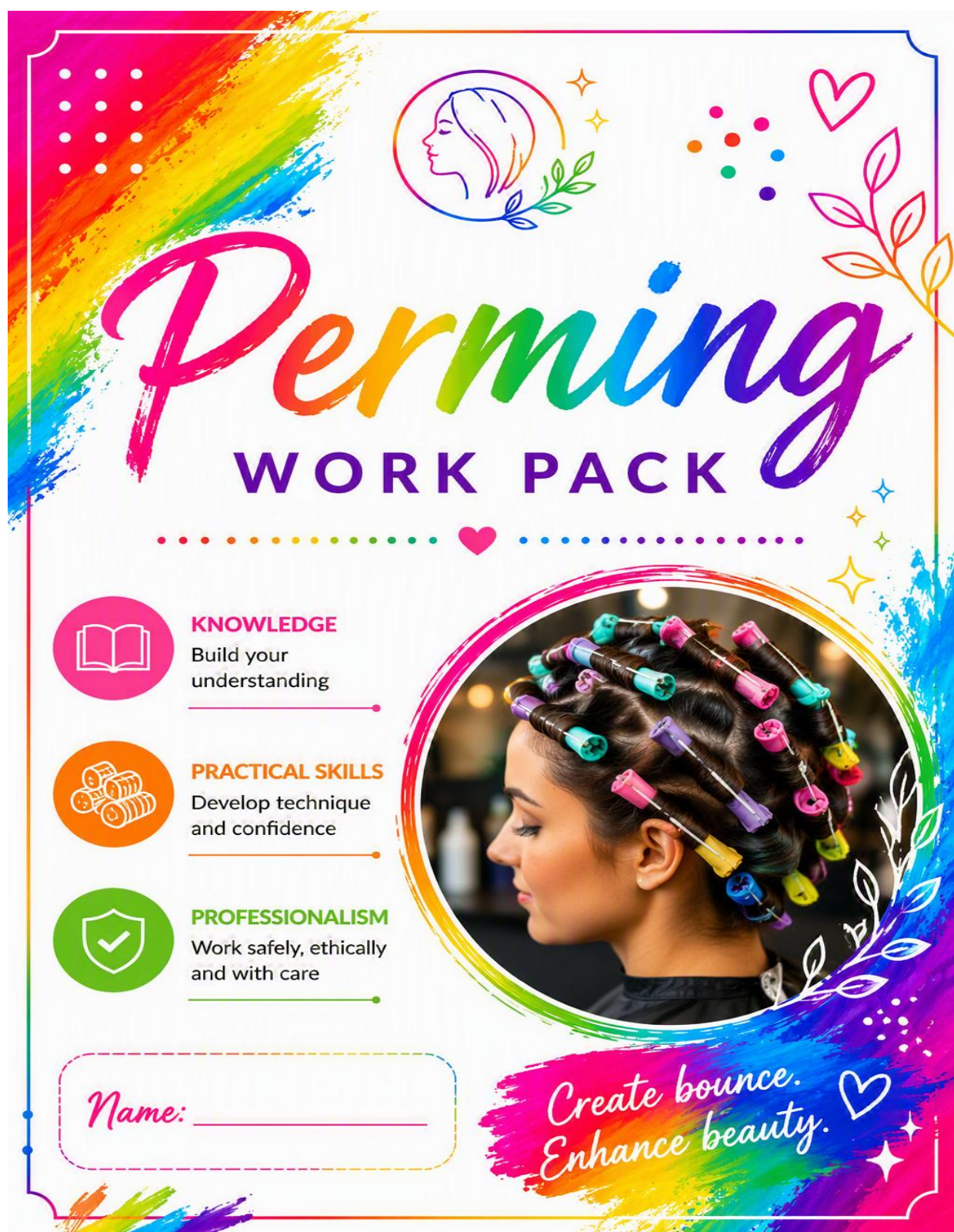




Introduction to Hair Perming

Hair perming involves chemically altering the hair's structure to achieve curls or waves that are semi-permanent. It provides clients with versatile styling choices and enhances their appearance.

History and Evolution of Hair Perming

The practice of hair perming dates back to the early 20th century, evolving from complex thermal methods to modern, safer chemical processes.

Hair Structure and Chemistry

The hair consists of keratin proteins and chemical bonds. Perming involves breaking and reforming these bonds to alter hair shape.

Hair Preparation Checklist for Perming

Step	Checklist Item	Purpose/Why it matters
Consultation	Assess natural hair type (fine, medium, coarse)	Determines rod size, solution strength & suitability
	Review chemical history (colour, bleach, relaxer, keratin)	Identifies risks of breakage or uneven curl pattern
	Discuss desired curl result & suitability	Ensures realistic expectations based on hair condition

	Check for contraindications (scalp issues, allergies)	Prevents irritation and ensures client safety
Condition & Health Assessment	Evaluate porosity & elasticity	Predicts how the hair will respond to perm solution
	Strand test if hair is compromised	Confirms whether hair can safely perm
	Check for breakage, splitting, or weak areas	Determines need for pre-conditioning or alternative services
Pre Service Hair Prep	Cleanse hair with a clarifying shampoo (no conditioner)	Removes buildup to ensure even perm processing
	Ensure hair is fully detangled	Prevents tension, snagging, and uneven wrapping
	Do not apply oils, masks, or heavy products	These block perm solution penetration
	Towel dry to an even dampness before wrapping	Ensures consistent processing time
Tool & Product Preparation	Select appropriate rod size(s)	Controls curl tightness and finish