

**COMPETENCY #2:** Identify factors to consider when choosing a hairstyle, make-up and personal hygiene.

### CONCEPT

Choosing a hairstyle is as personal as choosing your clothing styles. A few basic facts about your hair will help you with this decision.

### MOTIVATOR

Answer the following questions:

1. Do you consider your hair to be better than average looking?
2. Right this minute, is it soft to the touch, and silky?
3. Is your hair shiny?
4. Is your hair clean and nice smelling?
5. Is your hair well cut in a style that flatters your face?
6. Do you wear your hair in the style that reflects your personality?
7. Do you know your hair type and how to work with it?

If you can answer yes to all or almost all of these questions you have beautiful hair. Anyone can have healthy beautiful hair, some people are born with it, most of us will have to do a little more than that to keep our hair in top condition.

### TEACHING STRATEGIES

Use the information included on hair length, style for face shape, color, brushing, cuts and treatments for special problems to complete the hair care section.

### LECTURE/DISCUSSION

Discuss the following points with the class regarding hair.

- Nature determines the texture, natural bend or curl, and growth rate of your hair.
- A single strand of hair is only from one to five thousandths of an inch in diameter, but it's not as fragile as you might expect.
- You have up to 150,000 hairs on your head. It varies according to color, approximately:
  - 90,000 for red hair
  - 110,000 for black hair
  - 111,000 for brown hair
  - 140,000 for blonde hair
- Hair grows and falls out in a continuing process.
- The life span of a hair is from 18 months to 6 years.
- The average loss per day is from 40 to 100 hairs, so don't

- worry if your hair brush contains a few.
- Severe illness or stress may show up in an abnormal hair loss as long as 6 months after the stress or illness.
- Your diet affects your hair condition. Hair is nourished directly from the blood supply, and so whatever you eat makes your hair healthy (or not so healthy) also. Concentrate on foods rich in proteins, vegetables, fruits, whole grains and cereals.

#### WHAT KIND OF HAIR DO YOU HAVE?

- If your hair separates into thin strands near the scalp one to three days after a shampoo it may be **oily**.
- If your hair feels heavy, appears darker at the roots and has a stick-together quality, your hair is **oily**.
- If your hair is dull and lacks luster it may be **dry**.
- If your hair looks or feels harsh and fuzzy, has brittle ends, little shine and a flyaway quality, your hair is **dry**.
- If your hair tends to be bushy and wiry, if it has too much curl, is difficult to comb and set, your hair is **coarse**.
- If your hair feels like a baby's, is hard to curl, goes limp when the atmosphere is humid, and tends to have "straggly" ends, your hair is **fine**.
- Hair also has a **curly** or **straight** quality to it. You know by now which you have. You might have **combination** hair, curly or wavy around the face and straight elsewhere.

No matter what kind of hair you have, it can look shiny and healthy with a little care.

Clean, **healthy hair** forms an important part of your appearance. Wash your hair regularly with a shampoo chosen for your particular kind of hair - normal, oily or dry. You may want to add a rinse or conditioner. If you tend to have **dandruff**, a scaly scalp, use a dandruff shampoo. Avoid borrowing other people's combs and headgear. They can carry disease and head lice.

#### DID YOU KNOW?

Ten percent of the hair on your head is probably resting right now! Hair grows in cycles. At any given time, 90% is in the growing phase, which lasts about three years. The resting phase lasts only about 100 days.