One Touch Beauty Salon — Bonamoussadi, Douala

Hair Care & Treatments

Washing, feeding, protecting — and advising the client

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Washing, feeding, protecting — and advising the client

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Braiding is one half of the trade; caring is the other. A client who leaves with healthier hair than she arrived with becomes a loyal client, and a salon known for its care grows through the words of satisfied clients.

This book teaches the salon's basic care work: correct washing, masks and oil treatments, daily moisture, caring for braided hair, scalp care, and the simple advice to give each client for looking after her style at home.

Chapter 1 — Washing, the first treatment

A good wash starts with the water: warm, never hot, because very hot water dries the scalp and opens the hair's scales too far. Wet the hair completely, then apply shampoo mainly to the scalp, where sweat and oil gather. The lengths are cleaned by the soapy water running down — do not scrub them hard.

Massage with the fingertips in small circles for one to two minutes. The massage cleans, wakes the circulation, and relaxes the client — a moment she remembers. Rinse until the water runs clear; badly rinsed shampoo leaves deposits that itch.

If the hair is very dirty or full of product, a second gentle wash is better than one aggressive one. Finish with conditioner on the lengths, leave it a few minutes, then rinse cool to close the scales and add shine.

Remember:

- Warm water; shampoo on the scalp
- Fingertip massage; rinse until clear
- Conditioner on the lengths; cool final rinse

Chapter 2 — Masks and oil treatments

A mask feeds the hair deeply. Apply it to washed, towel-dried hair, section by section, concentrating on the ends — the oldest, most fragile part of the hair. Leave it for the stated time; under a cap or a warm towel, heat helps the product enter.

An oil treatment follows the same principle: a suitable oil (melted shea, coconut, castor for edges, according to the hair) applied before shampooing, left to sit, then washed out. It suits very dry hair, but badly rinsed it weighs hair down and attracts dust. Everything is in the dose.

Never apply a treatment 'just to see': choose it for the real need — dryness, breakage, flakes — and explain to the client what you are doing and why. A client who understands a treatment repeats it at home, and returns for the next one.

Remember:

- Choose the treatment for the real need
- Apply section by section, ends first
- Explain every treatment to the client

Chapter 3 — Daily moisture

Curly and coily hair loses water quickly, so moisture is a daily gesture, not an event. Teach clients the simple order: water or a hydrating mist first, then a cream, then a few drops of oil to seal. Water, cream, oil — in that order.

Show the dose: a pea-sized amount of cream per section is enough. Too much product suffocates the hair, leaves white traces, and forces washing too often, which dries it further. Good care is invisible once applied.

The night decides the day: a satin scarf or bonnet protects hair from cotton's friction, which drinks moisture and breaks the ends. This one piece of advice, given to every client, changes her hair within weeks.

Remember:

- Water, cream, oil — in that order
- Small doses: good care is invisible
- A satin scarf or bonnet at night

Chapter 4 — Caring for braided hair

Braids do not stop care; they change it. The scalp stays reachable between the parts: clean it with cotton wool dampened with water and a little diluted shampoo, or a gentle lotion, once or twice a week depending on sweat and dust.

Keep moisture light: a mist or a fine oil on the scalp and lengths, without drowning the style. Heavy products build up at the base of the braids and form deposits that are hard to wash out at take-down.

Watch for warning signs: strong itching, odour, pain, small bumps. A protective style must stay comfortable; if it hurts, it is no longer protecting. Advise taking it down, washing, and treating before braiding again.

Remember:

- Clean the scalp between the parts
- Moisturise light: mists and fine oils
- Itching or pain means take down and treat

Chapter 5 — The scalp: flakes and itching

Flakes often come from a dry scalp, poor rinsing, or a reaction to a product. Start with the simple causes: rinse better, space out perfumed products, and moisturise the scalp with a small amount of light oil.

An anti-dandruff shampoo, used properly — left on for a few minutes before rinsing — helps most ordinary cases. But if the scalp shows thick plaques, sores, crusts, or significant hair loss, the salon stops there: that is no longer care, it is health. Advise a doctor or dermatologist, without embarrassment and without delay.

Never scratch flakes off with nails or a hard comb: you wound the skin and make the problem worse. Repeated gentleness beats one act of force.

Remember:

- Simple causes first: rinsing, products, dryness
- Anti-dandruff shampoo left on a few minutes
- Plaques, sores, or hair loss: refer to a doctor

Chapter 6 — Advising the client for home

Salon care lasts a day; home habits last for weeks. Give each client only three pieces of advice, simple and written if possible: how to moisturise, how to sleep (satin), and when to return. Three pieces of advice kept are worth more than ten forgotten.

Teach her patient take-down too: cut the extension at the right place, undo braid by braid, detangle as you go, then wash. Most breakage happens at a rushed take-down, not during the style itself.

Finally, suggest a rhythm: a protective style is generally kept six to eight weeks, then the hair earns a care break before the next one. Hair that rests between styles stays long and strong.

Remember:

- Three simple pieces of advice, not ten
- Patient take-down, then a wash
- Six to eight weeks per style, then a care break

Remember — the checklist

- Gentle washing, full rinsing, warm water
- Treatment chosen for the real need
- Daily moisture: water, cream, oil
- Satin at night, always
- Scalp watched; warnings taken seriously
- Home advice simple — and kept

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