

**STYLING RECIPE BOOK**  
**LEVEL 2**

**TWISTED TONG**



**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    TWISTED TONG

**Mannequin head, Mannequin floor stand, Cutting clips (small silver), Curling Irons 24mm Babyliss, Hair spray, Patience, Concentration and Persistence.**



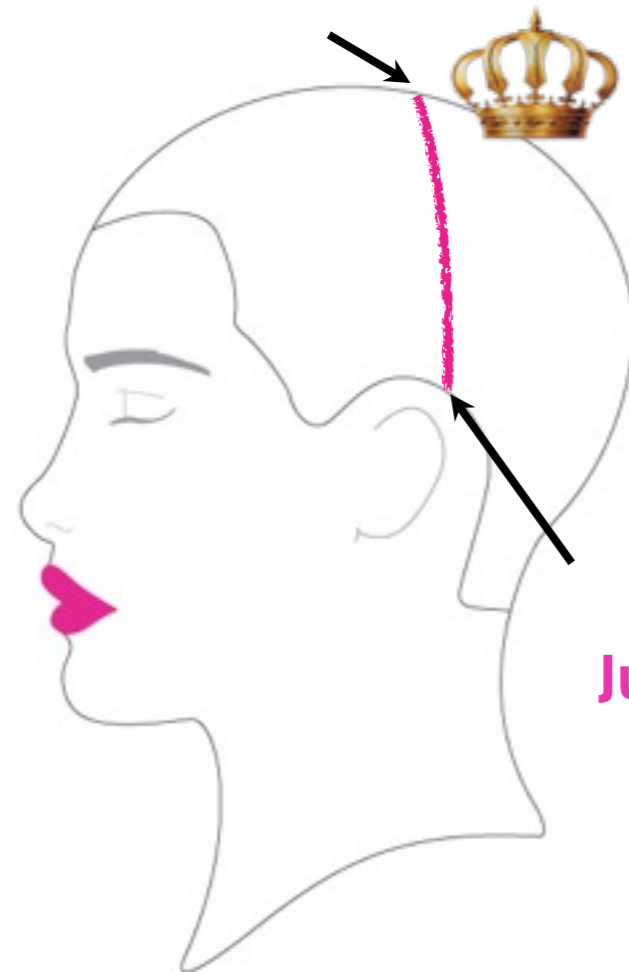
**The rules are simple at Lee Stafford Education, follow the rules of the recipe, until you can score a pure 10/10 result.**

**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.**

Just above the crown

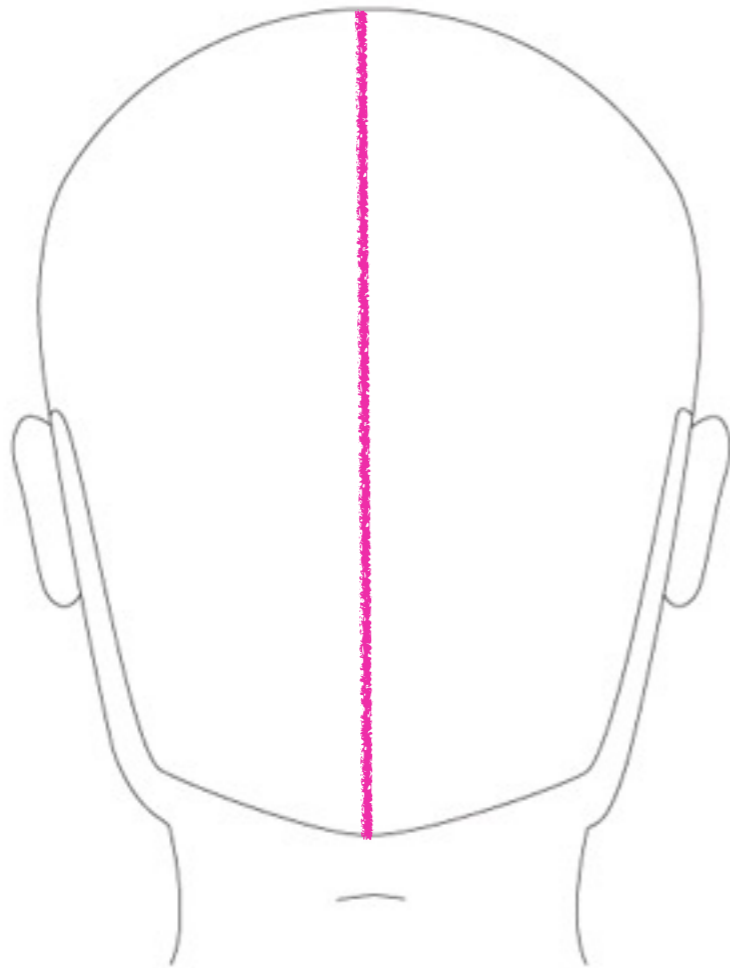


Just behind the ear

### PRE-SECTIONING

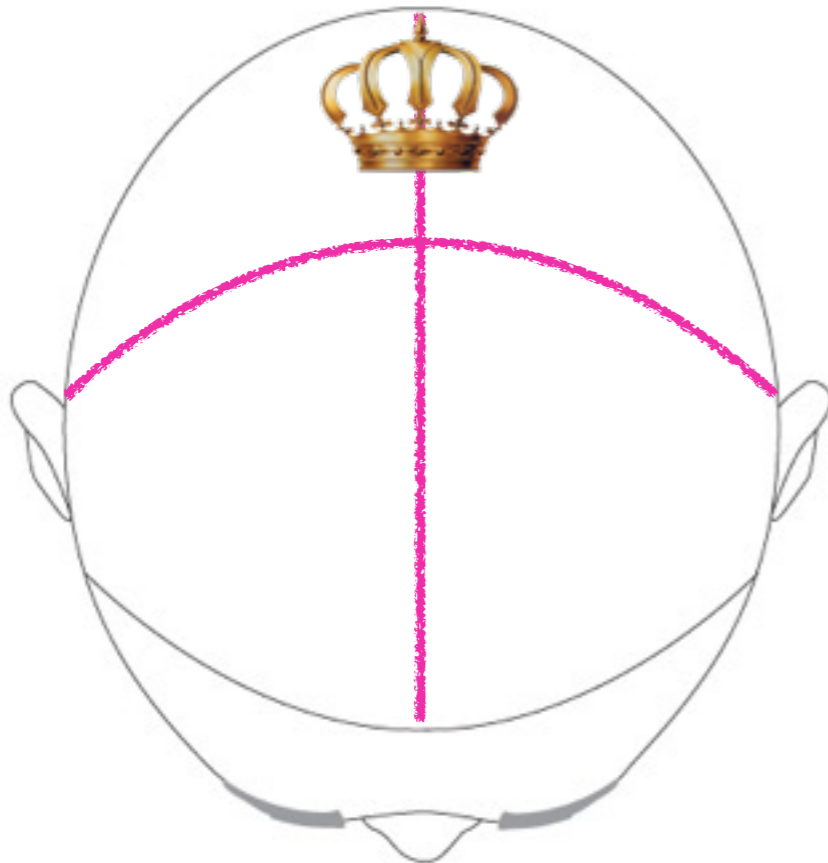
Using fingers, and not a comb, section the head into front and back, from just above the crown, to just behind the ear.

**Strong people don't put others down; they lift them up.**



Using fingers, put a parting in the centre back.

**“20 years from now you will be more disappointed by the things you didn't do than by the ones you did. Explore. Dream. Discover”.**  
**Mark Twain**



**Section the front into two where the parting is going to be, using your fingers.**

**The secret of life? Find people who help you feel better than you felt yesterday. Hang out with those people. Repeat every day.**

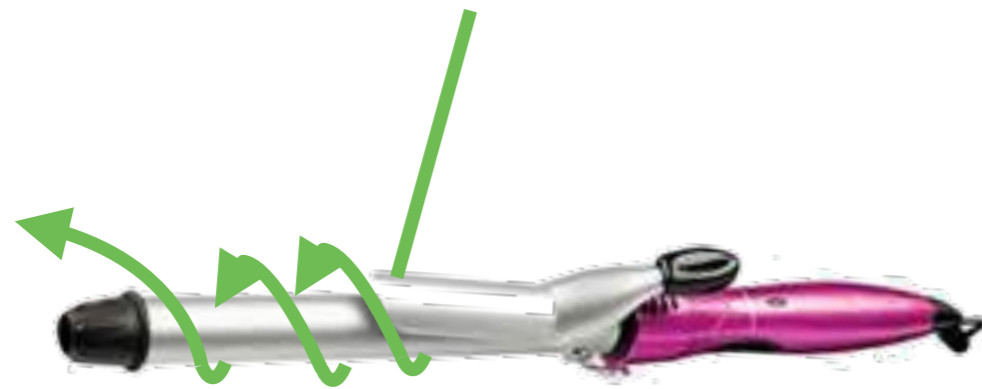
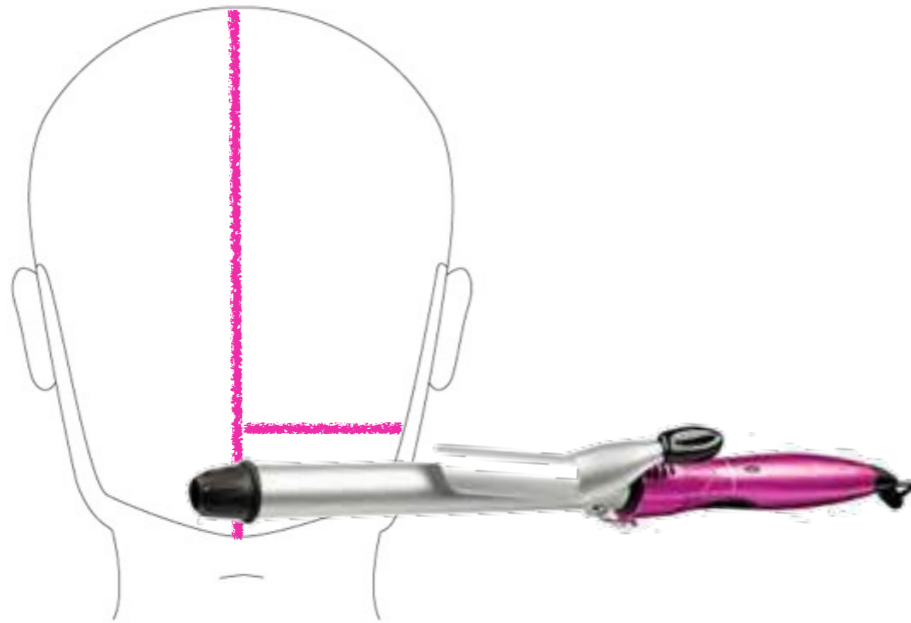
## Head Check Pre-sectioning

**Use fingers to section hair.**

**Section the head into front and back, from just above the crown, to just behind the ear.**

**Make a centre back parting.**

**Section the front into where the parting is going to be, with your fingers.**



Section Horizontal, tong Horizontal. Hair goes under tong first, then round tong and the hair is twisted with wrist. Hold for ten seconds, then release and hold in hand with curl compressed into pin curl until the hair cools down.

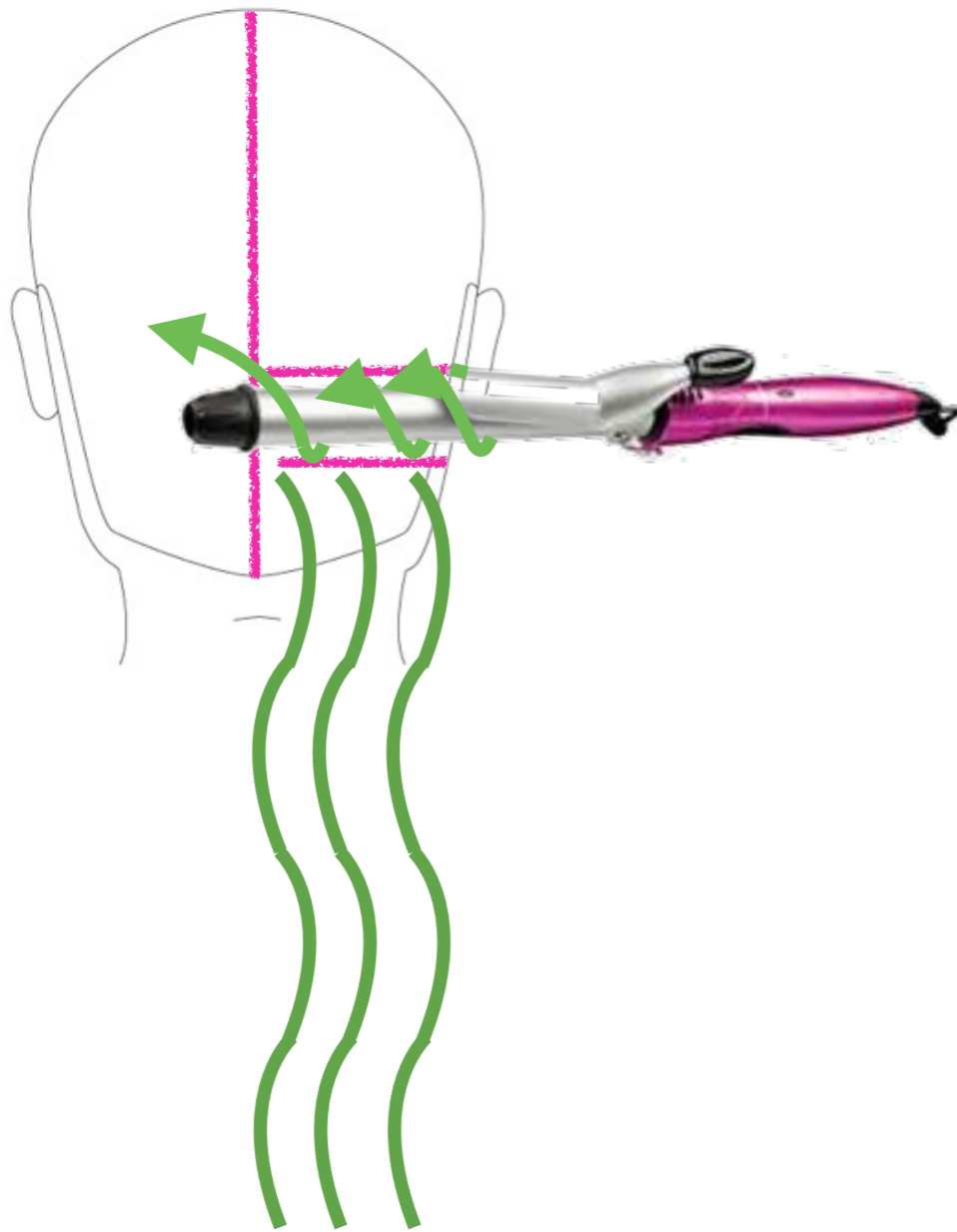
Take smaller sections and hold in tongs longer for a firm curl. Larger sections left in tongs for a shorter time, creates a looser curl.

**Fear is a big liar!**



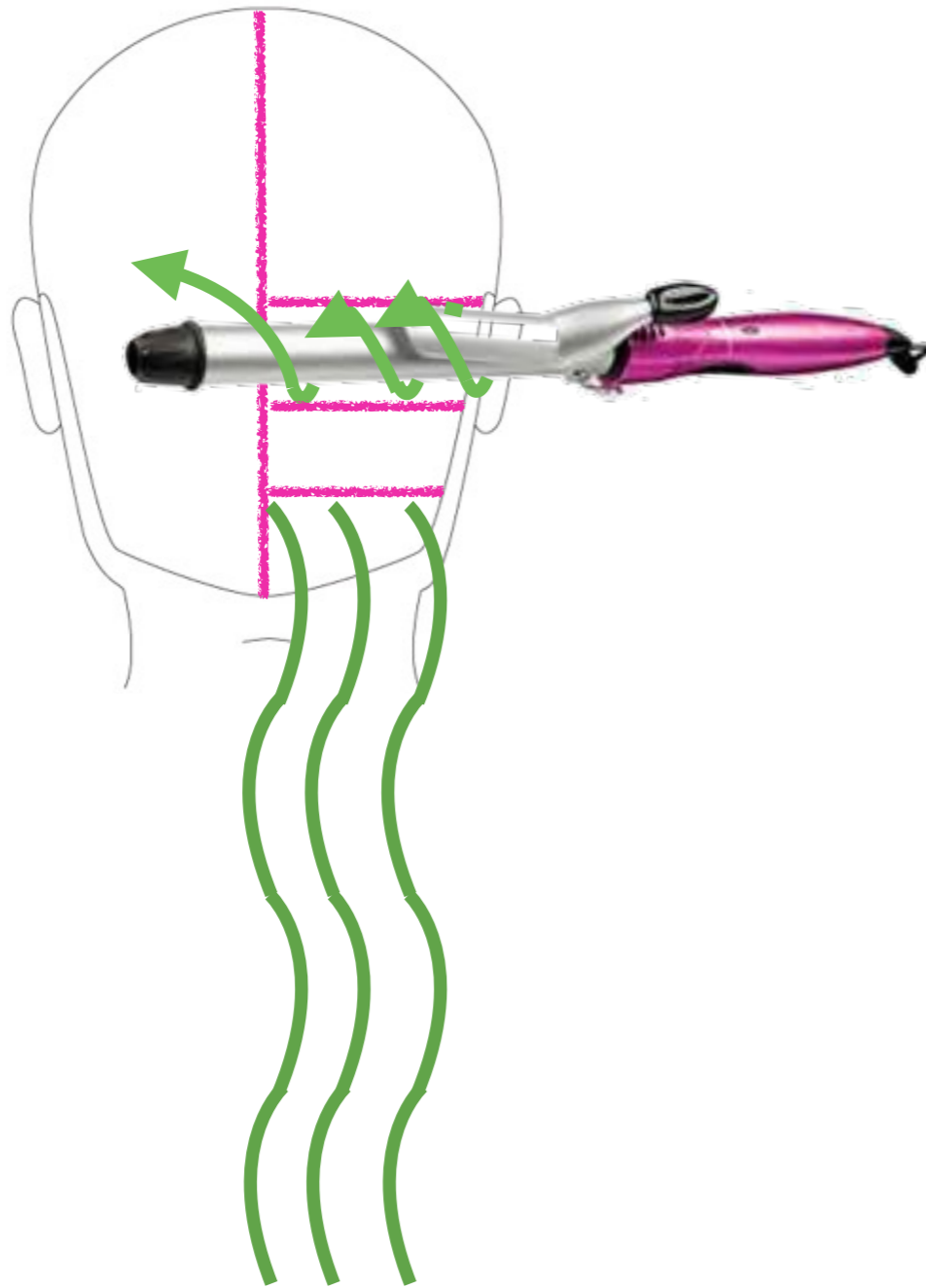
# TWISTED TONG

## LEVEL 2



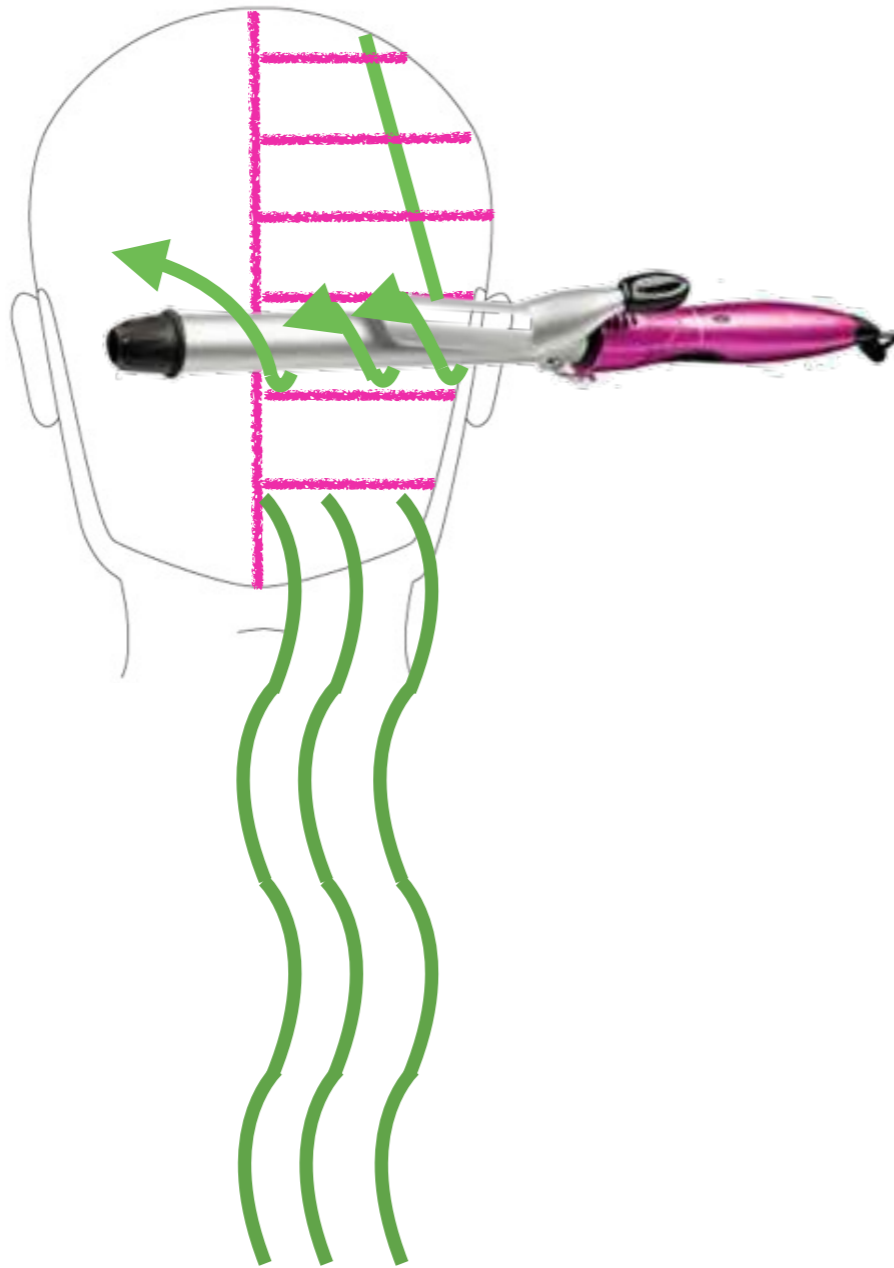
Take hair down and separate by shaking the hair. Next section up; remember to use your fingers to section. Don't worry about getting too close to the roots or getting all the ends in. By not going too close to the root, it helps with the root drag, and leaving the ends out gives a modern look.

**You don't get what you wish for,  
you get what you work for.**



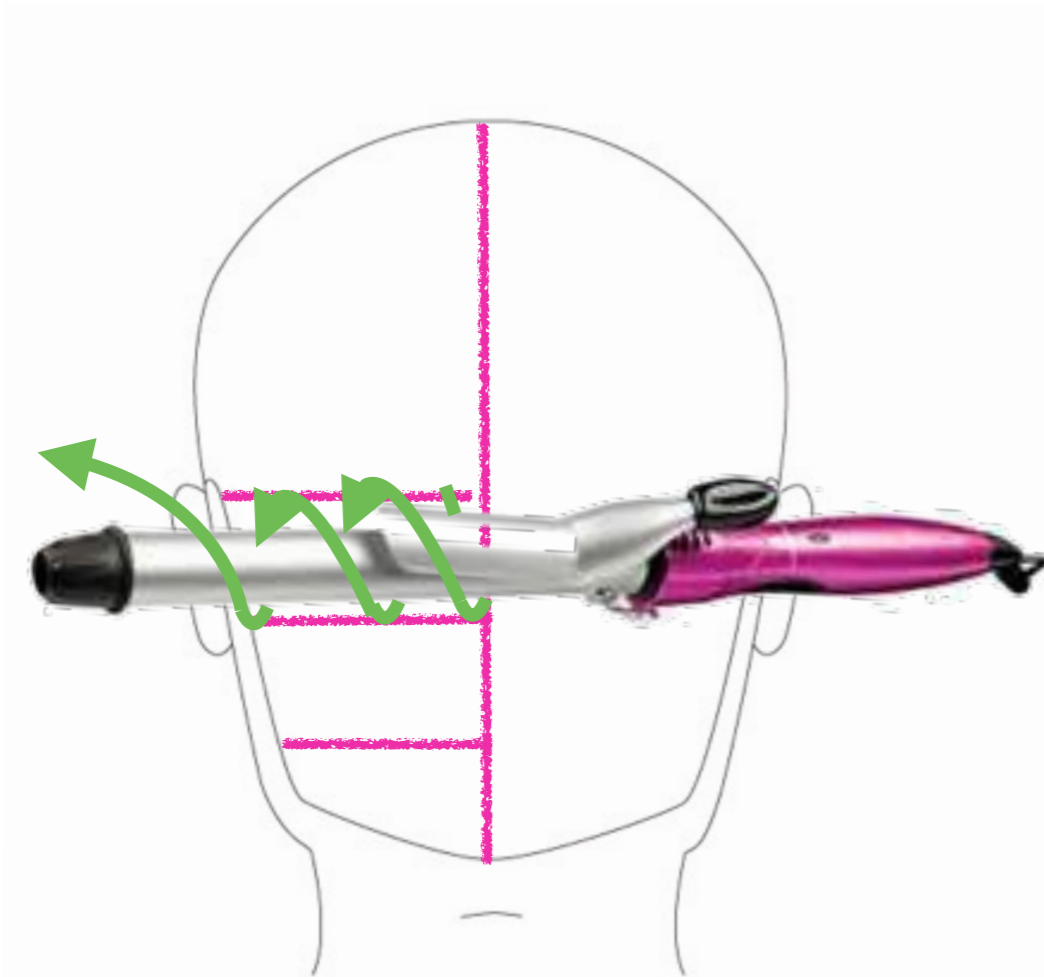
Take hair down and separate, then next section up.

**The best moves in life are made in silence. Don't talk about it. Just do it and let them talk about it. Failure talks. Success walks.**



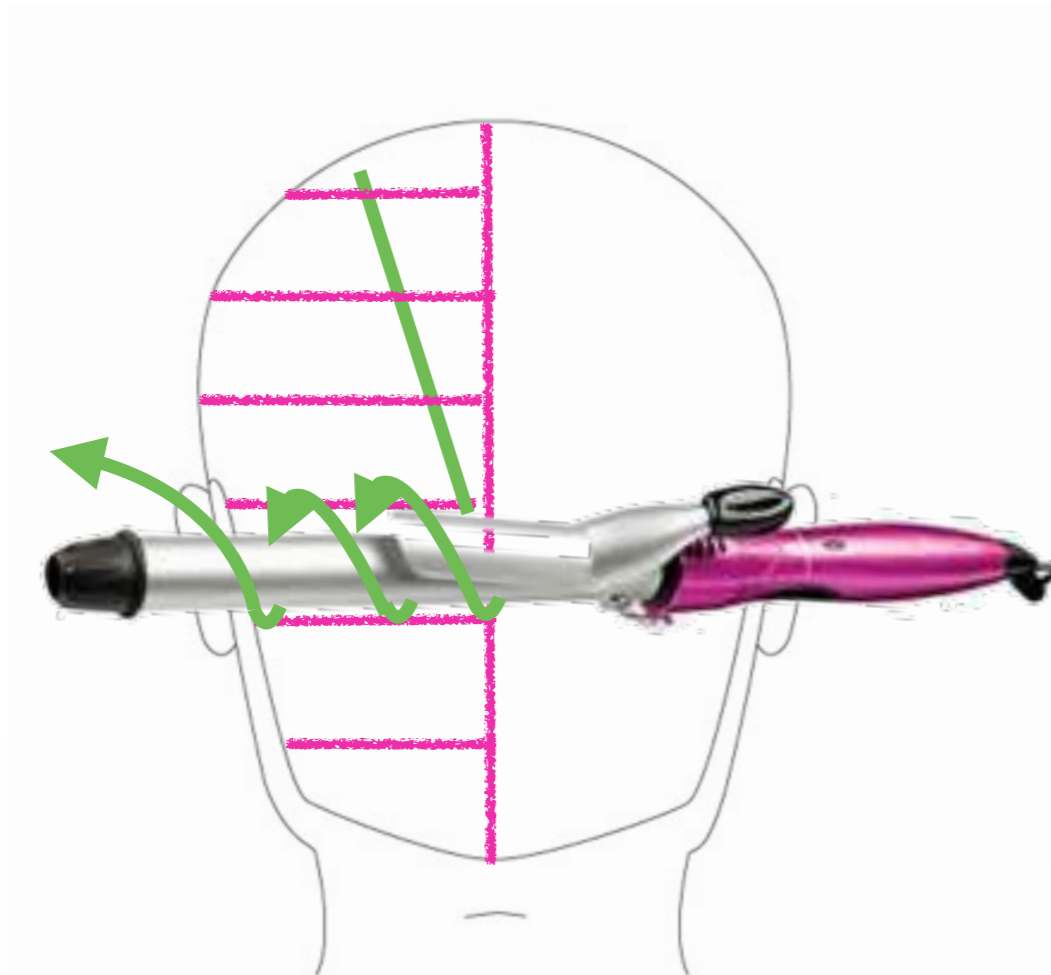
The next four sections up, we leave the tong in line with the top of the ear for extra root drag. Sections still horizontal, tongs horizontal and wrapping the hair under the tong.

**“Don't let what you cannot do interfere with what you can do”.**  
**John R. Wooden**



Same again the other side, to the top of the ear. Horizontal sections, tongs horizontal and still pointing to left, if right handed. If you're left handed, point tongs to the right.

**You'll only meet a few true loyal people in your life. Cling to them like a life raft.**



The next four sections up we have root drag to the top of the ear, wrapping the hair under the tong, and twisting the wrist.

**“If you have good thoughts,  
they will shine out of your  
face like sunbeams & you will  
always look lovely”.**  
**Roald Dahl**

## Head Check Back Section

Section horizontal.

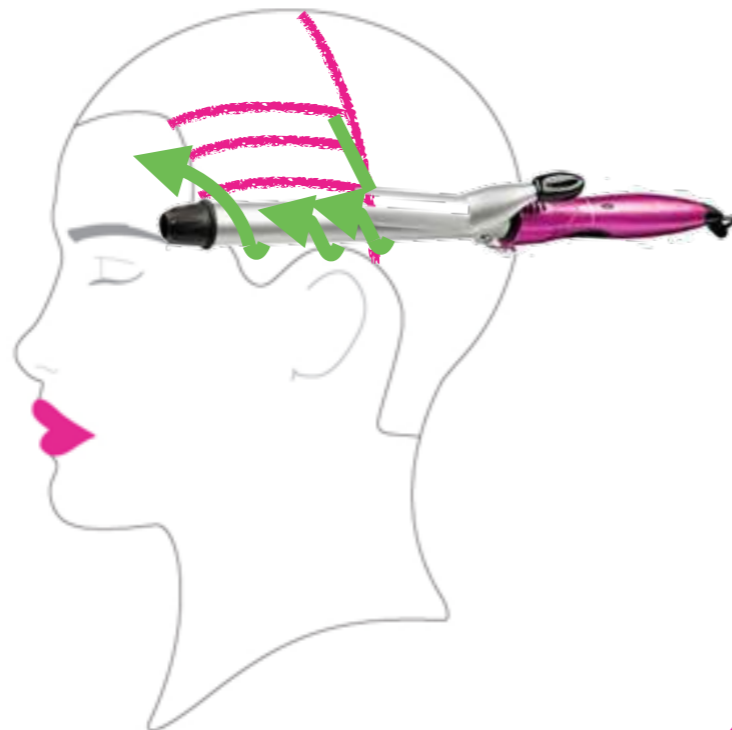
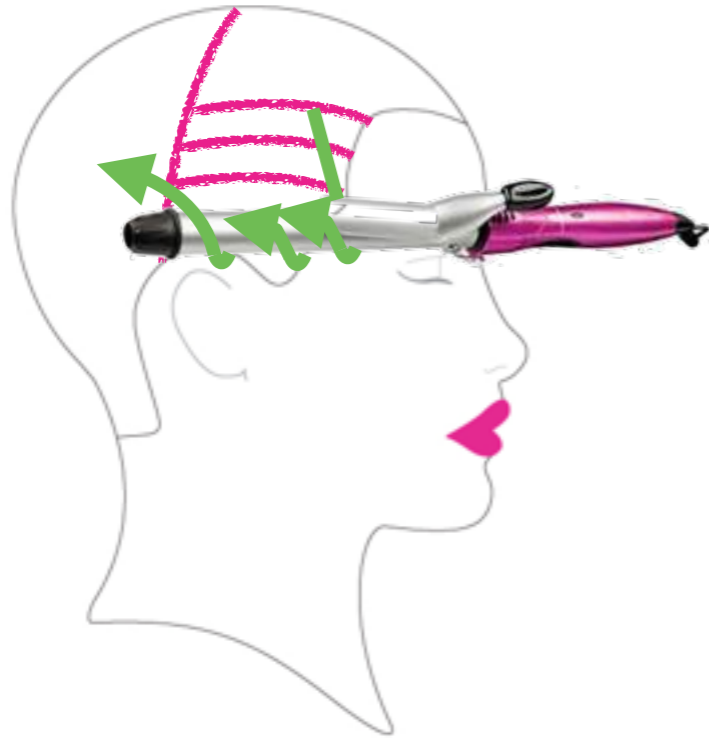
Tong horizontal.

Hair under tong first, leaving ends out.

Tong pointing to the left of your body, if right handed, or the right of your body, if left handed.

Once above ear, then root drag the hair down to last section.

Hold in tongs for ten seconds then allow to cool in hands, before releasing and separating.



**Sides up to recession. The same horizontal sections, horizontal tong and root drag to top of ear.**

**Your hardest times often lead to the greatest moments of your life. Get up, get going, don't let anyone or anything stop you.**

## Head Check Sides

Section horizontal.

Tong horizontal.

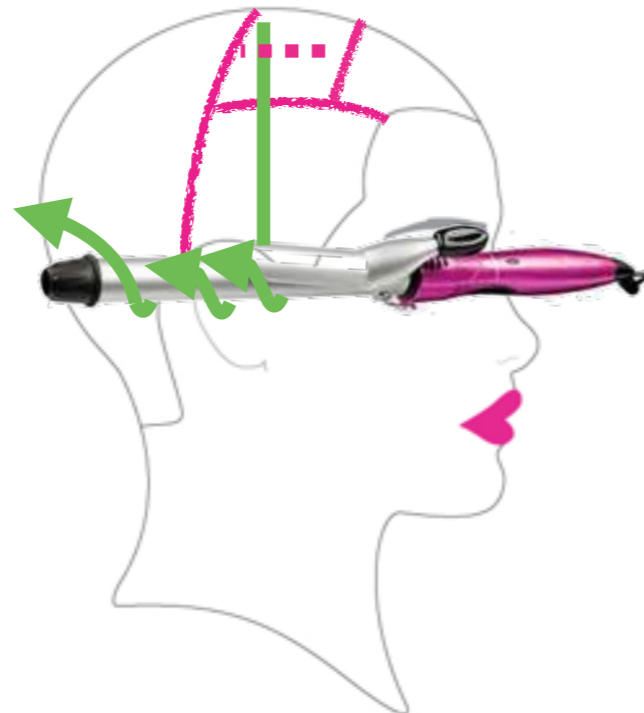
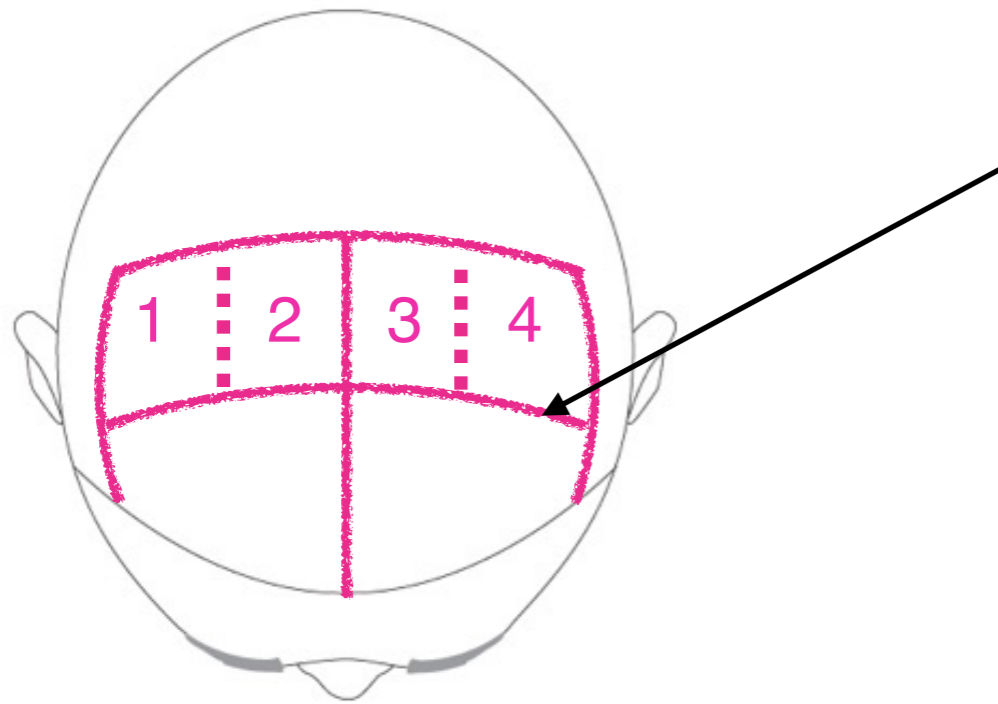
Hair under tong first, leaving ends out.

Tong pointing to the left of your body, if right handed, or the right of your body, if left handed.

Once above ear, then root drag the hair down to the ear.

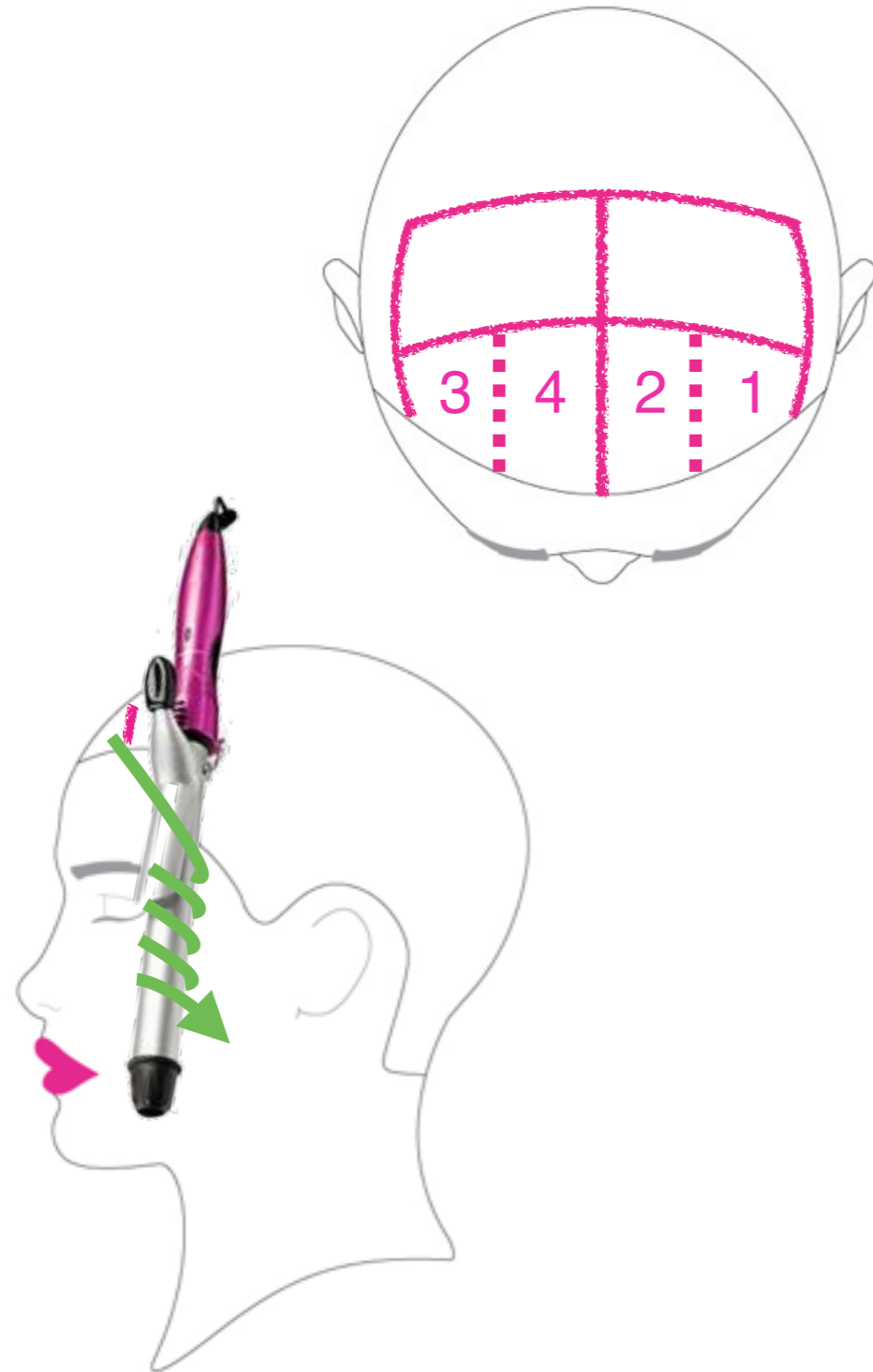
Hold in tongs for ten seconds, then allow to cool before releasing and separating.





The top sections either side of the parting are split into two vertically, so there are now two sections either side of the parting. The back two sections are then sub divided horizontally into four as shown. These are then tonged, same as the underneath, root drag to above the ear.

**You don't get what you wish for, you get what you work for.**

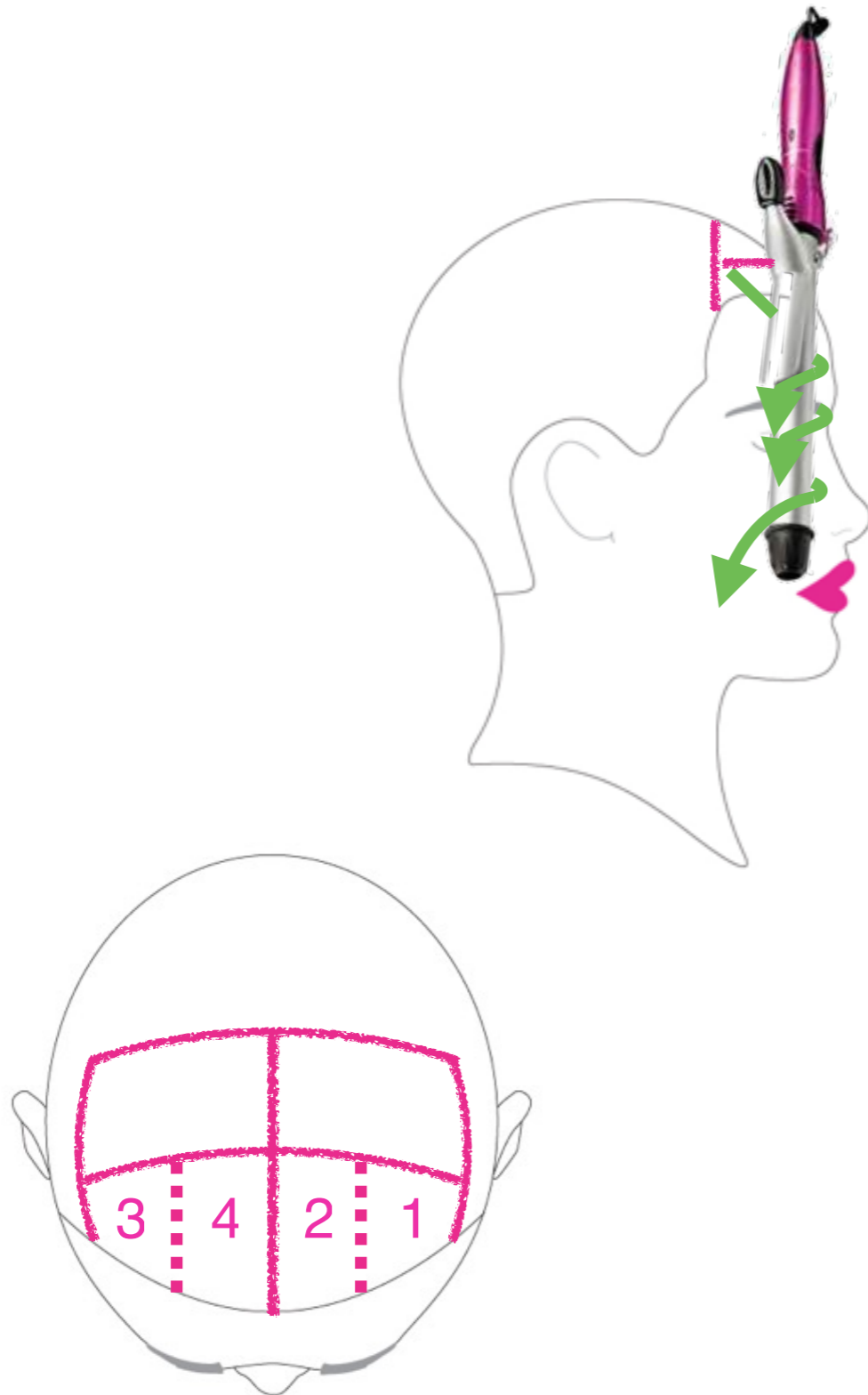


Split the front section into four. Left front section first; position yourself to the back-but to front of the face if left handed. Tongs now vertical, wrapping hair away from the face over the tong, with a small amount of root drag. Hold hair in tongs for ten seconds, then hold hair in a pin curl using your hand for extra hold and longevity. Allow to cool before releasing and separating.

**Treat others the way you would have them treat you.**

# TWISTED TONG

## LEVEL 2



Then onto the front right section. Change your body position to facing front of the face, or to the back if left handed. Tongs now vertical, wrapping the hair around and away from the face, with a small amount of root drag.

**Be the kind of person you wish the people in your life were.**

## Head Check Front section

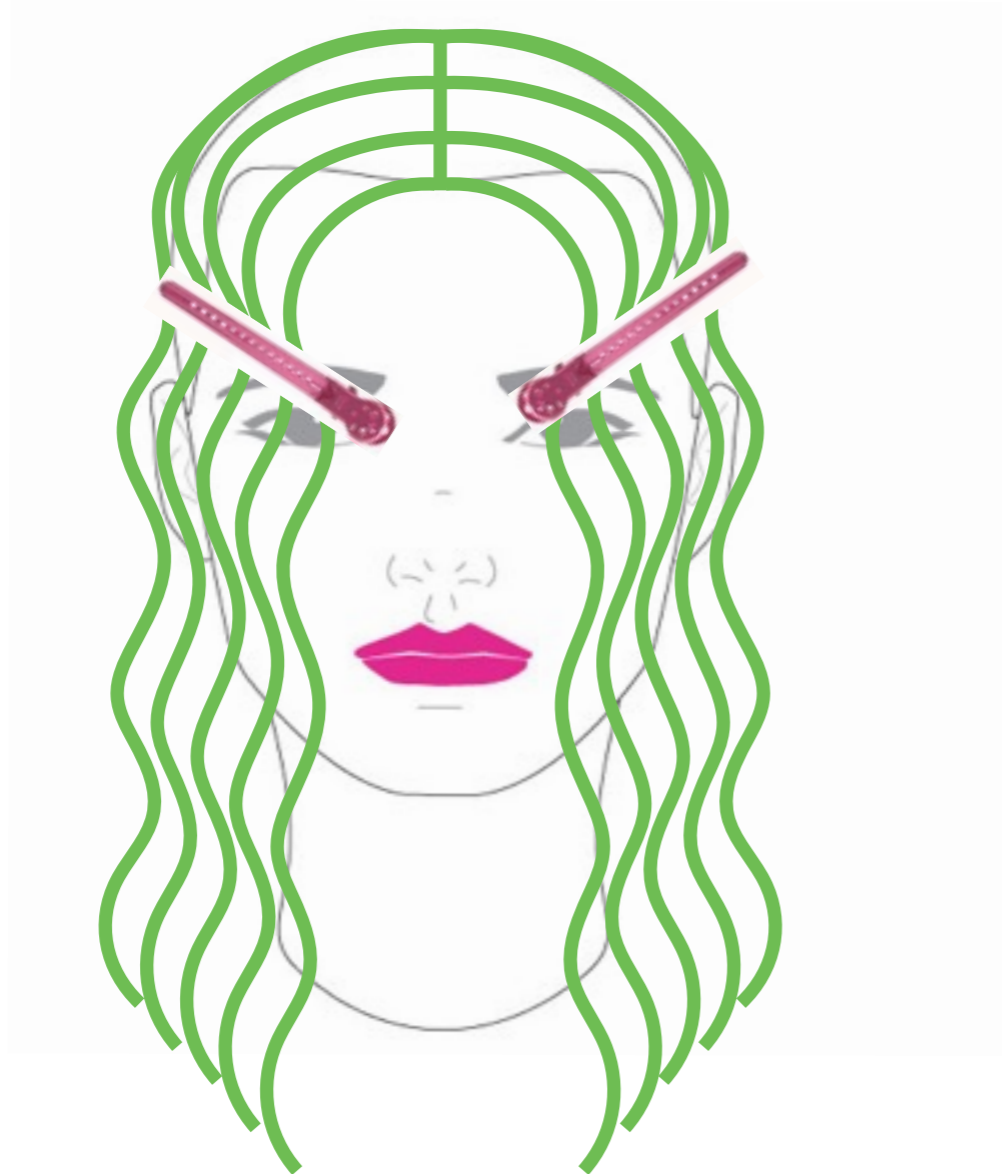
Split the front section into four, then sub divide these sections.

Tongs horizontal for back four, then vertical for front four.

Curl front four away from the face.

Small amount of root drag.

Hold tongs in for ten seconds, then allow to cool, before releasing and separating.



**Finger brush to finish.**

**Clip the hair and allow to cool off. Loosely shake and brush the hair using your fingers. Finish with hair spray.**

**You can't change what has already happened so choose to look ahead instead of behind you. Life is happening NOW, not THEN. Keep Moving.**

# TWISTED TONG

## LEVEL 2

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.

