why study PRINCIPLES OF HAIR DESIGN?

1. An understanding of design and ______________ will help you develop the artistic skill and judgment needed to create the best possible design for your client.

2. By having a better understanding of the principles of hair design, you will: understand why a particular hairstyle will or will not be the ______________ for a client; have helpful guidelines to assist in achieving your ______________; be able to create haircuts and styles designed to help clients ______________ areas of concern while ______________ their most attractive areas.

Discover the Philosophy of Design

3. Modern inspiration in fashion often starts as ______________ which then moves to the streets as a phenomenon or trend.

4. List some sources of inspiration. ______________

5. One of the best sources of design inspiration can be found in ______________

6. What places, things, or people inspire your creativity?

7. A good designer always envisions the end result before beginning.
   ___ True ___ False

8. Once inspired, what do you need to decide next?
61. What does the process of photothermolysis do?

62. What does LED stand for?
   L: ...........................................................................................................................
   E: ...........................................................................................................................
   D: ...........................................................................................................................

63. Which color LED reduces acne? .................................................................

64. Which color LED increases circulation and improves collagen and elastin production in the skin? .................................................................................................................................

65. Which color LED reduces swelling and inflammation? ............................

66. What is the name of a medical device that uses multiple colors and wavelengths of focused light to treat spider veins, hyperpigmentation, rosacea and redness, wrinkles, enlarged hair follicles and pores, and excessive hair?
9. You have been inspired by a photograph and want to try out a new design. When working out the details and planning of a design, where should you begin?
   __ a) On your next client  __ b) On yourself  __ c) On a mannequin head

10. As a designer, what must you develop?

11. Along with learning through study, it is best to_________________________until you gain a working knowledge of the process of hair design.

12. Having a strong foundation in technique along with practicing personal skills will allow you to take_________________________.

13. Often stylists limit positive risks and confine themselves to their current comfort zone. Sometimes comfort zones can translate into:
   __ a) "risk-taker."
   __ b) "outside-the-box innovator."
   __ c) "dated and uninspiring."

14. Great hairstylists find inspiration everywhere by keeping an eye out for what is new in the beauty industry and be dedicating themselves to their_________________________.

Define the Elements of Hair Design

15. What are the five basic elements of three-dimensional design?

1) ____________________________  4) ____________________________
2) ____________________________  5) ____________________________
3) ____________________________

16. ____________________________ define form and space and create the shape, design, and movement of a hairstyle. They can be_________________________ or ____________________________

17. Match each of the four basic types of lines with its description.

   __ 1. Horizontal lines  a) Lines are up and down
   __ 2. Vertical lines  b) Lines moving in a circular or semicircular direction
   __ 3. Diagonal lines  c) Positioned between horizontal and vertical lines
   __ 4. Curved lines  d) Extend in the same direction and maintain a constant distance apart and are parallel from the floor and relative to the horizon
18. Describe the usage of the basic types of lines.
   a) Horizontal lines
   b) Vertical lines
   c) Diagonal lines
   d) Curved lines

19. A client would like a hairstyle that minimizes her large nose. Which type of line might be most helpful in a design to meet this goal?

20. Describe a **single line** in hairstyling.

21. Describe a **parallel line** in hairstyling.

22. Describe a **contrasting line** in hairstyling.

23. Describe a **transitional line** in hairstyling.

24. Describe a **directional line** in hairstyling.

25. ___________________________ is a mass or general outline of a hairstyle that is three-dimensional and has ___________________________, and
   ___________________________

26. Form may also be referred to as ___________________________
27. Solid, smoother forms with minimal texture most often give an appearance to the outline of the style, where more textured forms can add

28. The hair form should be in proportion to the:

a) ______________________________________________________________________  
b)  
c)  

29. _________________ is the area surrounding the form or the area the hairstyle occupies and may contain__________________________

______________________, or any combination.

30. We are more aware of the ________ form than the ________ spaces.

31. The directional wave patterns or _________________ must be taken into consideration when creating a style for your client.

32. All hair has a unique directional pattern described as:

a) ______________________________________________________________________  
b)  
c)  
d)  

33. Choose one (or more) of the natural wave patterns identified in the previous question to complete the following.

a) These types of wave patterns can create a larger form.________________________

b) This type of wave pattern reflects light better.__________________________

c) This type can be combed directionally to create horizontal lines.____________________

34. How can texture be created temporarily?______________________________

35. List 10 techniques or tools that will temporarily change hair texture.

1) ____________________________  
2) ____________________________  
3) ____________________________  
4) ____________________________  
5) ____________________________
36. How can texture be changed permanently?

37. How long does a permanent texture change last?

38. When is it appropriate to use multiple directional wave pattern combinations together?

39. ____________ wave patterns accent the face and are particularly useful when you wish to narrow a round head shape.

40. ____________ wave patterns take attention away from the face and can be used to soften square or rectangular features.

41. What two roles does haircolor play in hair design?

   a) ______________

   b) ______________

42. Discuss why you think that haircolor is important to the client psychologically in the overall look of a hair design.

43. ______________ can be used to make all or part of the design appear larger or smaller and can help define ______________ and ______________
44. Light and warm colors create the illusion of ________________

45. __ __ __ __ __ __ and ____________________________ colors recede or move in toward the head, creating the illusion of less volume.

46. Explain how to create the illusion of dimension or depth.

___________________________
___________________________
___________________________

47. Using a ____________________________ color will draw a line in the hairstyle in the direction you want the eye to travel.

48. How can you use color to create a bold, dramatic accent?

___________________________
___________________________
___________________________

49. What should be considered when choosing a color?

___________________________
___________________________
___________________________

50. For a client with a gold tone to her skin, ________________ haircolors are more flattering.

__ cool __ warm

51. High contrast colors work best for a conservative look.

__ True __ False

**Understand the Principles of Hair Design**

52. The five principles for art and design of hair design are:

1) ________________________________

2) ________________________________

3) ________________________________

4) ________________________________

5) ________________________________
53. Match each of the following principles of art and design with its description.

   ___  1. Proportion  a) Where the eye is drawn to first; also known as focus
   ___  2. Balance    b) Creation of unity in a design; the most important of the art principles
   ___  3. Rhythm     c) Establishing equal or appropriate proportions to create symmetry
   ___  4. Emphasis   d) Regular pulsation or recurrent pattern of movement in a design
   ___  5. Harmony    e) Comparative relationship of one thing to another

54. When designing a hairstyle, it is essential that you take into account the client's

55. What style would you normally create for a woman with large hips or broad shoulders?

56. What is the general guide for classic proportion?

57. Which element of design can be either symmetrical or asymmetrical?

58. Explain how to measure symmetry.

59. Describe symmetrical balance.

60. Describe asymmetrical balance.
61. Define *rhythm* in a design.

62. Which of the following signifies a fast rhythm?

   ___ a) Tight curls    ___ b) Loose curls

63. What is meant by emphasis in a design?

64. List four options you may choose to create an area of emphasis or focus in a hairstyle.

   1) __________________________

   2) __________________________

   3) __________________________

   4) __________________________

65. A hair design should have only one point or area of emphasis.

   ___ True     ___ False

66. Explain the importance of harmony in a hair design.

67. When a hairstyle is harmonious, it contains what three elements?

   1) __________________________

   2) __________________________

   3) __________________________

68. A successful harmonious design includes an area of emphasis.

   ___ True     ___ False

69. The best results are obtained when each of your client’s facial features and profile is properly analyzed for its______________and__________________

70. An artistic and suitable hairstyle will take into account the following physical characteristics of the client:

   a) __________________________

   b) __________________________

   c) __________________________

   d) __________________________
Recognize the Influence of Hair Type and Texture on Hairstyle

71. Your client’s hair type is a major consideration in the selection of a hairstyle. What are the two defining characteristics to consider?

72. List the three basic types of hair texture.
   1) 
   2) 
   3) 

73. Match each of the following hair textures with its description.

   __ 1. Straight, fine hair  a) Offers the most versatility in styling
   __ 2. Straight, medium hair  b) Hard to curl; responds well to thermal styling with flat tools
   __ 3. Straight, coarse hair  c) Often separates, revealing the client's scalp
   __ 4. Wavy, fine hair  d) Generally best cut short
   __ 5. Wavy, medium hair  e) When left natural gives a soft, romantic look
   __ 6. Wavy, coarse hair  f) Tends to widen as it grows longer
   __ 7. Curly, fine hair  g) Hugs the head shape due to lack of body or volume
   __ 8. Curly, medium hair  h) May appear fuller when diffused with heat and the appropriate haircut and style
   __ 9. Curly, coarse hair  i) Will be extremely wide, often appears dense, offers limited flexibility
   __ 10. Very curly, fine hair  j) Usually very compacted with little to no movement
   __ 11. Extremely curly, medium hair  k) Can produce a voluminous silhouette if not shaped properly
   __ 12. Extremely curly, coarse hair  l) Offers more versatility in styling; good amount of movement
Create I-Harmony Between Hairstyle and Facial Structure

74. A client's facial shape is determined by the________________________and ____________________________ of the facial bones.

75. What is the best way to determine a client's facial shape?

76. List the seven basic facial shapes.

1) __________________________________________

2) __________________________________________

3) __________________________________________

4) __________________________________________

5) __________________________________________

6) __________________________________________

7) __________________________________________

77. When designing a style for your client's facial type, you generally are trying to create the illusion of a(n)_______________face shape.

78. To determine a facial shape, divide the face into_______________zones. They are __________________________________________

79. Describe the facial contour of the oval face. __ __ __ __ __ __ __ __ __ __

80. What type of hairstyle works best on a client with an oval face?
81. Describe the facial contour, the objective, and the styling choice for the **round** facial type.

Facial contour:  

Objective:  

Styling choice: 

82. Describe the facial contour, the objective, and the styling choice for the **square** facial type.

Facial contour:  

Objective:  

Styling choice: 

83. Describe the facial contour, the objective, and the styling choice for the **triangular** (pear-shaped) facial type.

Facial contour:  

Objective:  

Styling choice: 

84. Describe the facial contour, the objective, and the styling choice for the **oblong** facial type.

Facial contour:  

Objective:  

Styling choice: 
85. Describe the facial contour, the objective, and the styling choice for the diamond facial type.

Facial contour: ___________________________________________________________

Objective: ______________________________________________________________

Styling choice: ___________________________________________________________

86. Describe the facial contour, the objective, and the styling choice for the inverted triangle (heart-shaped) facial type.

Facial contour: ___________________________________________________________

Objective: ______________________________________________________________

Styling choice: ___________________________________________________________

87. A long hairstyle is not usually recommended for a client with a(n) __________ facial type.
   a) inverted triangle  b) square  c) oblong  d) oval

88. Bangs are often recommended in hairstyles for clients who have a(n) __________ facial type.
   a) inverted triangle  b) square  c) oblong  d) oval

89. The _____________________ is the outline of the face, head, or figure seen in a side view.

90. Match each of the following basic profiles with its description.
   a) Has a prominent forehead and chin
   b) Considered ideal; has a very slight curvature
   c) Has a receding forehead and chin

   a) c) b)
91. This profile type looks best with hairstyles that include an arrangement of bangs or curls over the forehead. __ __ __ __ __ __

92. This profile type looks best when the hair at the nape of the neck is styled with an upward movement. ________________

93. How should you style the hair for a wide forehead?

_____________________________________________________________________________

94. How should you style the hair for a narrow forehead?

_____________________________________________________________________________

95. A large forehead looks best with bangs that have a large amount of volume.
   __ True  __ False

96. How should you style the hair for close-set eyes?

_____________________________________________________________________________

97. The hair should be slightly lighter at the sides than at the top for wide-set eyes.
   __ True  __ False

98. How should you style the hair for wide-set eyes?

_____________________________________________________________________________

99. How should you style the hair for a crooked nose?

_____________________________________________________________________________

100. How should you style the hair for a wide, flat nose?

_____________________________________________________________________________

101. How should you style the hair for a long, narrow nose?

_____________________________________________________________________________

102. A hairstyle with a middle part is a poor choice for a client who has a long, narrow nose.
   __ True  __ False

103. How should you style the hair for close-set eyes?

_____________________________________________________________________________

104. How should you style the hair for a wide forehead?

_____________________________________________________________________________
103. Provide the correct styling tip for the following facial features.
   a) Round jaw:
   b) Square jaw:
   c) Long jaw:
   d) Receding forehead:
   e) Large forehead:
   f) Small nose:
   g) Prominent nose:
   h) Receding chin:
   i) Small chin:
   j) Large chin:

104. How should you style the hair for a head that is not completely round?

105. What is a major consideration when creating a hairstyle for someone who wears glasses?
106. Where is the bang or fringe area located?


107. List the three ways that the bang area or fringe can be parted.

1) ____________________________

2) ____________________________

3) ____________________________

108. List the four partings that can be used to highlight facial features.

1) ____________________________

2) ____________________________

3) ____________________________

4) ____________________________

109. Choose the correct parting type from the list above to complete the following.

a) This can help make thin hair appear fuller: ____________________________

b) This gives an oval illusion to wide and round faces: ____________________________

c) This is used to create a dramatic effect: ____________________________

d) This can help create an illusion of width or height: ____________________________

110. **ACTIVITY:** Look through old magazines or on the Internet for pictures of celebrities. Select at least six pictures focusing on head shots of both males and females. Cut out the pictures and place them on a poster board or mount them on card stock and place them in a binder. Using the following format, complete the information for each photograph and place the information with the photograph on the poster or in the binder. Be creative and make your presentation of information professional in appearance.

Face Shape.

Styling Objective for the Face Shape.

Was the styling achieved in the style selected?

If not, what should have been done differently?

Describe which types of lines were used in the style (vertical, horizontal, diagonal, curved).
Describe the proportion used in the hairstyle.

State where the area of emphasis is in the style.

Describe how the rhythm, harmony, and balance were employed (or not).

Is the style symmetrical or asymmetrical and explain your answer.

If you could create another style for this celebrity, what would it be and why?

Design for Men

111. As a professional, what types of styles should you recommend for a man?

112. Men are limited to only a few hairstyle options.

___  True  ___  False

113. Mustaches, beards, and sideburns can be a great way for a male client to show his individual style and______________________

114. A man who is balding with closely trimmed hair could look very good in a closely groomed______________________________
1. One of the most important experiences that a stylist provides is the __________________________.

2. The shampoo service actually encompasses three different processes: ____________________
   ___________ _____________, and ________________

3. The shampoo can and should be:
   a) __________________________________________
   b) __________________________________________

4. List four reasons a cosmetologist should study and have a thorough understanding of
   scalp care, shampooing, and conditioning.
   1) __________________________________________
   2) __________________________________________
   3) __________________________________________
   4) __________________________________________