EASTERN
EDUCATION
GROUP

Level 1 & 2 Hairdressing Summer Task

Unit 105: Hair Plaiting and Twisting Techniques

Learning Objectives:
- Research and complete a style book on how to do a French plait, Fish tail Plait, Dutch Plait, Infinity Plait, flat twist and two strand twists. State the ornamentation that could be used for each. Include images for each
- Identify health and safety considerations when plaiting and twisting hair.
- Determine suitable products for plaiting and twisting hair.
- Provide aftercare advice to clients after hair plaiting and twisting service.

Task Description:
In this task, you will conduct research on various hair plaiting and twisting techniques including French plait, Fish tail Plait, Dutch Plait, cornrows, 2 strand twists and flat twists. You are required to create a detailed style book for each plaiting and twisting technique. Ensure to include tips, and visuals if necessary to aid understanding.
Additionally, you will need to address the following points:

Health and Safety Considerations:
Discuss the health and safety precautions that need to be considered when plaiting and twisting hair. This may include avoiding scalp irritation, using sharp tools carefully, etc.

Products for Plaiting and twisting:
Identify and list the products that are essential for creating and maintaining a good plaits and twists. This could include hair styling products, tools, and accessories.

Ornamentation that can be added:
Identify different ornamentation that can be used to showcase your plaiting and twisting techniques

Aftercare Advice:
Provide detailed aftercare advice that you would recommend to your clients after getting their hair plaited or twisted. This may include tips on washing, styling, and protecting the plaits or twists.

Note:

It is important to showcase your creativity, problem-solving skills, and critical thinking throughout this project. Your ability to research, analyse, and communicate effectively will be key to successfully completing this task. Best of luck!

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