the associated risks and action to take
11. the importance of adhering to manufacturer instructions to prevent product incompatibilities and risks to health
12. the principles of colour selection, including the international colour chart
13. how natural pigment and undertones affects the choice of product colour, to include the choice of:
 - 13.1 lightening
 - 13.2 darkening
 - 13.3 changing tone
14. the types of peroxide strengths used in colouring and lightening services, to include:
 - 14.1 when and why various peroxide strengths are used
15. why poor hair porosity influences the choices of product and service
16. the effects temperature has on the application and development of colouring and lightening products

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17. the importance of carrying out a hair and scalp analysis and how it effects the choice of products and equipment used
18. how hair growth patterns can determine the position and placement of highlights and lowlights
19. the importance of carrying out tests and how the test outcomes can affect the colouring and lightening service
20. the tools, materials and equipment used for colouring and lightening services for all hair curl classification, types and conditions
21. the risks associated with colouring and lightening hair
22. the importance of protecting the individual's skin and scalp from the colour and lightening products
23. the importance of adhering to the manufacturer instructions for the safe use and development times of colour and lightening products, to include:
 - 23.1 the importance to explain the physical sensation on the scalp
24. why you should comb and section the hair prior to the colour and lightening products
25. how to carry out a colouring and lightening service, to include:
 - 25.1 weaving the hair
 - 25.2 applying and removing foils
 - 25.3 safely apply colour and lightening products to the hair to avoid exposure of chemicals to the skin and scalp
 - 25.4 the service times in accordance with your organisational policies and procedures
26. the importance of carrying out a development test during the hair service in accordance with manufacturer instructions
27. the importance of restoring the hair's pH following the colouring and lightening service
28. the reasons why you may need to troubleshoot problems that can commonly arise when colouring and lightening hair, to include:
 - 28.1 ways in which they can be remedied
29. the importance of consulting with the individual throughout the colouring and lightening service
30. the adverse reactions associated with a colouring and lightening service and how to respond
31. the health and safety responsibilities in line with legislation before, during and after the service
32. the legal requirements for providing hair services to minors and vulnerable adults
33. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the colouring and lightening service plan
34. the fee structures and service options
35. the legislative and indemnity requirements of gaining signed, informed consent for the service
36. 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

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- 37. the importance of adhering to the colouring and lightening service protocol
- 38. the importance of monitoring the health and wellbeing of the individual during and post the service
- 39. the expected outcomes of colouring and lightening service
- 40. the purpose of reflective practice and evaluation and how it informs future services
- 41. the instructions and advice, pre and post the colouring and lightening service

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Scope/range

Hair curl classification

1. straight
2. wavy
3. curly
4. tight curls
5. 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. incompatibility
5. development
6. skin test

Products

1. barrier cream
2. semi-permanent
3. demi-permanent/ quasi-permanent
4. permanent
5. lighteners
6. toners
7. colour and lightener protectors

Colouring and lightening service protocol

1. working environment
2. health and safety
3. infection prevention and control
4. service plan
5. informed consent
6. test outcomes
7. manufacturer instructions

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8. data management
9. audit and accountability
10. instructions and advice
11. sustainability
12. waste management
13. evidence-based practice
14. reflective practice

Colouring and lightening techniques

1. full head colouring
2. regrowth colouring
3. woven foil highlights and lowlights

Instructions

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

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

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.**

Foils

This includes other mediums e.g meche, wraps and papers

Hair curl classification

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

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.

Links to other NOS

SKAHDBRBNST1, SKAHDBRBNST1, SKAHDBR1, SKABBR2, SKABR1,
SKABR2, SKABR3, SKABR4, SKAHDBR2, SKAHDBR3, SKAHDBR4,
SKAHDBR6, SKAHDBR7, SKAHDBR8, SKAHDBR9, SKAHDBR10,
SKAHDBR11, SKAHDBR12, SKAHDBR13, SKAHDBR14, SKAHDBR15,

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