

Palm-to-palm technique

By using the Palm-to-Palm technique when cutting hair, you reduce strain on your hands, arms, shoulders and back.

The Palm-to-Palm technique is used mainly when styling hair at the front of the head, the sides and the back. When cutting hair on these parts of the head, the two palms of the hands are positioned so that they face each other. It is not a compulsory technique, but an example of a technique that reduces strain.



Scissors

Place your little finger on the special support when using your scissors. This will prevent strain on your fingers and your hand. It also ensures that your scissors are nicely balanced.



Front

1. When blunt cutting the front part of the hair, you should tilt your hands slightly. This will put minimum strain on your wrists.



2. You can also use this technique when point cutting at an angle. In order to guarantee that the scissors are stable you can rest the tip of the scissors on your ring finger.



Top of head

Overhand Palm-to-Palm cutting of the top of the head is difficult. The pre-requisite for this is that your customer must sit as low as possible in the chair or that he or she positions his/her head differently. The latter is not comfortable for your customer.

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Top of the head 2

In order to reduce strain on your hands, wrists and arms to a minimum when cutting hair on the top of the head, it is important both when carrying out a blunt cut or when point cutting to ensure that your arms are not held above the shoulder line.



Back of the head

1. When creating the line between the back of the hair and the neckline, the Palm-to-Palm technique can be used to excellent advantage. On the vertical as well as the horizontal line. In the photo on the left it is used for a blunt cut.



2. Use the support for the little finger and your ring finger when point cutting (chop cut). Your scissors are stable and you have control over them when using the Palm-to-Palm technique.



Neck

You can also reduce strain on your body when cutting the neck/base of the hair. Tilt your wrists as little as possible when doing this procedure.

BRANCHEPLATFORM KAPPERS

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