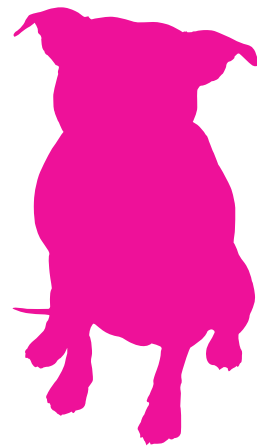


STYLING RECIPE BOOK
LEVEL 2

BIG AND BOUNCY



LEE  **STAFFORD**
education

EXTRAORDINARY LEARNING



LEE STAFFORD EDUCATION PHILOSOPHY

At Lee Stafford Education, we don't want to show you hundreds of ways to cook an ok omelette.

We want to share with you ONE way to cook an OUTSTANDING omelette.

When you can do that, it doesn't take much to add to the recipe and cook hundreds of different outstanding omelettes!



INGREDIENTS **BIG AND BOUNCY**

Mannequin head, Mannequin floor stand, Clips (small silver), Hair dryer, Big round brush, Hair spray, Sea salt spray, Mousse, Patience, Concentration and Persistence.

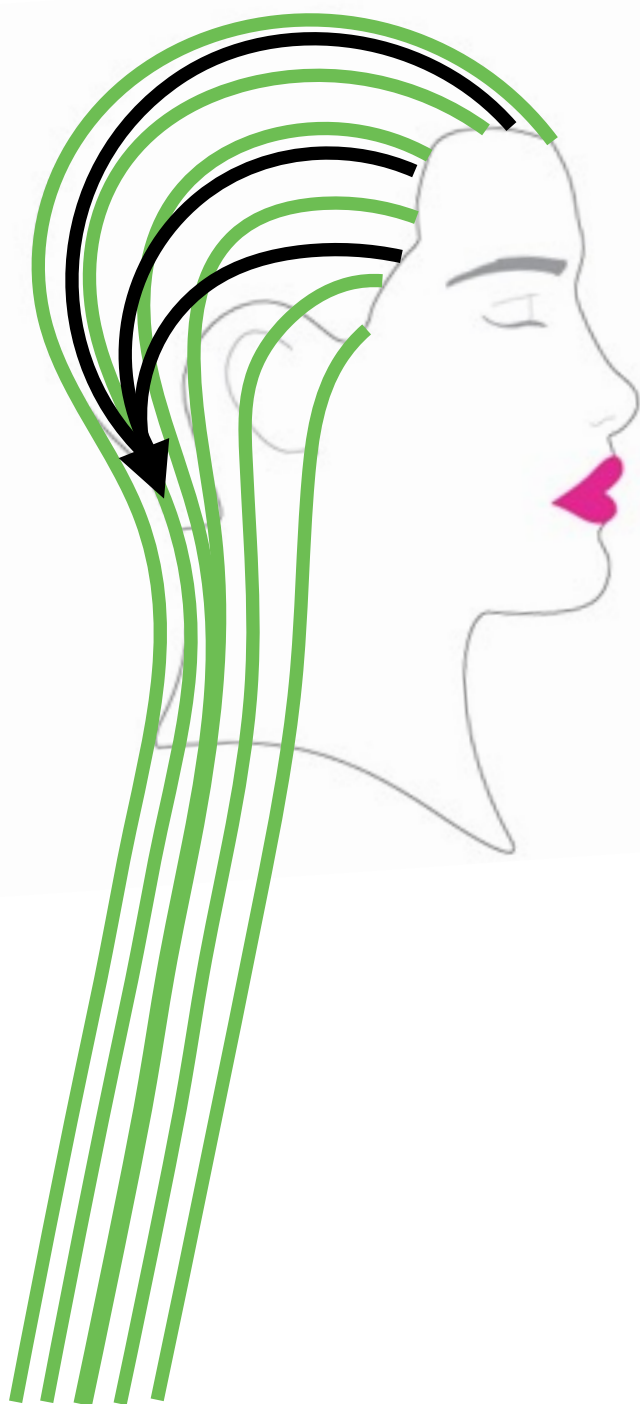


The rules are simple at Lee Stafford Education, *follow the rules of the recipe, until you can score a pure 10/10 result.*

Then, knock yourself out creatively and break every rule in the book!!!

When technique becomes second nature, then our creativity can truly run free.

Education is the back bone of our craft. Without it, we are jelly.



Prep the hair.

In real salon time, the hair prep process should be as below - but for the purpose of practice then use only a little mousse.

Concentrating on spraying mousse at the roots, apply the mousse in lines throughout the head, working it through with your fingers. Spray sea salt spray on the mid lengths and ends for added texture and grit. Comb through.

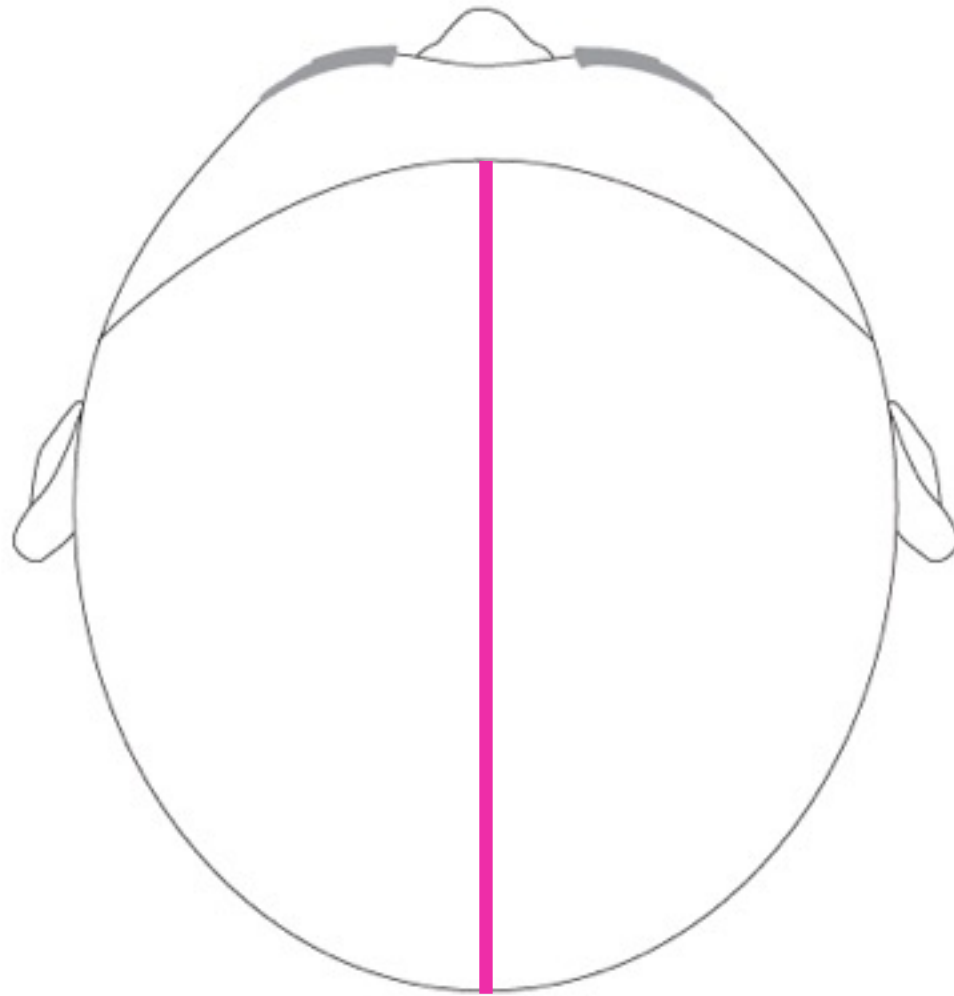
Great effort from great motives is the best definition of a happy life.



Prep the hair.

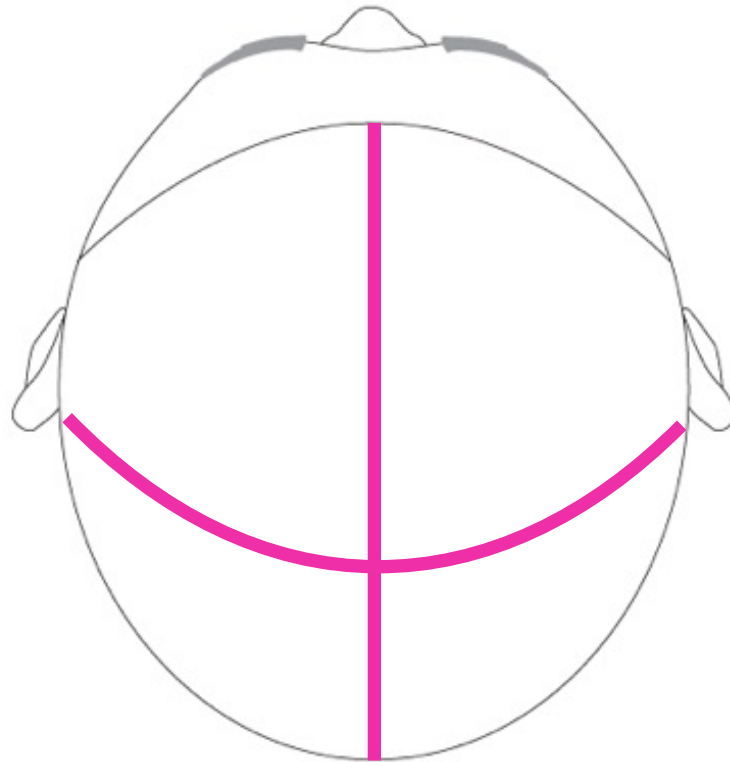
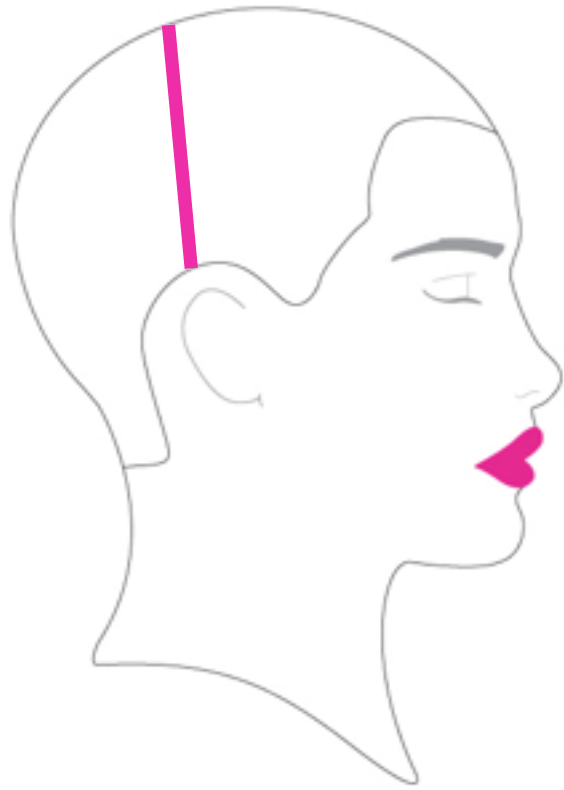
**Rough dry the hair off 100%
at the roots and 80% at the
mid lengths and ends.**

**You're happiest while you're
making the greatest
contribution.**



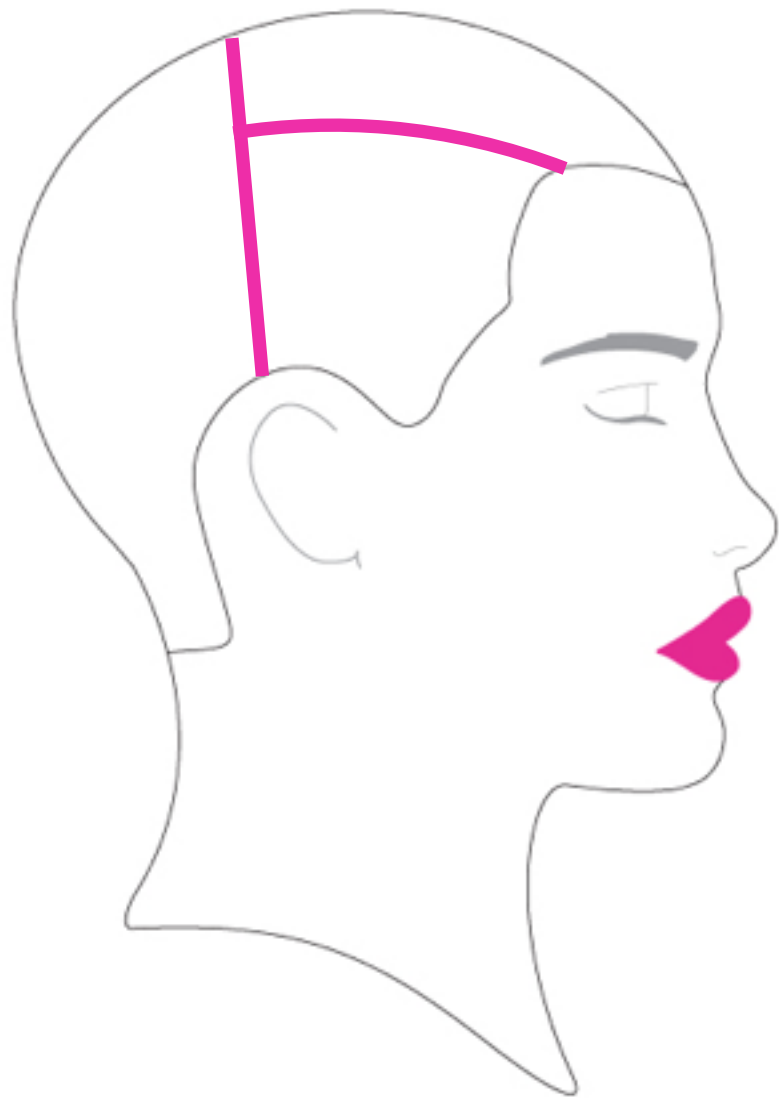
Make a middle parting with a metal clip pressed firmly on the scalp from the front to the back passing through the crown.

First say to yourself what you would be and then do what you have to do.



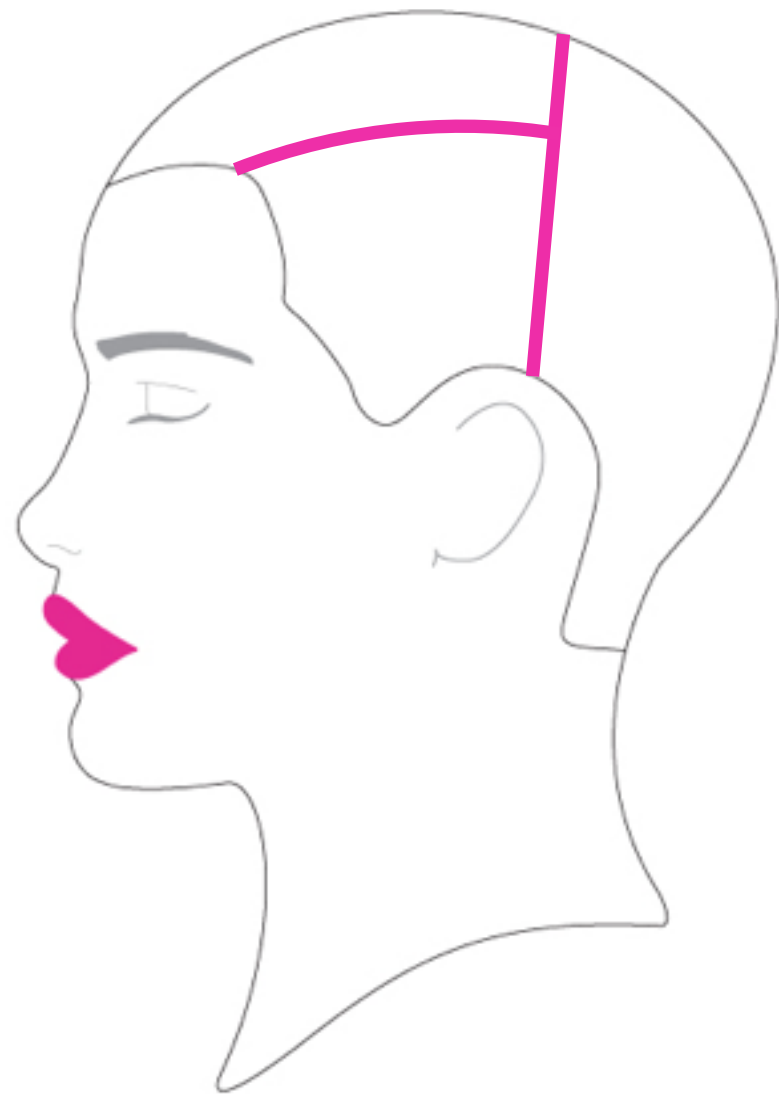
**Section from the top down
to the ears on both sides.**

**Don't wait for extraordinary
opportunities. Seize common
occasions and make them
great.**



Section from the recession straight back to your top down to the ears section. The section on top wants to be as wide as your brush.

Avoid looking forward or backward, and try to keep looking upward.



Section from the recession straight back to your top down to the ears section. The section on top wants to be as wide as your brush.

Every day do something that will inch you closer to a better tomorrow.

Head Check Pre-sectioning and prep

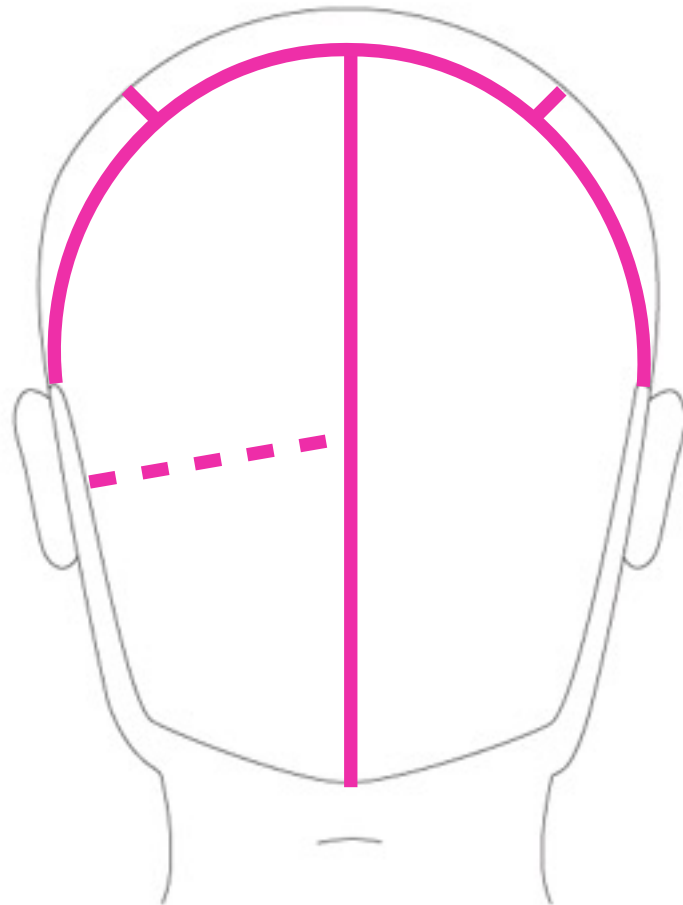
Prep the hair using mousse and sea salt spray.

Rough dry the hair 100% at the roots and 80% mid lengths and ends.

Middle parting and section from the top down to the ears.

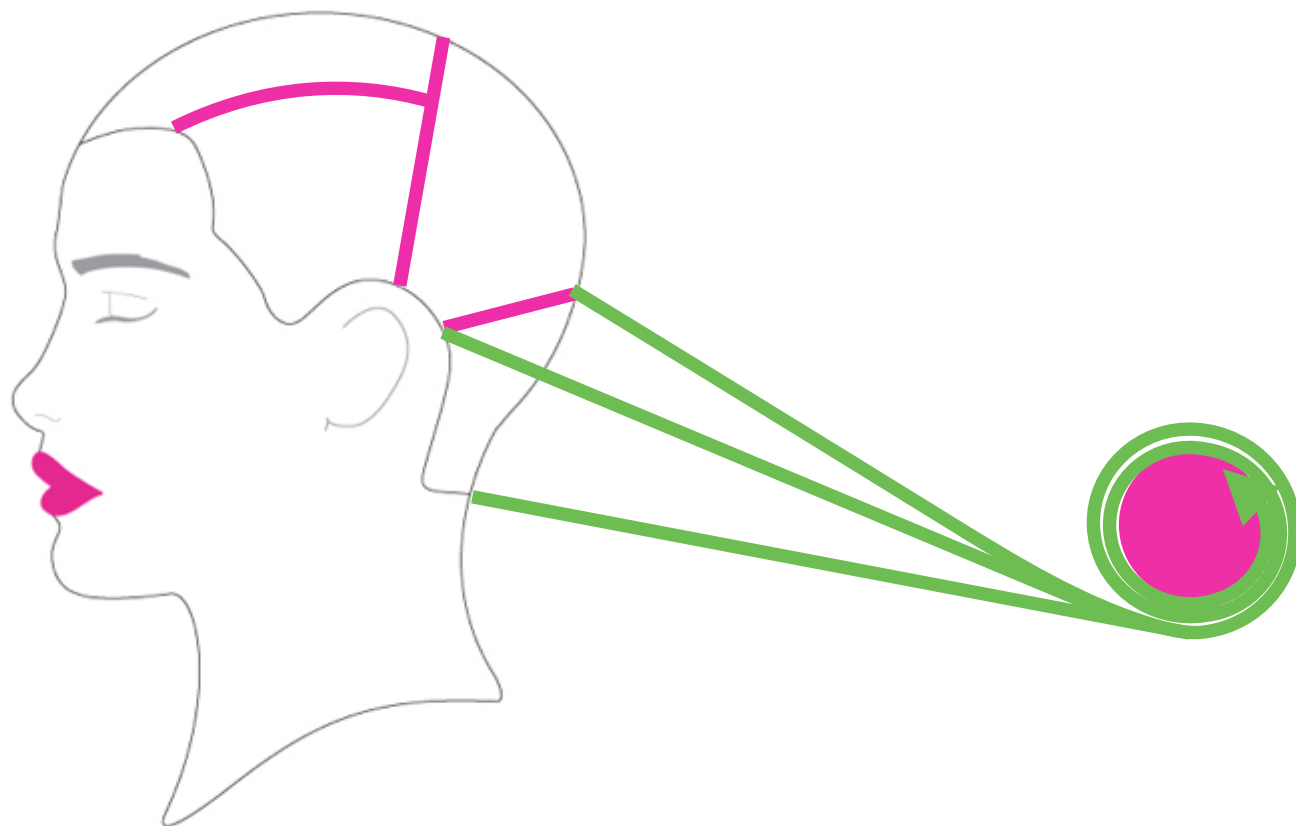
Section from the recession straight back to your previous section.

Make sure the top section is as wide as the brush.



Section from the occipital bone to middle of the ear. Spray the hair using sea salt spray.

Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.



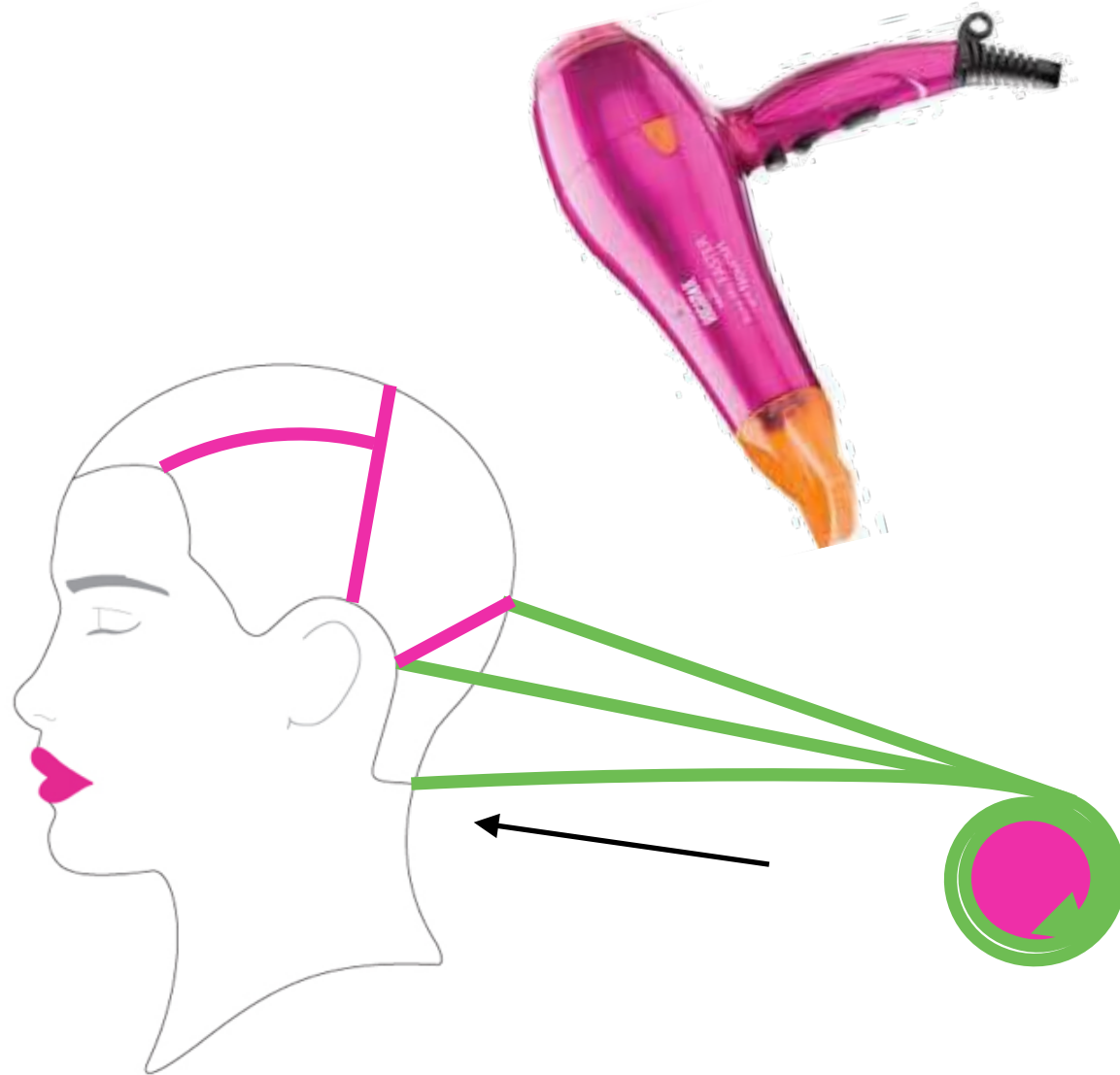
Lifting the hair up with the brush on top, work the brush down with tension to get smoothness.

Make success your only option.



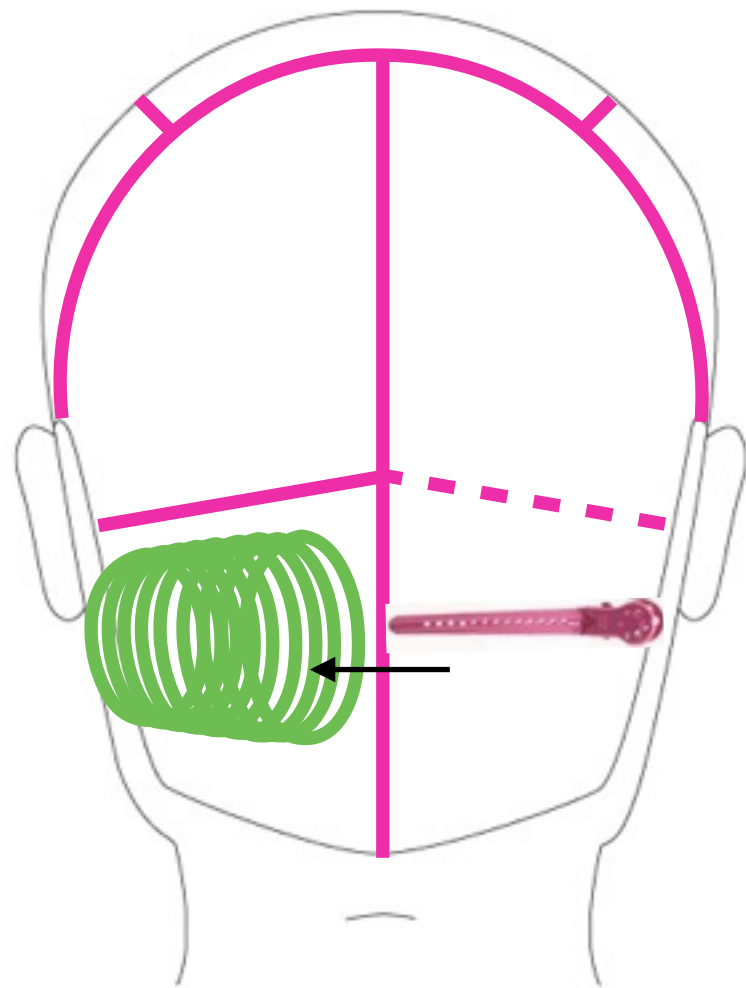
Apply heat evenly to the mid lengths, being aware to point the blow dryer away from the head so as not to burn your customer.

When you stop chasing the wrong things, you give the right things a chance to catch you.



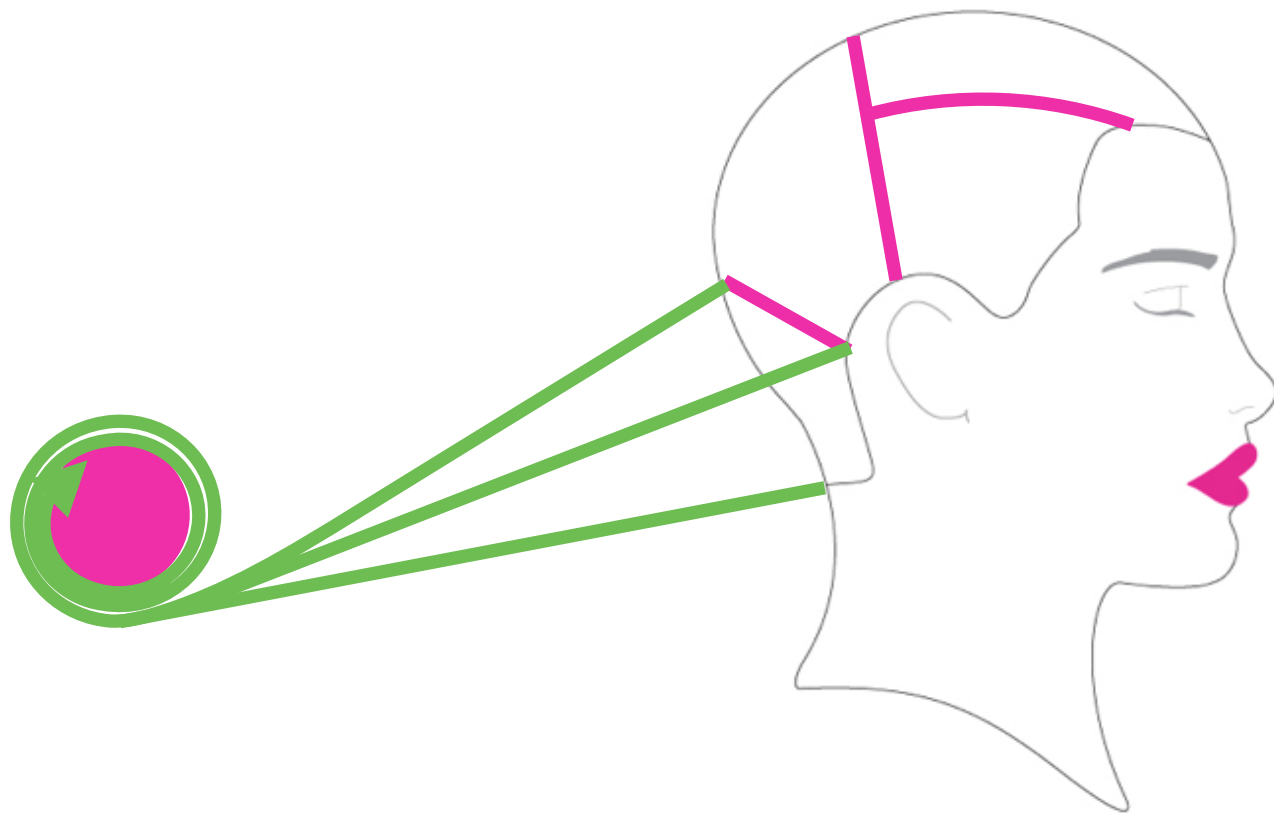
Spray the hair using sea salt spray then change your brush to curling under. You should keep the blow dryer moving constantly to avoid applying too much heat in a single spot, aiming the dryer down to smooth the hair. Blow dry the ends first and roll your brush into the root area.

The surest way not to fail is to determine to succeed.



**When the hair is dry,
unwind the brush and wrap
the hair around your fingers
and clip the barrel curl to
the roots of the head.
Section from the occipital
bone to middle of the ear.**

**Enjoy life today because
yesterday is gone and
tomorrow is never promised.**



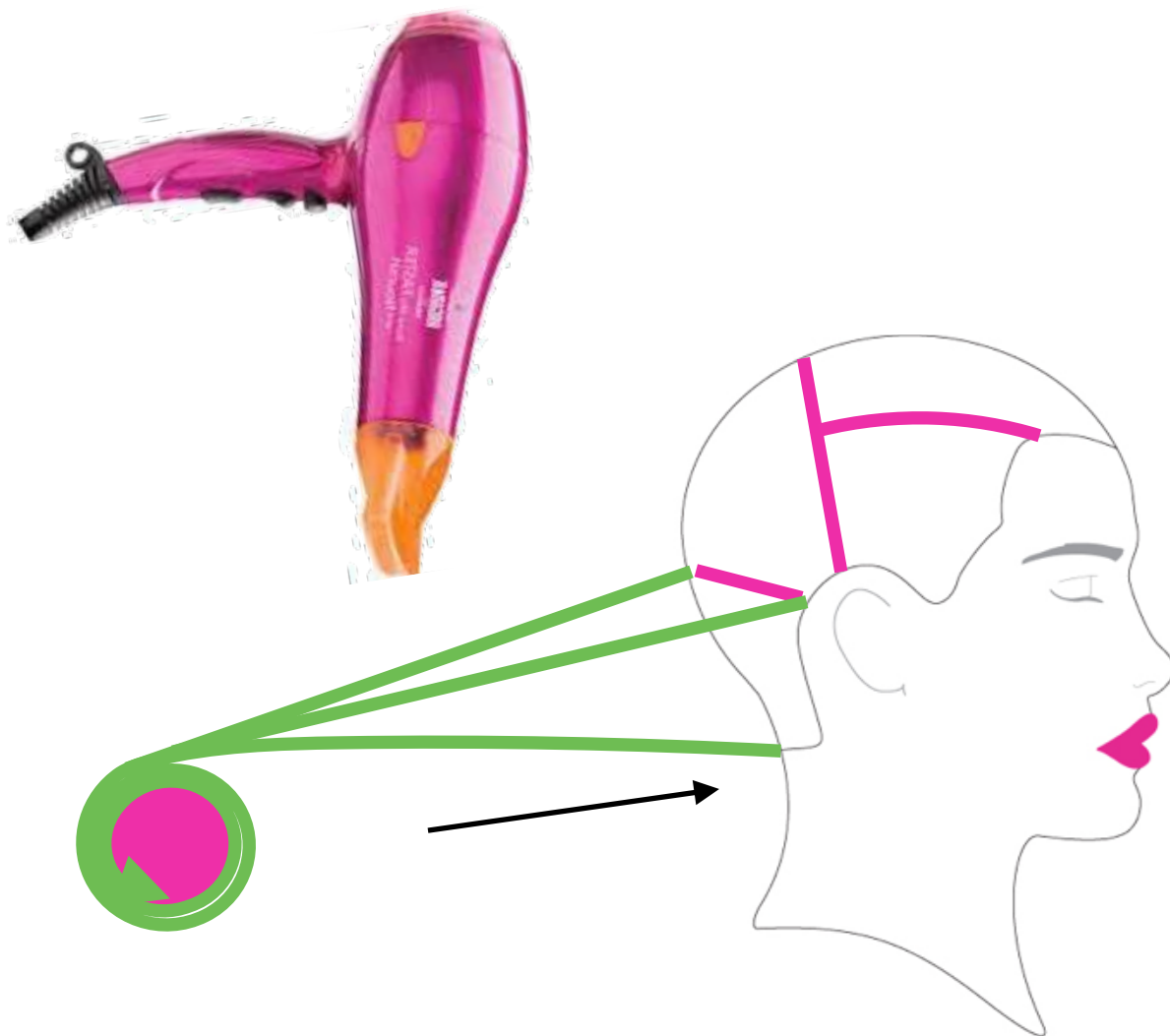
Apply heat evenly to the mid lengths, being aware to point the blow dryer away from the head so as not to burn your customer.

Sometimes all you need is someone who can make you smile.



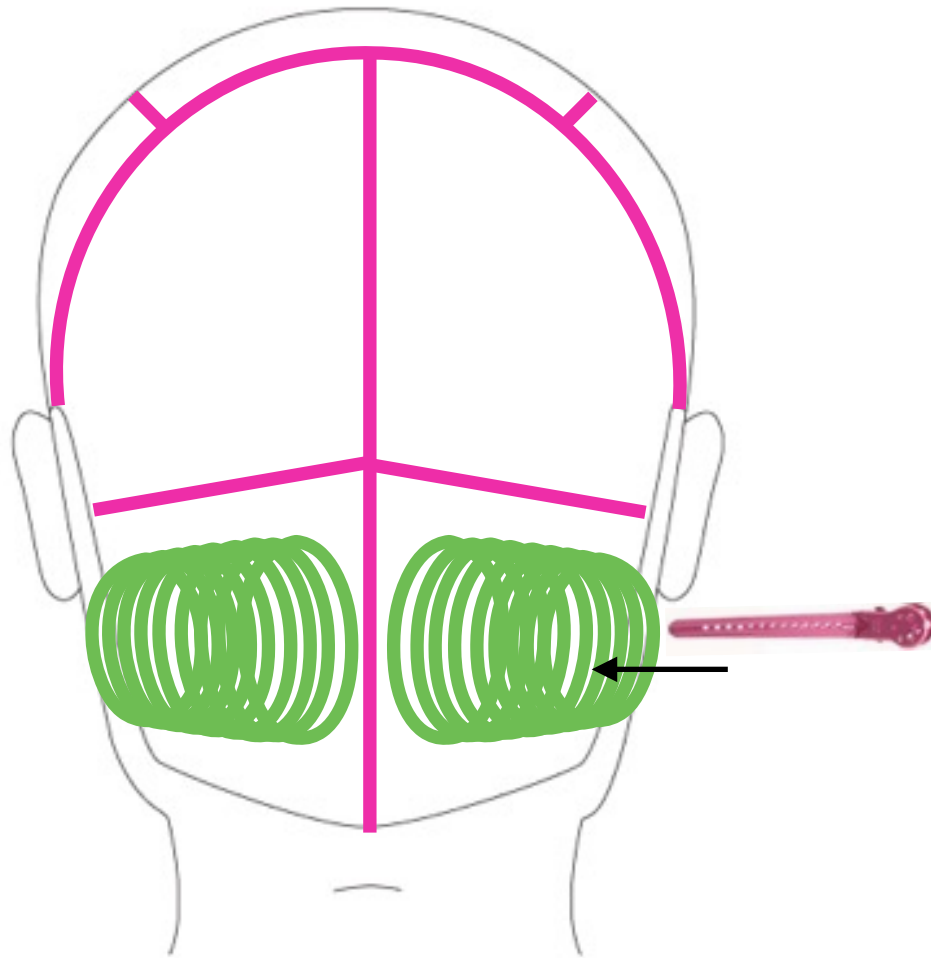
Drag the brush down the hair with tension, to smooth out the cuticle. Be aware to point the blow dryer away from the head.

**“We make our fortunes,
and we call them fate”.
Earl of Beaconsfield**



Then change your brush to curling under and blow dry the ends first, applying heat to the centre to allow even distribution all the way around. You should keep the blow dryer moving constantly to avoid applying too much heat in a single spot and aiming the dryer down to smooth the hair. Roll your brush into the root area.

A little more persistence, a little more effort, and what seemed hopeless failure may turn to glorious success.



When the hair is dry, unwind the brush and wrap the hair around your fingers and clip the barrel curl to the roots of the head.

A winner never stops trying.

Head Check Bottom back section

Lifting the hair up.

Brush on top then under.

Applying heat to the centre of the brush.

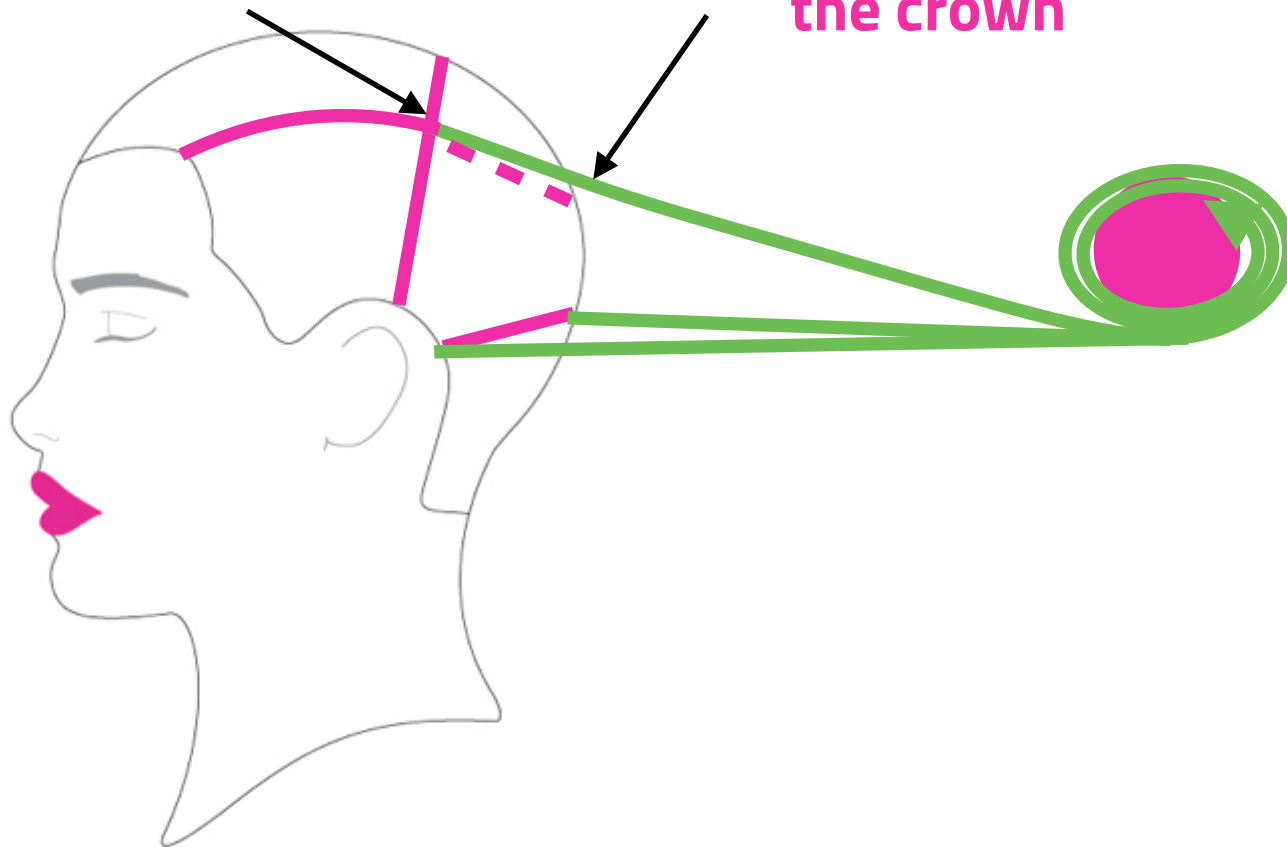
Keep the blow dryer moving constantly.

Rolling your brush into the root area.

Roll around fingers and pin into place.

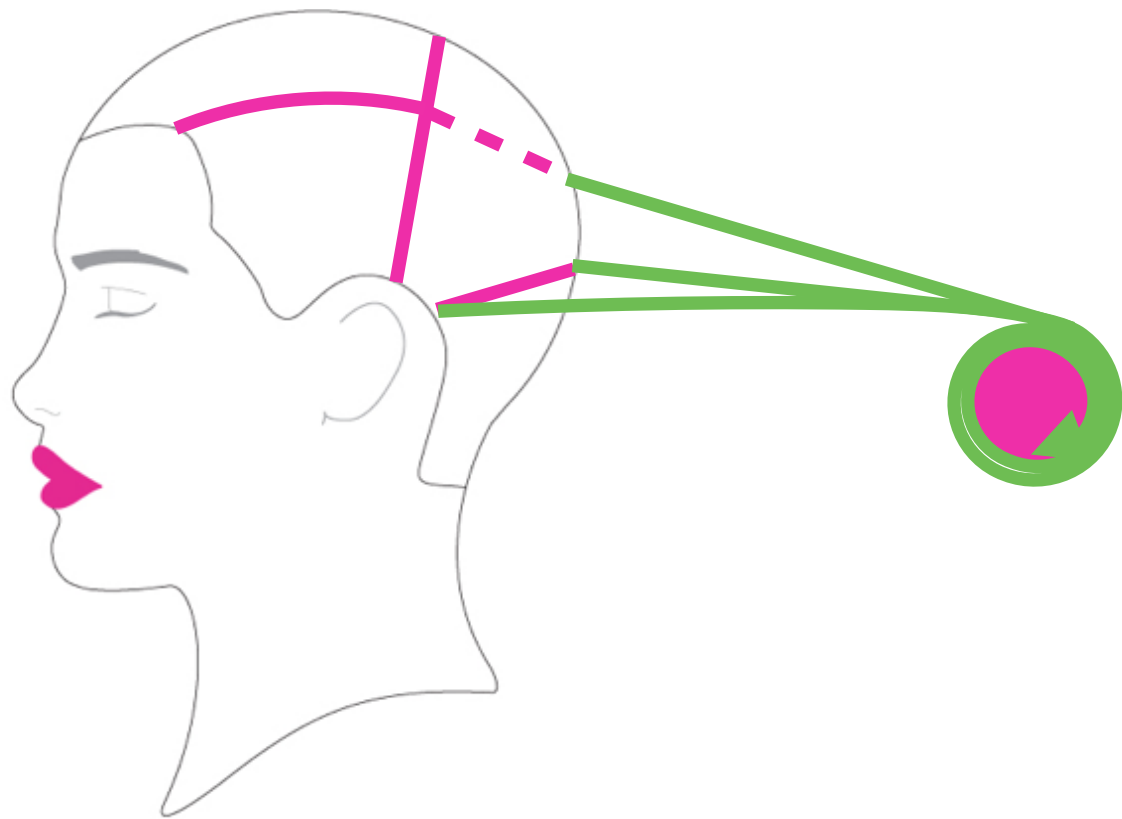
Previous
joining
section

Just below
the crown



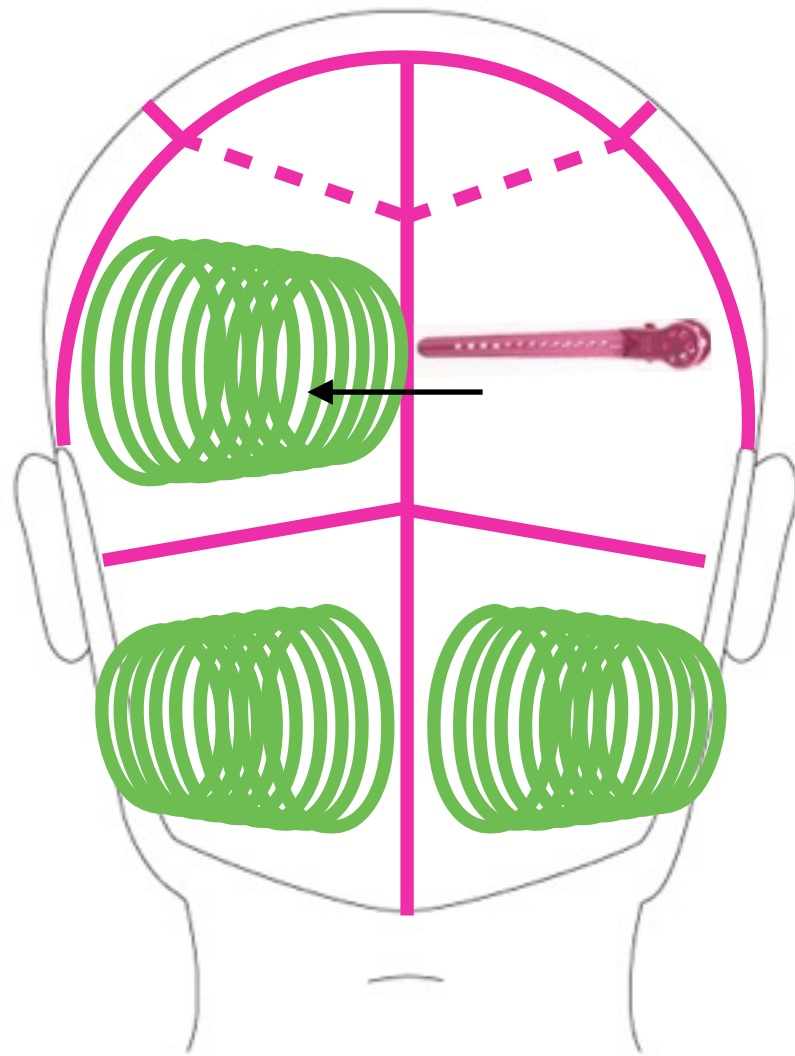
Spray the hair using sea salt spray. From your previous joining section to just below the crown, drag the brush down the hair with tension, to smooth out the cuticle.

The true meaning of life is to plant trees, under whose shade you do not expect to sit.



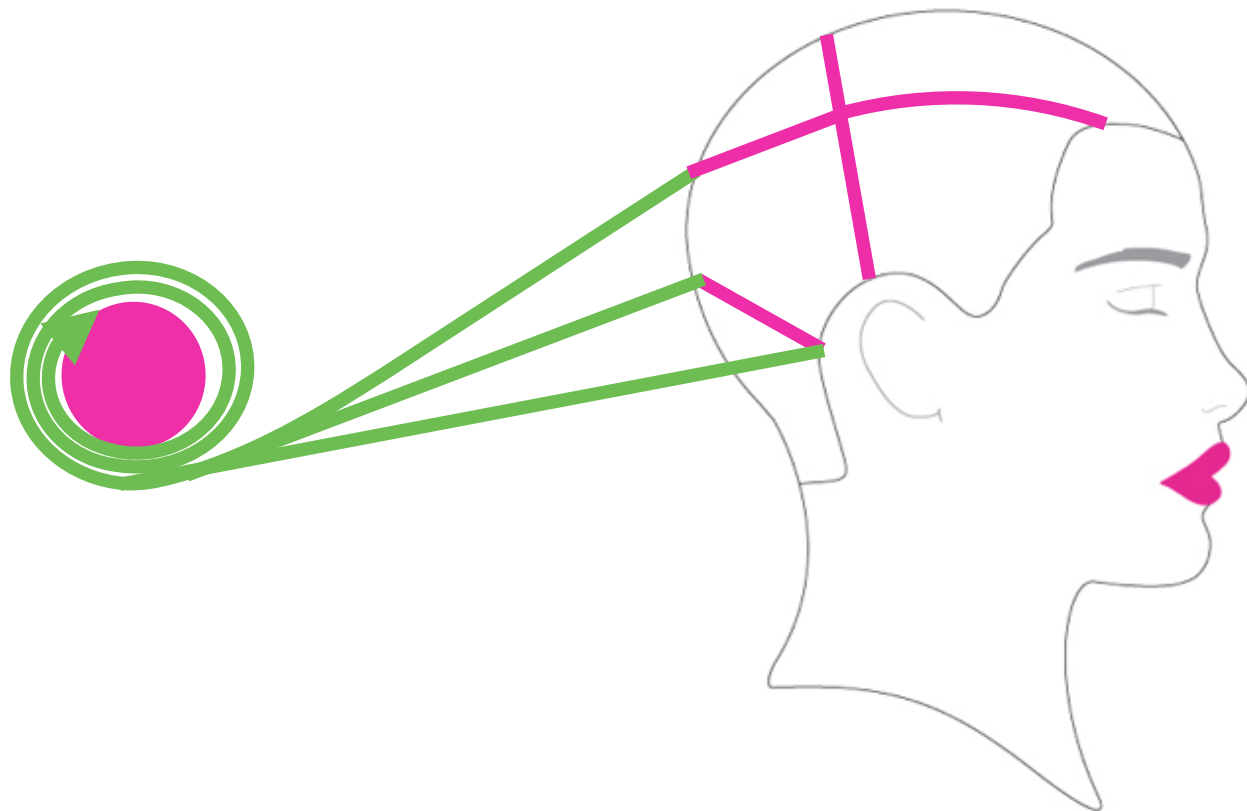
Then lifting the hair up and working the brush down with tension to get smoothness, concentrate on getting the ends dried and finished beautifully first.

No one ever injured their eyesight by looking at the bright side.



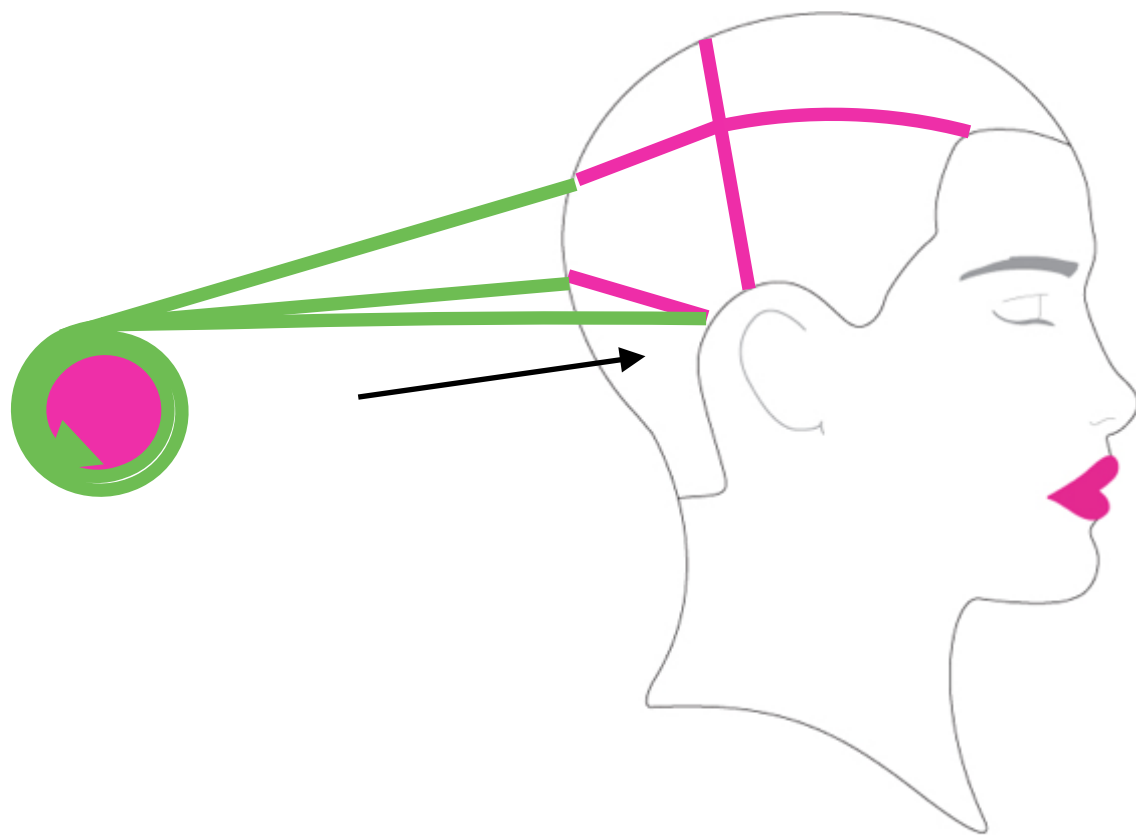
When the hair is dry, unwind the brush and wrap the hair around your fingers and clip the barrel curl to the roots of the head.

Allow yourself to be a beginner. No one starts off being excellent.



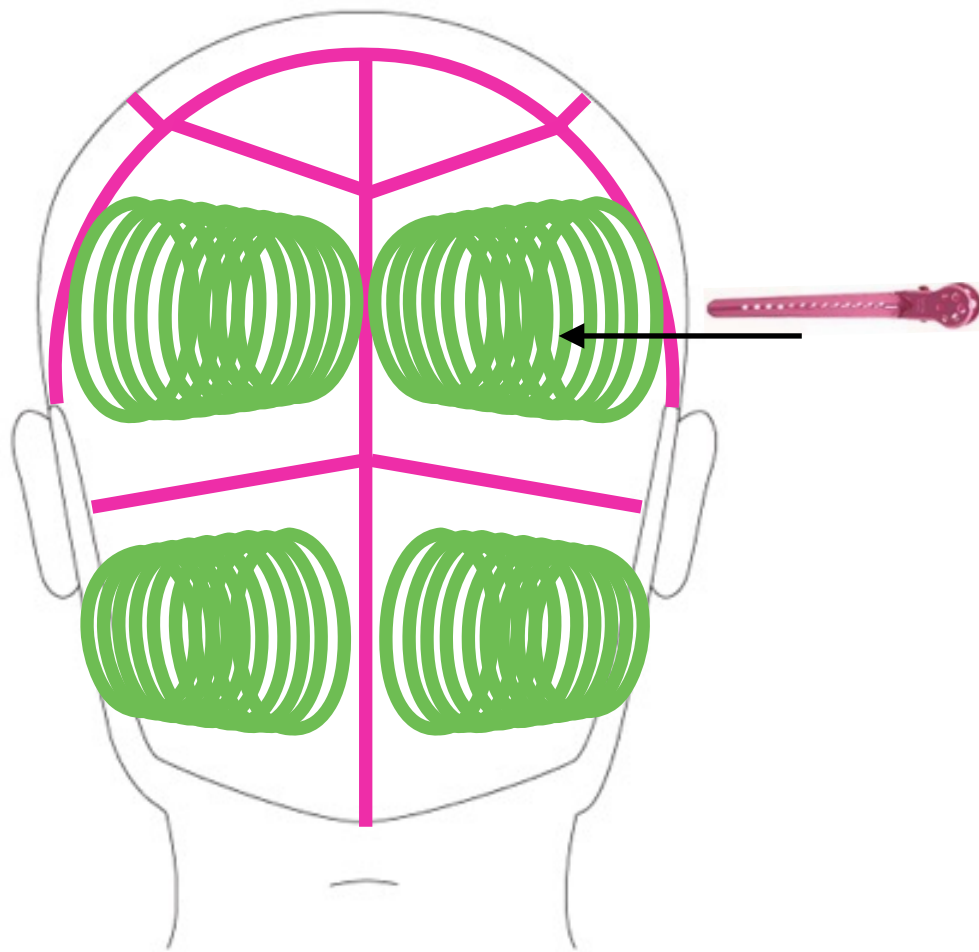
Spray the hair using sea salt spray. From your previous joining section to just below the crown, drag the brush down the hair with tension to smooth out the cuticle.

**"I know a bald chap who put a rabbit on his head. He wanted a head of hare".
LSE TEAM**



Then brush curling under. You should keep the blow dryer moving constantly to avoid applying too much heat in a single spot and aiming the dryer down to smooth the hair. Roll your brush into the root area. Concentrate on getting the ends dried and finished beautifully first.

Confidence comes not from always being right, but from not fearing to be wrong.



When the hair is dry, unwind the brush and wrap the hair around your fingers and clip the barrel curl to the roots of the head.

All positive change in the world comes from our ideas of what we believe is possible.

Head Check Middle back section

Lifting the hair up.

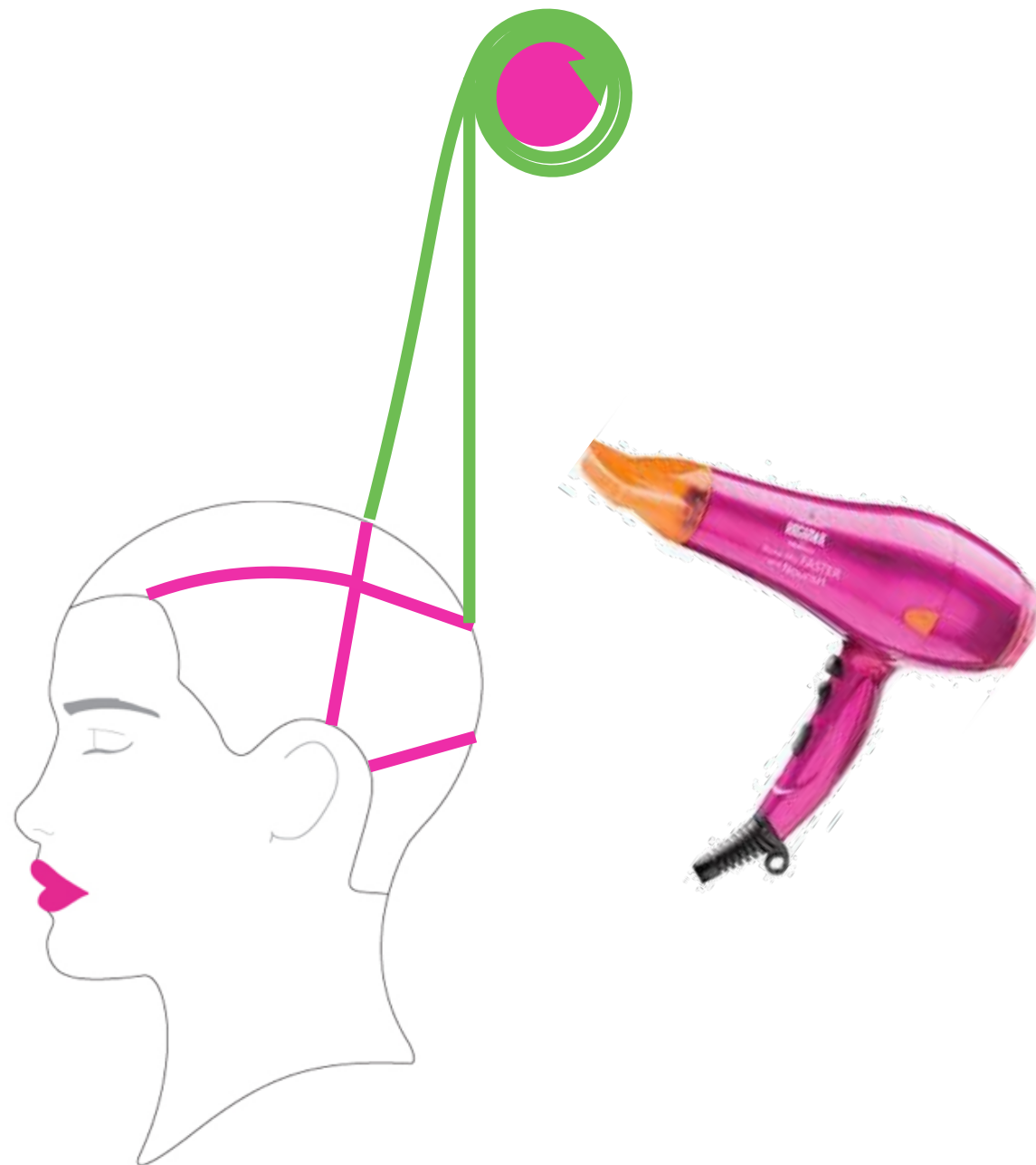
Brush on top then under.

Applying heat to the centre of the brush.

Keep the blow dryer moving constantly.

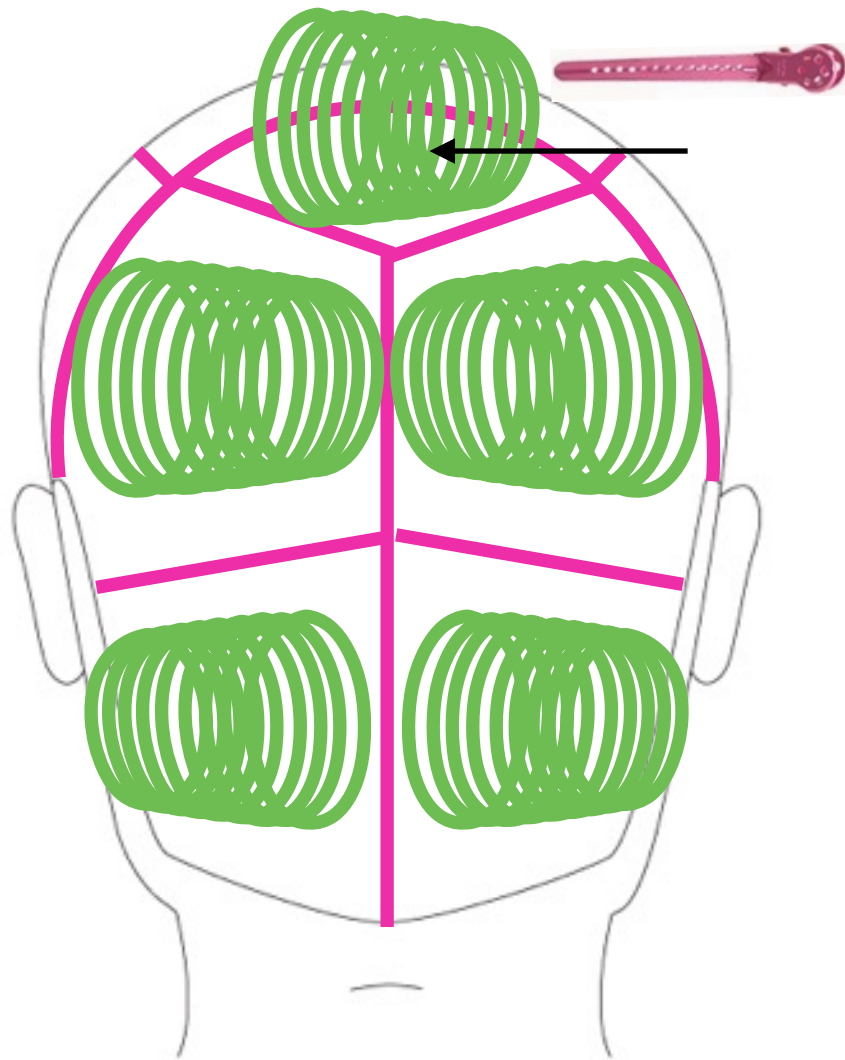
Rolling your brush into the root area.

Roll around fingers and pin into place.



Spray the hair using sea salt spray. On to the crown section. Always drying the ends of the sections first, lifting the hair straight up for added volume and curling under, you should keep the blow dryer moving constantly to avoid applying too much heat in a single spot. Roll your brush into the root area, be super careful about not burning the scalp.

Every night before you go to bed, you should ask yourself, am I better than I was yesterday?



When the hair is dry, unwind the brush and wrap the hair around your fingers and clip the barrel curl to the roots of the head.

The time is always right to do what is right.

Head Check Crown section

Lifting the hair straight up.

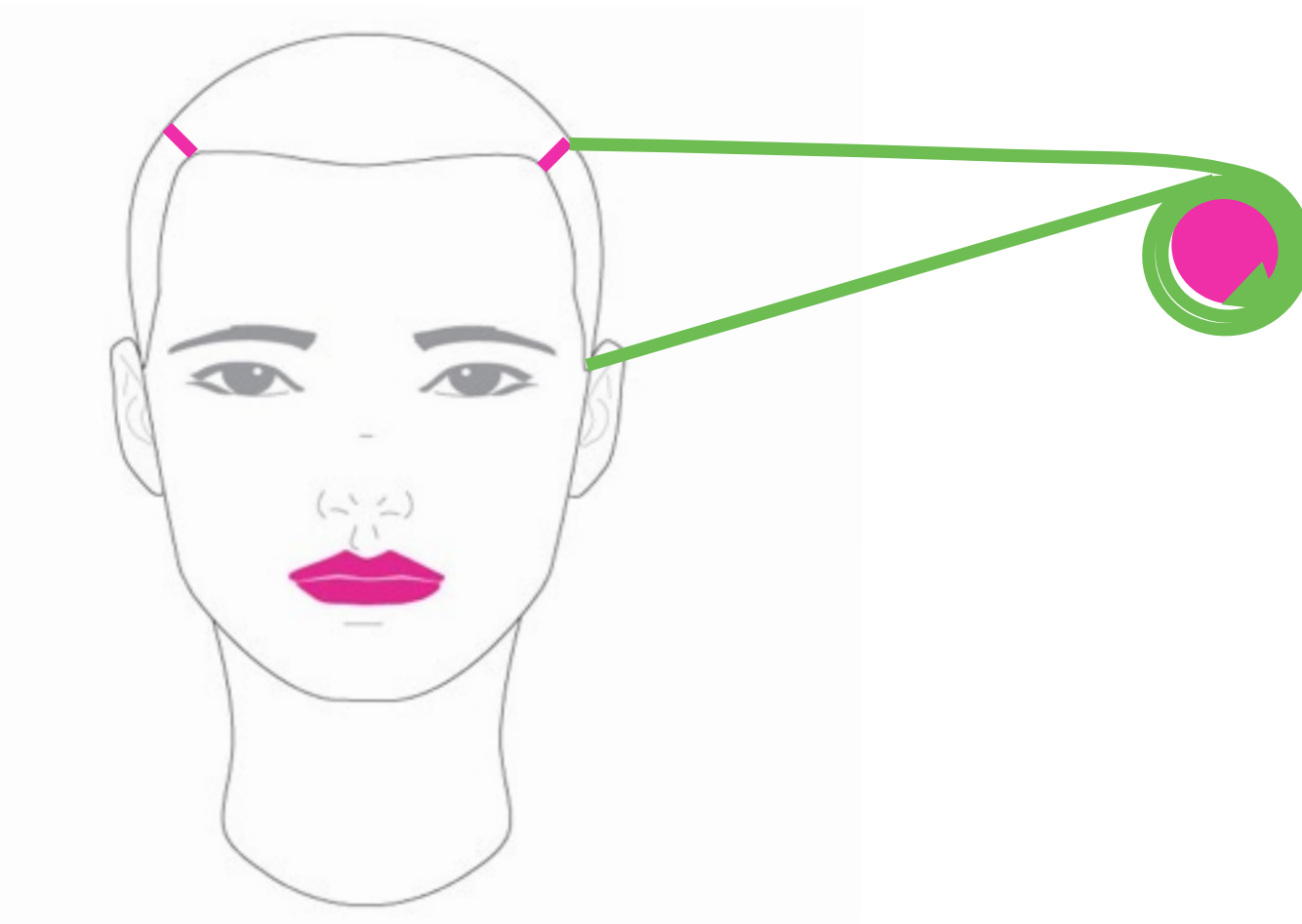
Curling under.

Applying heat to the centre of the brush.

Keep the blow dryer moving constantly.

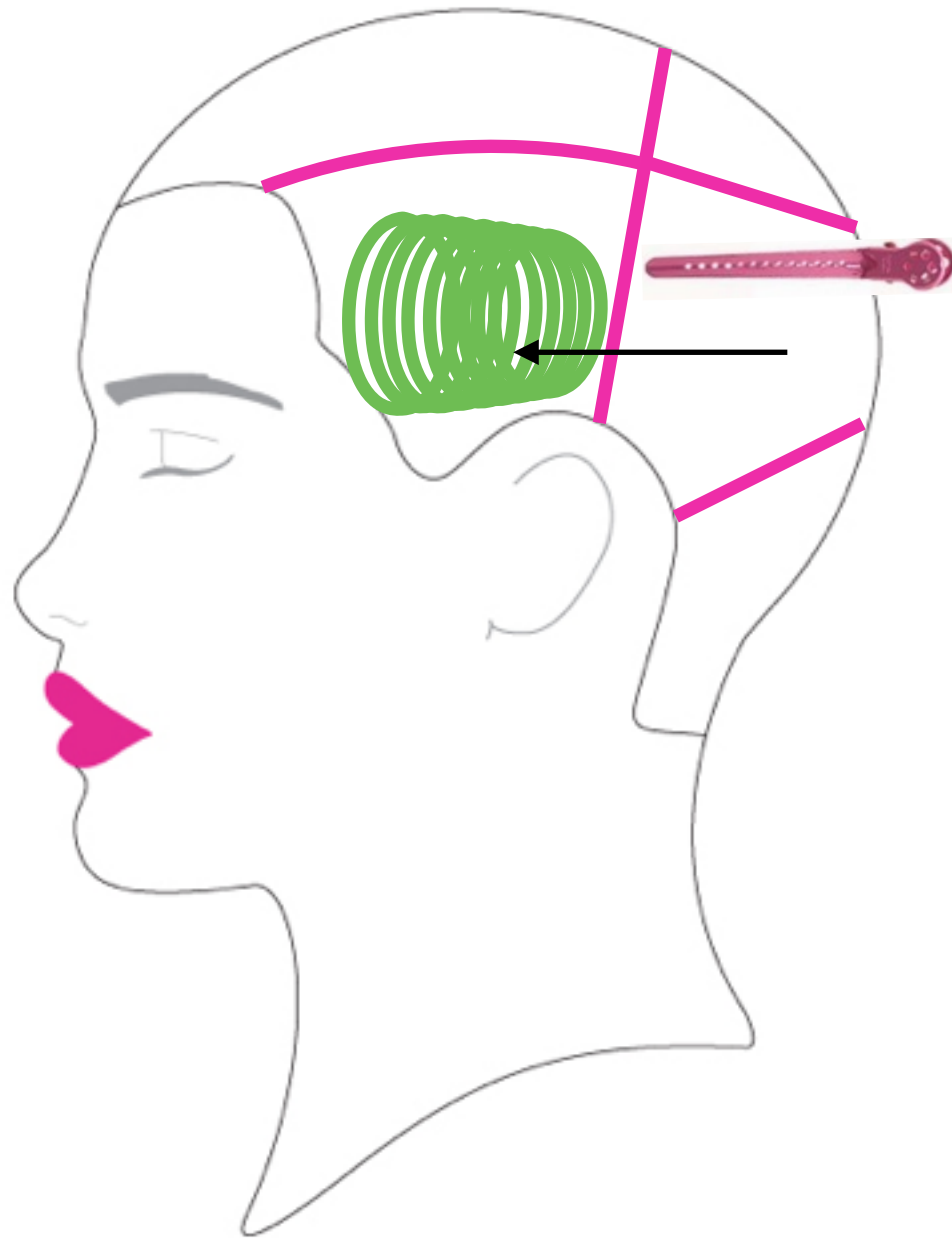
Rolling your brush into the root area.

Clip your barrel curl.



Spray the hair using sea salt spray. Drag the brush down the hair with tension, to smooth out the cuticle then lifting the hair up and curling under, keep the blow dryer moving constantly to avoid applying too much heat in a single spot and aiming the dryer down to smooth the hair. Roll your brush into the root area. Concentrate on getting the ends dried and finished beautifully first.

The best way to prepare for life is to begin to live.



When the hair is dry, unwind the brush and wrap the hair around your fingers and clip the barrel curl to the roots of the head.

"A good archer is known not by his arrows but by his aim".

Thomas Fuller

Head Check Left section

Lifting the hair up.

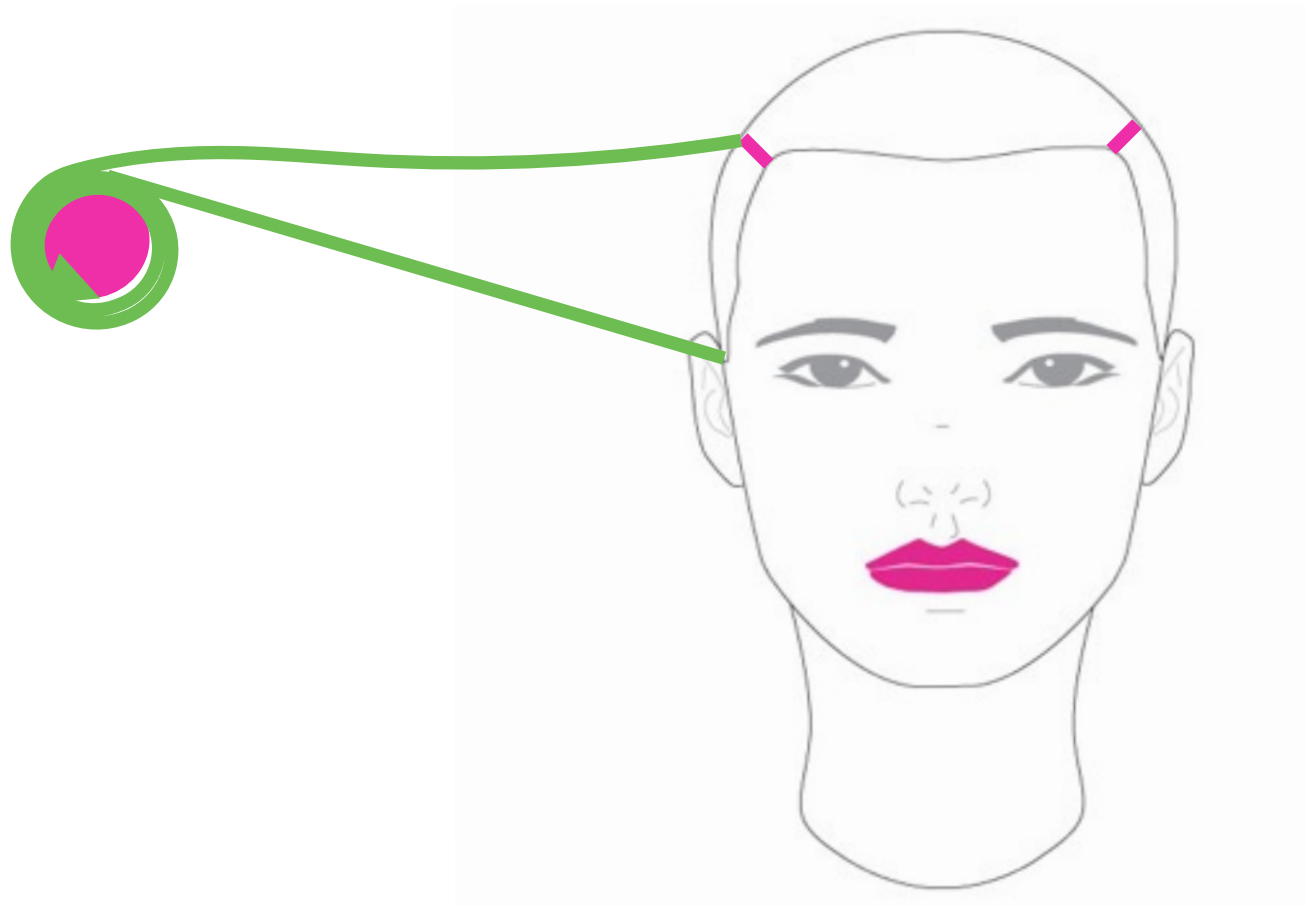
Curling under.

Applying heat to the centre of the brush.

Keep the blow dryer moving constantly.

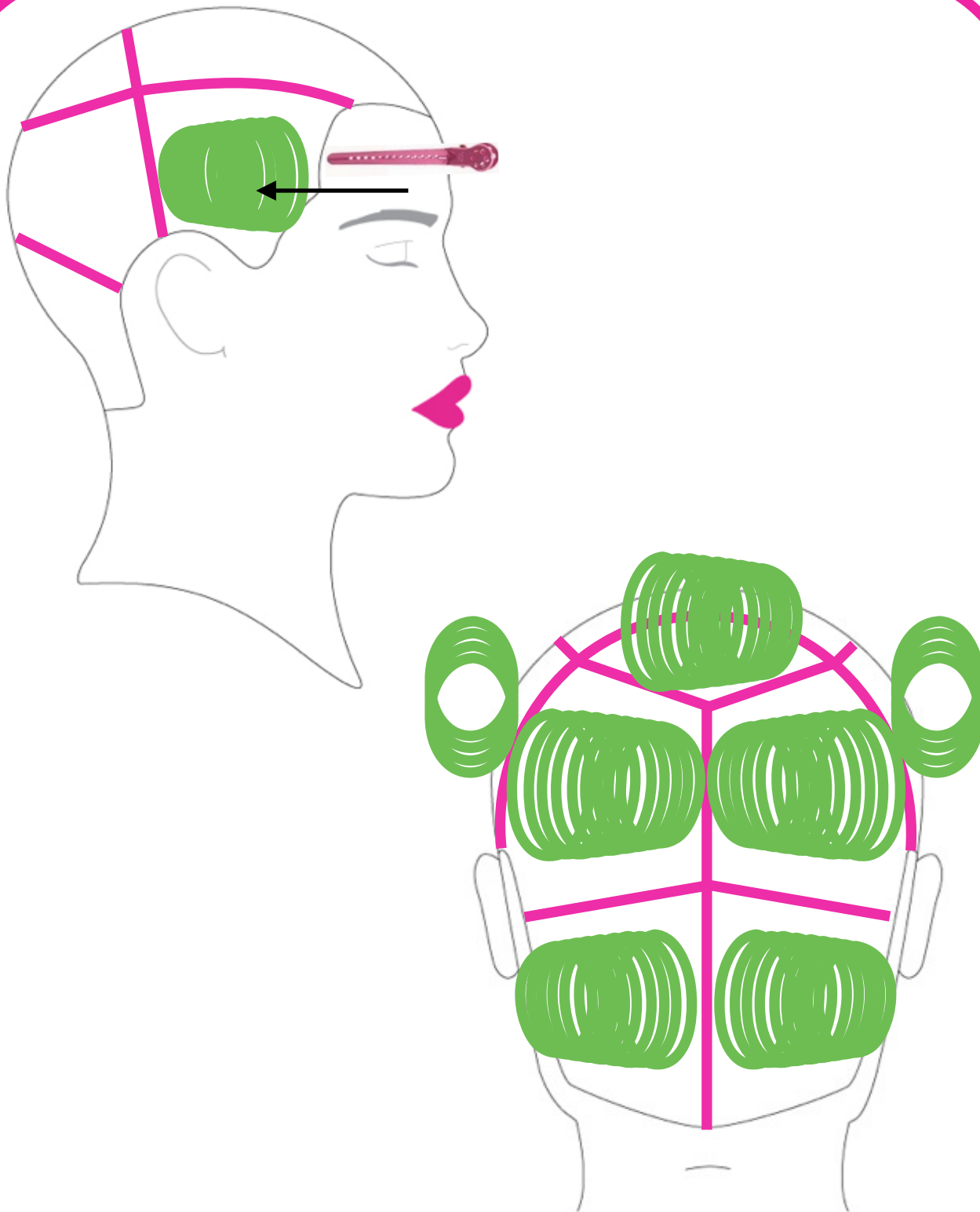
Rolling your brush into the root area.

Roll around fingers and pin into place.



Spray the hair using sea salt spray. Drag the brush down the hair with tension, to smooth out the cuticle then lifting the hair up and curling under, keep the blow-dryer moving constantly to avoid applying too much heat in a single spot and aiming the dryer down to smooth the hair. Roll your brush into the root area. Concentrate on getting the ends dried and finished beautifully first.

The going is the goal.



When the hair is dry, unwind the brush and wrap the hair around your fingers and clip the barrel curl to the roots of the head.

Winners take time to relish their work, knowing that scaling the mountain is what makes the view from the top so exhilarating.

Head Check Right section

Lifting the hair up.

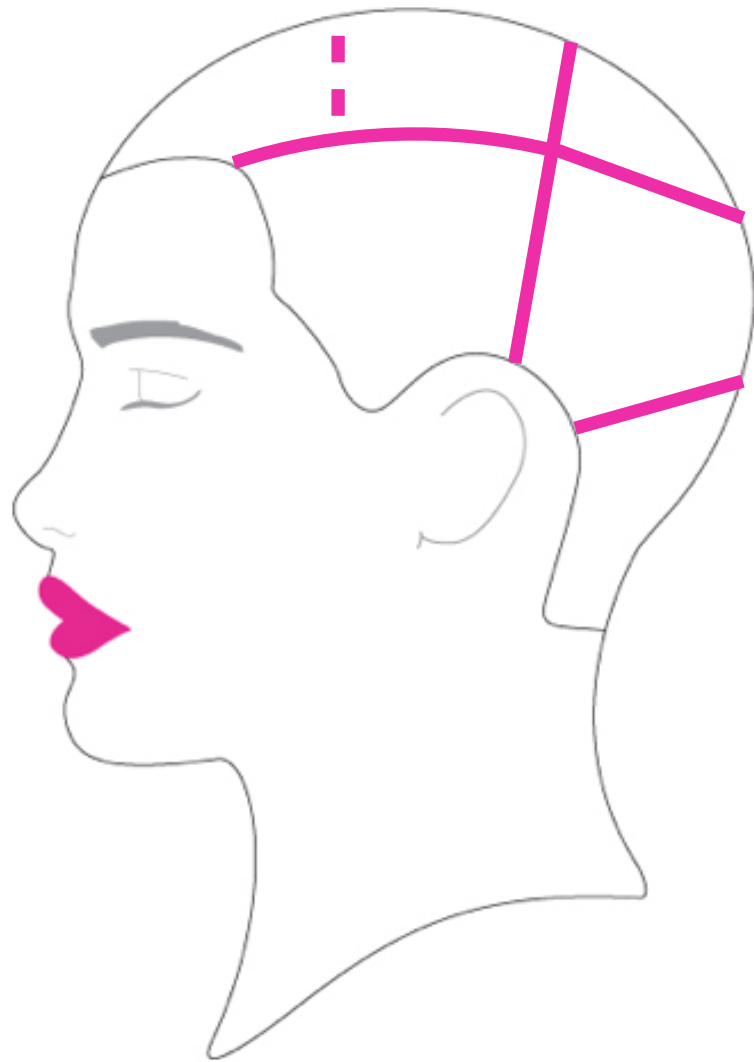
Curling under.

Applying heat to the centre of the brush.

Keep the blow dryer moving constantly.

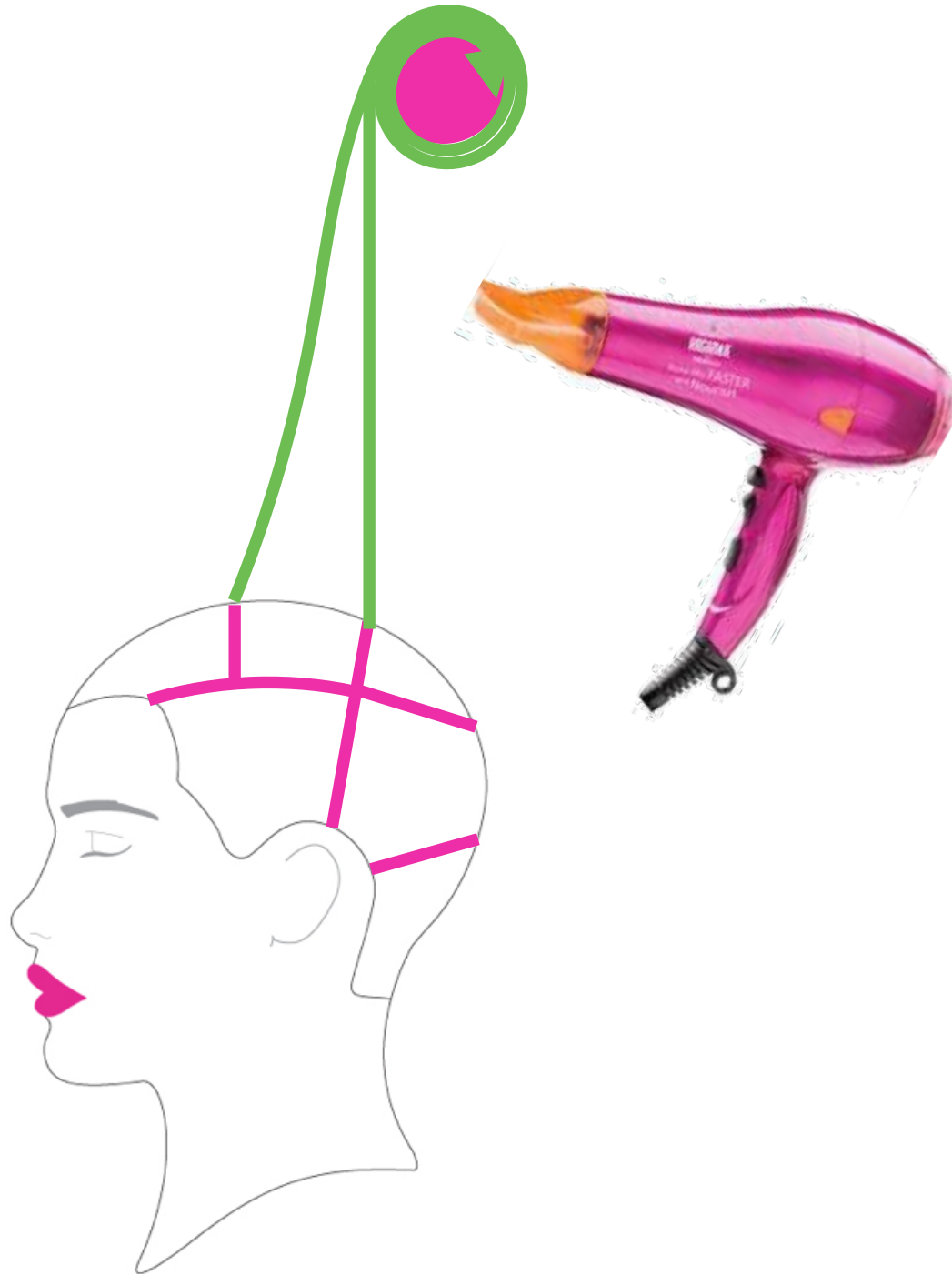
Rolling your brush into the root area.

Roll around fingers and pin into place.



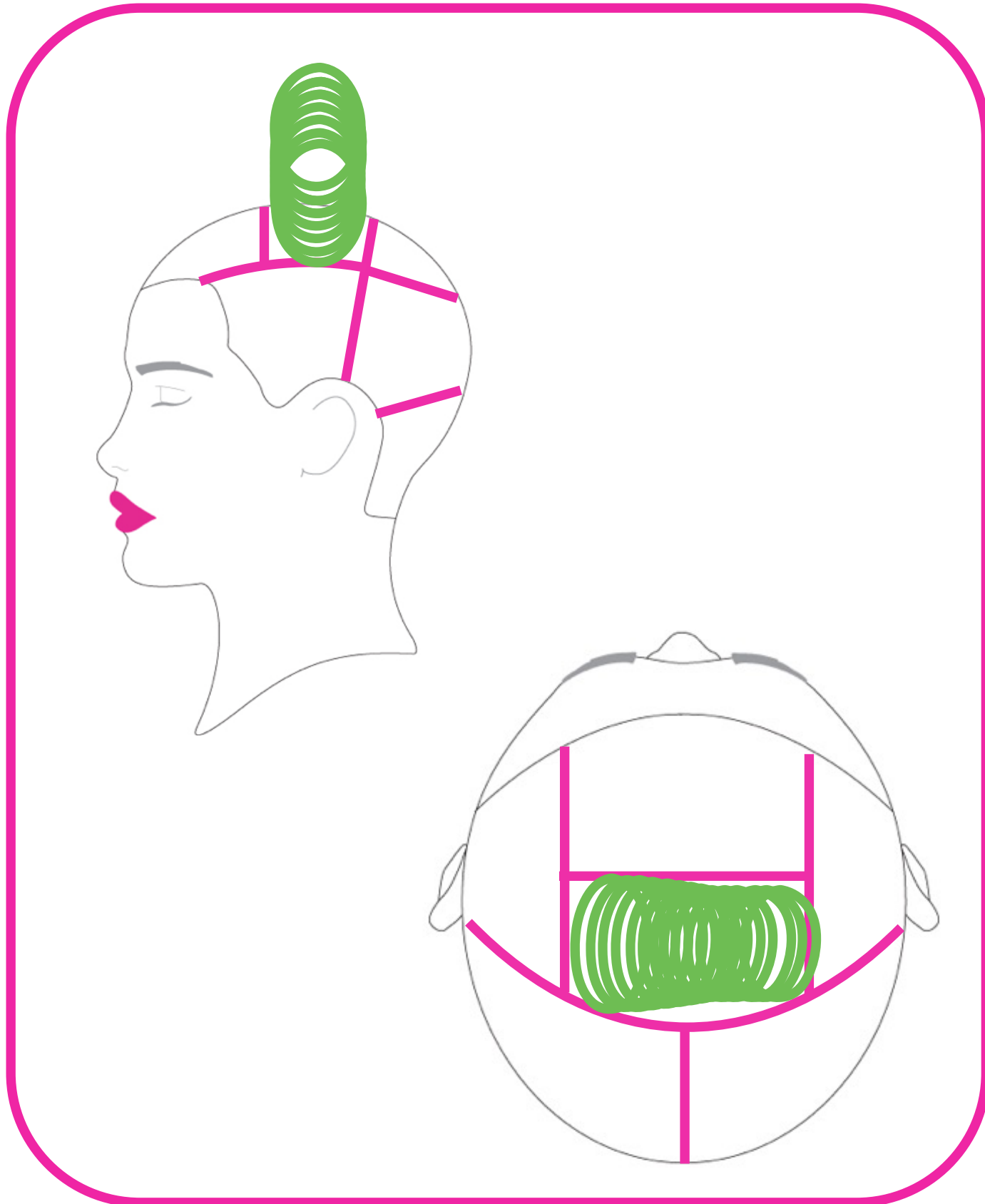
Section the top in half to make two sections.

**Success is never permanent
and failure is never final.**



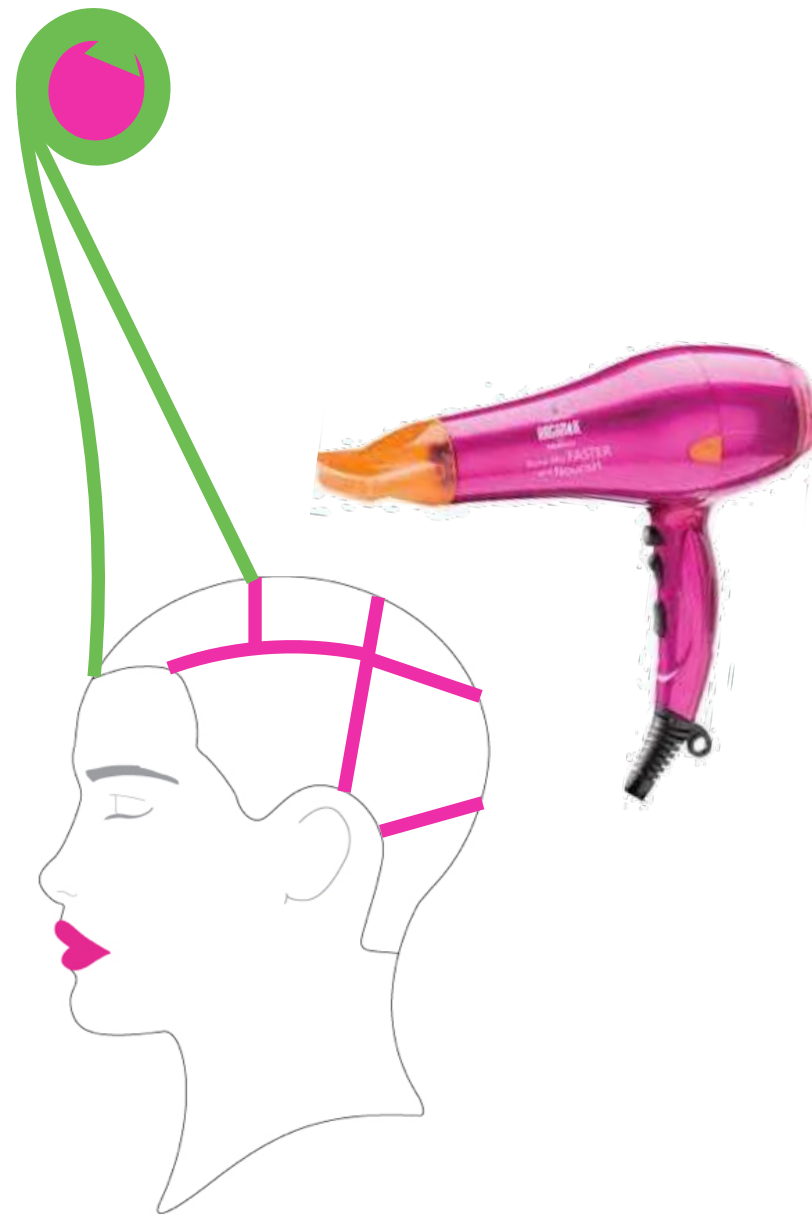
Spray the hair using sea salt spray. Lifting the hair straight up and curling under you should keep the blow-dryer moving constantly to avoid applying too much heat in a single spot and aiming the dryer down to smooth the hair. Roll your brush into the root area. Concentrate on getting the ends dried and finished beautifully first.

Problems are only opportunities disguised as work.



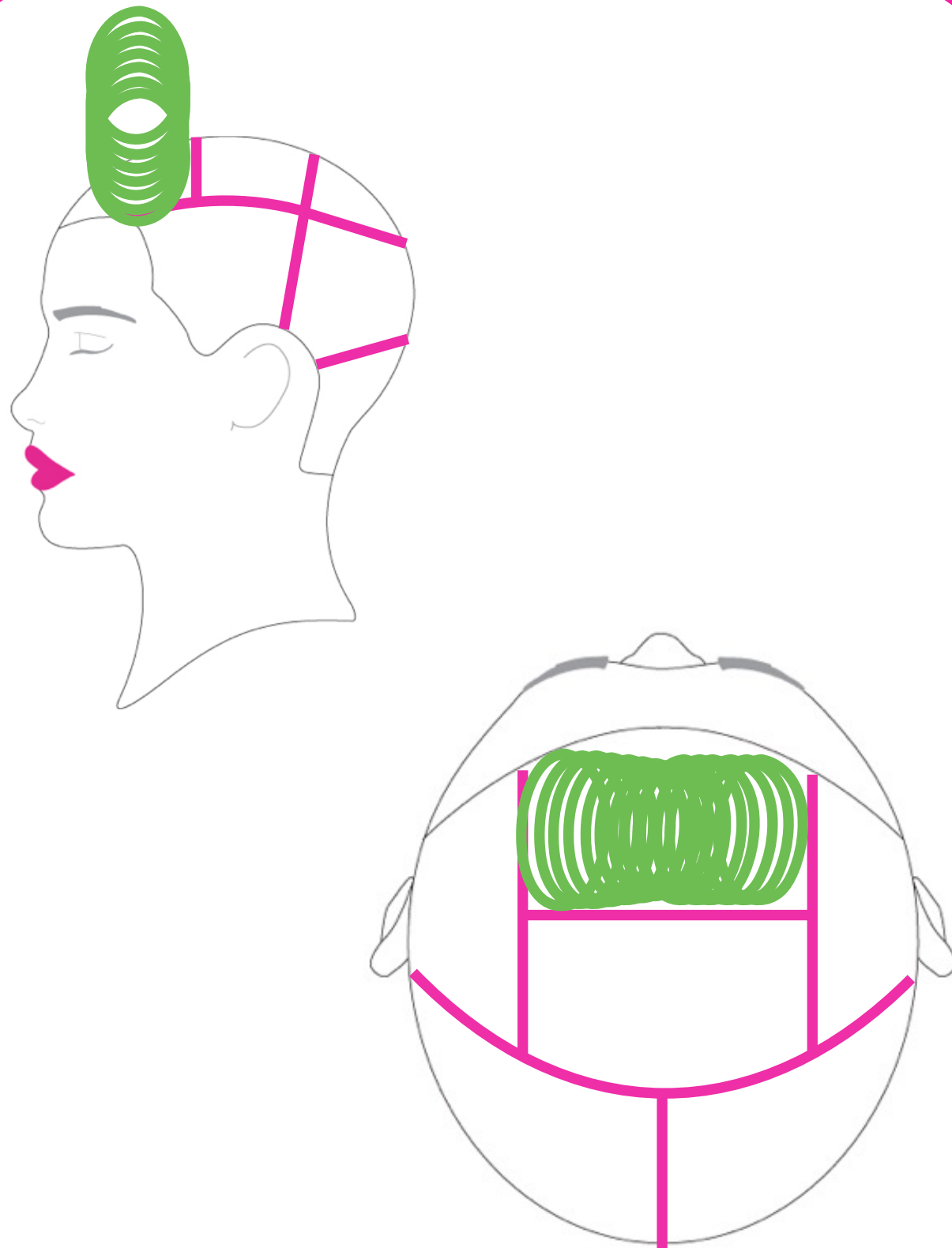
When the hair is dry, unwind the brush and wrap the hair around your fingers and clip the barrel curl to the roots of the head.

Dream big.



Lifting the hair straight up and curling under you should keep the blow dryer moving constantly to avoid applying too much heat in a single spot and aiming the dryer down to smooth the hair. Roll your brush into the root area, always being careful not to apply too much heat onto the scalp. Concentrate on getting the ends dried and finished beautifully first.

Nobody who ever gave his best regretted it.



When the hair is dry, unwind the brush and wrap the hair around your fingers and clip the barrel curl to the roots of the head.

**Don't go through life,
grow through life.**

Head Check Top section

Lifting the hair up.

Curling under.

Applying heat to the centre of the brush.

Keep the blow dryer moving constantly.

Rolling your brush into the root area.

Roll around fingers and pin into place.



Finish

Allow to cool down. Take the clips out, starting from the underneath and spray the hair again for hold. Then loosely work your fingers through the hair like a rake with the clients head back for volume and fullness. The more you play, the looser your result. Caress and tease the hair then finish with a quick squirt of hair spray.

It is not what happens to you that matters in life, but how you respond to what happens to you that matters.

Head Check Finish

Allow to cool.

**Loosely work your fingers like a rake
through the hair.**

Clients head back.

Caress and tease the hair.

Spray with hair spray for hold.

The big secret in life is that there is no big secret. Whatever your goal, you can get there if you're willing to work.

