

The Five Elements
Haircutting Method
Sustainable & Holistic
Do It Yourself



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Introduction

Natural hair care is really simple in its essence, and yet still needs instruction and knowledge to learn and to re-learn so we can experiment and find out what is best for us and our hair. Morrocco Method International's founder, hair expert Anthony Morrocco has been generously sharing his knowledge for decades. Anthony started answering every question on the forum for years, then produced hundreds of educational videos, wrote the book *Awaken Your Roots* and numerous articles.

Anthony and I have been friends for over twenty years and share the vision of a sustainable world, in which we experience the health, beauty and balance we all desire and deserve. Hair plays a big role in all of our lives. Hair is part of us and hair is part of nature.

We created the DIY haircutting video series, to enable you to give really good haircuts to family members and friends. I will show you step by step how you can start cutting hair, safely and successfully. This will save time, energy, gas, and money but most importantly, you can choose to cut hair in a healthy, natural, chemical-free and if you like serene and quiet environment.

I have been cutting over 10,000 people's hair in the last twenty years and most of my clients came initially because they didn't want to be exposed to the chemicals, the stress level and noise in conventional salons. I see my clients one at a time in a private chemical and synthetic scents free space.

Respect and a loving attitude during the haircutting process are equally important as knowing how to do it. Cutting another person's hair is a personal and intimate act, which requires respect from the haircutter and trust from the haircut recipient. Cutting another person's hair is a service and gift and can be a wonderful experience for both people.



If you want to learn how to cut another person's hair you can. You just need to give yourself enough time, be patient and trust the process. I will show you how easy it can be by showing you the steps.

ONE STEP AT A TIME.

How about saying it out loud? I can learn how to cut another person's hair!

Each of the five elements represents a focus, a physical and a metaphysical aspect, and an effect in our approach to hair care and haircutting.

The Earth element demands sustainability. Without Earth we would be floating in the universe. We wouldn't have a body and no roots. Practically this means, that when we cut someone's hair, we stand firmly on the ground, connected with the earth. We make sure that our and the haircut recipient's body posture are upright as well as relaxed.

The Water element in holistic haircutting represents gentleness and softness as well as the emotions that are connected to the experience of getting a haircut. Just like water the comb is a feminine *Yin* tool. It organizes the flow of hair. Most people relax and enjoy the soothing sensation when someone combs their hair.

Fire is the element of transformation. Cutting hair is a powerful experience of instant and immediate transformation. Scissors are a masculine *Yang* tool separating the old from the new. The optimal result of a haircut is invigorating the whole person.

The Air element stands for communication. In holistic haircutting this means that we always communicate before, during and after the haircut. This is really all it takes to avoid the most common hair trauma of cutting hair too short.

Our hands extend from our heart in a mesmerizing dance of balance when we use them to cut someone's hair. Air sets us free and releases our hair from past experiences and conditioning.

The Ether element blends all elements and connects them to the invisible and greater realms, the cosmos. Our hair is of ethereal energy as it is fine and reaches from our physical into our auric body, the electromagnetic field, which surrounds us. Our hair is our antenna and ultimately a haircut has the potential to open us up, to clear our channels and connect us to the larger matrix.

Here you can see the backbone of our haircutting method and philosophy.

Element	Focus	Physical	Metaphysical	Effect
Earth	Sustainability	Body	Root	Grounding
Water	Gentleness	Comb	Yin	Relaxing
Fire	Transformation	Scissors	Yang	Invigorating
Air	Communication	Hands	Balance	Releasing
Ether	Cosmos	Hair	Antenna	Opening



The Five Elements

Earth - Crystal

Water - Shell

Fire - Dragon Candle

Air - Sage for Purifying

Ether - Buddha

Photo taken in March, 2017 in Anthony Morrocco's meditation room

1. The Tools

Let's get started with looking at the tools we need and how to handle them safely, efficiently and smoothly.

Scissors

Your scissors must feel good in your hand, not too loose and not too tight. Your scissors need to be sharp. Professional haircutting scissors are ultra sharp and are too fast for beginners. The sharper a pair of scissors is, the faster it glides through the hair.

It is actually very rare that hairdressers injure their clients but it happens quite a bit that hairdressers injure themselves. To this day when I receive my professional scissors back from sharpening I have to remind myself that they will cut faster and I use a band-aid around my middle finger for the first clients.

Practice 1

Start with holding the scissors in your dominant hand, then open and close them by only moving the thumb.

Practice 2

Find a family member or friend who will enjoy a few moments of relaxing while you comb their hair and practice 'air' cutting.



Comb

The finer the comb, the finer the results will be. Combing with a fine-tooth comb takes longer but has the effect to thicken the whole head of hair when you use the blunt-cutting technique. I recommend a wide-tooth comb for detangling and a fine-tooth comb for precision work.

Hair Cape and Towel



Purchase a hair cape or sew your own. I encourage all my friends and clients to own their personal hair cape, which they can bring to the salon or haircut. This guarantees cleanliness and you can choose the material, color and style you feel comfortable in. Email me for information on MY HAIRCAPE, which is my special and ultimate design for haircutting.

Have a towel ready. Small ones suffice for short and fine hair. You will need larger towels for people with long and thick hair.



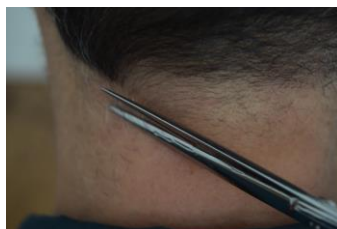
Water Spray Bottle & Clips

You can wash the person's hair for the wet round or spray the hair wet or use a comb, which you dip into a water glass. I try to use clips only when necessary, mostly when I work in the back of a head with very full or long hair. Use clips gently as it doesn't feel good to have them clipped too harshly onto the scalp. Clips, which are pulling the hair firmly, disturb the flow of energy and the relaxing effect of the haircut. Only work with one or two clips at a time so you are reminded to

take one clip out when you need it and therefore avoid leaving in too many clips on a person's head at any point in time.

Razors

These come in handy if your haircut recipient likes a clean neck and side burns. You can also cut the little neck hairs with scissors, use an electric appliance or leave them, whatever the person prefers.



2. Communicate Before,

During and After

Clear communication creates the best results in every area of life and also when it is about haircutting. By communicating before, during and after a haircut, we can avoid traumatic haircut experiences

The three most common hair traumata are

- hair, which has been cut too short
- hair, which has been cut into disconnected or too many layers
- a result, which turned out to be something very different than expected

Before

First, on a practical level, it will make the haircutting process easier, if you told the person whose hair you are going to cut to wear a T-Shirt or clothing, which lays flat on the body. Turtle neck sweaters and all clothing items with collars can get in the way, especially when you are cutting medium and long hair. Also, ask the person to take off their dangling earrings and necklaces.

Then, find out what kind of haircut your friend or family member would like to receive. Here are the most common requests:

Just a trim

Would you like me to follow the lines?

Is there anything I need to know about you and your hair, any sensitivities?

More layers

Let's look at your hair and measure how many rows of layers we can do

Less layers

Ok, let's bring the hair back to one length

A good chunk off

How much exactly?

Something completely new

Could you show me some visuals? Photos or drawings?

Then let's look at the options.

No need to be overwhelmed when it comes to choosing a hairstyle. There are only six basic haircuts:

Short Layered Medium Layered Long Layered

Short One Length Medium One Length Long One Length

There are millions of variations because people have different hair textures: straight, wavy, curly and very curly, hundreds of different shades of color. Then people have fringes or no fringes, bangs or no bangs, the contours are cut longer in the back or shorter or the same length as in the front.

In which category does your hair fall right now? Look at people you encounter throughout the day and see what type of haircut they have.



It is helpful to be aware of the different ways people communicate and understand. From the school of NLP, Neuro-Linguistic Programming we know that people have different sensory preferences making them communicate in a visual, audio, kinesthetic, gustatory and olfactory way. When talking about hair, it is important to bring visual aids like photos or a ruler to the consultation. It is helpful to show with your hands how you wear your hair or how you want it.



Ask a visual person: What do you envision?

An audio person: What do you have in mind?

A kinesthetic person: What do you feel like?



During

Checking in

After the dry round, during which I usually cut off the amount of hair that the haircut recipient requested or I even out the cut or to make the ends thicker and healthier again, I take a moment to confirm the game plan. The hair cut recipient has the chance to check in the mirror if this is the length they will be comfortable with. People with

curls usually know their hair well enough to factor in that it will pop up once it hasn't been combed out. One of the advantages of cutting hair dry first is the reduction or even elimination of the pop up factor. There won't be any surprises since the wet round is just about blending and connecting not any more about taking length off or changing the lines.

Focus on cutting

Even if you are great at multi-tasking I suggest that you focus on cutting and minimize talking and chatting during the haircut. Most people really enjoy the quiet and can relax more deeply during the haircut. It feels safer for the haircut recipient if the haircutter doesn't talk too much, especially not about personal or global catastrophes.

After

Show your haircut recipient the haircut from all sides. A hand-held mirror works but sometimes when the person holds it and looks back into a second mirror the hairline looks tilted. You can also take a photo with your phone, which will provide a more centered view.

Ask your friend to give you feedback in regards to the haircut within a week. A lot of customers over the years came back to me after a few weeks or months and said either *the haircut was great, can you just do the same again?* or *I loved it but it took a week to feel right* or *I liked the cut but there was one thing I would like to do differently*. After many weeks I have seen already lots of hair clients and my memory of that haircut may not be accurate anymore. However, if a person tells me within a few days what they liked or not, I can make a mental or even a written note of it and consider it the next time. This practice also helps the client to become aware of their preferences and how to communicate them.

When you receive a haircut, check it carefully before signing off. See if there are still hairs behind the ears, which may have been forgotten. Finger comb or brush the hair the way you usually do to see if the haircut still looks good, when you do your daily ritual. Put on your glasses if you have any and see if those work with the new haircut.

Take feedback gracefully and don't take it personally. The goal is to give your best and to give a good haircut, which is already a lot. The difference between DIY and PRO is the difference between a good haircut and a great haircut. With love, respect, and focus you can learn how to give good haircuts. With practice and continuous learning you can learn how to give great haircuts.

3. Five Haircutting Techniques

Before I explain and illustrate the Five Elements Haircutting DIY Technique step by step, here is an overview of the most common haircutting techniques: slicing, serrating/thinning, point-cutting, comb-over-scissors and blunt-snipping

Slicing

Slicing is a technique, which makes the hair thinner at the ends, so that the hair blends in a feathered style almost like it would grow out naturally. One blade of the scissors slides down a section of hair and cuts it off diagonally while in motion. The scissors need to be very sharp, otherwise the hair shaft gets damaged. Slicing is similar to serrating/thinning in that it shortens some hairs or removes bulk, which creates softer ends. I don't slice hair as the technique, even with sharp scissors, is still likely to damage the shaft and create random, unblended pieces of hair. Practitioners as well as clients may experience this technique as physically unpleasant. Energetically this technique is too aggressive for building a strong auric field.

Serrating/Thinning

This practice uses special thinning shears, which remove bulk from a hair section from the top of the section to the end. Just like slicing this technique creates a thinner, feathered look, which might be desired if the hair is very thick and bulky. I don't use this technique because the pieces, which are thinned out, are interruptions of the natural growth cycle, are not connected and create holes in the geometric pattern of the complete head of hair and auric field.

Pointing or Point-Cutting

This technique, also called chip cutting, softens the edges of a cut, especially the perimeter also called contours. A deep pointing creates thinner looking ends, maybe straggly; a shorter pointing reduces straight lines and bulky edges. Point-cutting is often used to lighten bangs and to avoid a chunky, too compact look.

Scissor Over Comb

This technique removes weight in shorter hairstyles, normally in the neck area and on the sides around the ears. It is used when the hair is too short to be held between the fingers and the style requires a smooth, blended transition between perimeter and head hair. The practitioner slowly moves the comb following the lines of the perimeter and style and the scissors cut over the comb while it is moving taking out weight and longer hair.

Blunt Cutting

With the Five Elements Haircutting Method all the ends are blended, so no hair should stick out.

For short to medium length hair it takes about a year and a half, four to six haircuts to thicken the hair to its maximum natural potential.



Small sections are cut and the thinned out ends are removed creating thicker ends like the top of a paintbrush.



Dusting is also blunt-cutting but it means trimming of just a very minimum of the ends.



The Five Elements Haircutting Method

- Strives for optimal communication before, during, and after
- Consists of two rounds, first dry, then wet
- Uses the Blunt Cutting Method 90% of the time, occasional pointing of the contours or fringes and scissors over comb for very short haircuts
- Cuts the contours following gravity, meaning straight down.
- Combs, holds and cuts all other hair sections perpendicular to the scalp

4. Getting Started Step by Step

1. Communicating about the haircut recipient's wishes see previous chapter 2 dedicated to communication

2. Where to cut hair

For best haircutting results and to make it easy on the haircutter's eyes, we need the best lighting. We need enough space to move safely around the client, and ideally on a floor, we can easily clean afterwards. Some people have a favorite spot in their house. Ask them where they would love to have their hair cut.

Then set up your tools, so that they are within reach and make sure that the chair is comfortable and level if cutting outdoors.

The Outdoors Haircut

Getting your hair cut outdoors in the garden or on the porch or even deeper in the woods or by the sea can be a magical experience. The sound of birds, the crushing waves, the smells of trees and flowers add to an unforgettable, relaxing and invigoration adventure.



When you cut the hair in its wet state, a little wind doesn't make the hair move but when you cut dry you might find yourself in a wild dance with the wind.

The Social Haircut

For centuries people have been going to the hairdresser for their services but also to talk and exchange news. Some people thrive on the energy of many people in a room. For some hairdressers performing in the presence of others is what they are used to and what they prefer. Giving a social haircut is not my preference because it is harder for me to focus on the person.

DIY haircuts often take place at home, where other family members may be present. Especially when children are running around I show them an imaginary circle or bubble, which cannot be entered by anyone otherwise I may get startled or pushed and my scissors may slip. I love having the energy of pets around. I tell them that I am cutting their owner's fur and dogs and cats that may be initially protective are then very supportive.

The Quiet Haircut

Receiving a haircut is a chance to relax and let go. A tangible transformation happens and many people just want to close their eyes and enjoy the sensations of the combing and cutting or wander off into their inner worlds. I even have cut many children's hair, while they were having their eyes closed. I can concentrate best with one person and while being in silence. I have been trained to never talk the moment I cut. I will literally stop and if the conversation is demanding my emotional or mental focus beyond a simple exchange I will step next to the client and look into their eyes and converse without cutting hair at the same time.

3. Pre-combing

Before we start cutting someone's hair, we comb the hair straight down and get acquainted with it. Then we have a chance to see where the hair is at, how it naturally falls, how straight, wavy and curly it is. Pre-combing makes the hair cutting process easier because the hair will be detangled before we start cutting. For some people's hair we need a wide-tooth comb first, and then use a fine-tooth comb.



I recommend starting to comb from the roots to the tips. The cuticle layer of each hair follows this direction. Some people prefer detangling the ends first. Yet in general following the direction of the cuticle layer is the healthiest.

When you pre-comb longer hair, at one point the comb may stop gliding easily through the hair. This means that the cuticle layer of the hair is dry, open and therefore got entangled. Then we take the section between the index and middle finger of our hand and carefully detangle without pulling on the hair roots, which would cause an unpleasant sensation.



4. Measuring

The next step is measuring the hair. Often when the hair was cut uneven or grew out uneven it is necessary to notice to what extent.



If the person wants half an inch off but one side is half an inch longer then we need to point out that this hair trim is basically an evening out process and that on one side hardly any hair will be cut. To measure the hair, ask the person to stand up and look at them from the front and back. If there is a gradation, separate the hair in front of the ear or just behind the ear. When you look at bangs, you need to determine how the hair used for the bangs has been separated from

the remaining head hair. Look for hair, which may have been trapped behind the ear during the last haircut.

Checking the line of medium length hair works best directly on the skin to avoid interference from clothing or capes. If your haircut recipient is okay with it, you can move the clothing and cape a little bit, so you have free access to checking and correcting the line.

5. Sectioning

The size of your fingers is your guide in determining how much hair fits into one section. Cutting with one or two moves instead of small little cuts, which create a jagged and disconnected hairline, works better with smaller sections. In this DIY class, especially for beginners, I encourage you to use lightweight clips, which you place gently into the hair to make it more manageable. In my professional training we work without clips, which may be more challenging at first but then increases the flow and relaxing effect of the haircutting process.



6. The Five Word Formula

Section	Select a section of the hair, which fits in between your index and middle finger
Comb	Comb the selected hair strand with your dominant hand from the top to the bottom
Guide	The index and middle finger guiding the comb from behind by pulling the hair straight out
Switch	When you reach the bottom of the section and are getting ready to cut, switch the comb from your dominant hand into the other hand
Cut	Use the scissors to cut

7. Starting to cut the lines

The Contours

The contour, also called perimeter is the outline of the haircut. The contours architecturally speaking are the foundation on which the whole haircut is built.

Cut the contours from the middle of the neck or back to the middle of the forehead on the right side

Cut the contours from the middle of the neck or back to the middle of the forehead on the left side

With medium or long hair cut the contours while both of you are standing. For the back part of the contours, have the haircut recipient tilt their head forward. Then when you reach the shoulder, move the head back into its normal position.

DURING THE FIRST DRY ROUND YOU WILL CUT MOST OF THE HAIR LENGTH OFF. THE WET ROUND IS ABOUT CONNECTING.

The Vertical 'Mohawk' Line

Stand on the left side of the haircut recipient and cut the line starting in the middle of the forehead going along the highest point of the head down to the middle of the neck.

The Horizontal 'Mohawk' Line

Stand directly behind the haircut recipient and cut the same top section of the hair but now in a horizontal way, in a 90 degree angle to the line you were just cutting, basically creating a crisscross pattern. Start from the middle of the forehead going down to the middle of the neck as if you were drawing a ladder going down.

The Vertical Lines

Stay standing behind the person and now take the hair from the sides cutting vertical lines from the center of the head down. Pull the hair firmly and gently out 90 degrees into the field.

Be careful to not cut too much hair in the first section of hair, which grows around the temples and above the cheekbones, since any cutting in the field will affect the contours. Most people don't have a lot of hair growing there because there simply is not much hair growing straight below the temples. You will have an average of five lines on each side of the head going down, which depending on the length of your hair will need 2-4 sections.

Then after cutting the five vertical lines step into a new position, most likely a little bit backwards to the left side to cut the line, which connects the sides with the back of the hair.

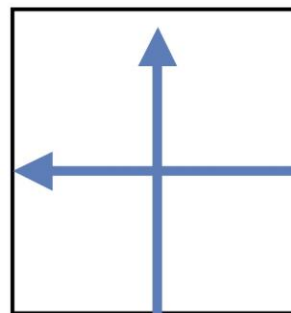
For the haircut recipient's left side step in front of him or her and repeat the process, you just accomplished on the other side. The advantage of stepping in front of the person is that you don't have to lean over the person, stretching your shoulder over the head and can actually comfortably cut from where you stand.

THIS IS WHERE YOU CUT MORE HAIR LENGTH OFF IF THE FINAL HAIRCUT IS SUPPOSED TO BE A LAYERED CUT.

THIS IS WHERE YOU CUT VERY LITTLE HAIR LENGTH OFF IF THE FINAL HAIRCUT IS SUPPOSED TO BE A ONE-LENGTH HAIRCUT.

The next step is connecting the vertical lines we just cut with the help of the horizontal lines.

FROM NOW YOU WON'T CUT MUCH MORE HAIR LENGTH OFF. THE WET CUTTING IS ABOUT CONNECTING THE SECTIONS.

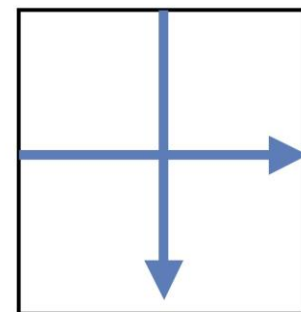


Horizontal Cutting Line

For a right-handed haircutter: scissors move from the right to the left

Vertical Cutting Line

For a right-handed haircutter: scissors move from the bottom to the top



Horizontal Cutting Line

For a left-handed haircutter: scissors move from the left to the right

Vertical Cutting Line

For a left-handed haircutter: scissors move from the top to the bottom

The Horizontal Lines

Stand on the left side of the haircut recipient and draw the lines from left to right. There will be about 2-4 sections. Then repeat this process going down about 1/2 to 1 inch and repeat. Repeat a third time and you will come close to the last section, which is the contour. Don't cut the contours. You already did that.

Then move to the right side of the person and draw the lines again from left to right.

Then repeat the whole process of the dry round after wetting the hair with wet hair. Cut very little. Just check the contours, improve their precision, blend the vertical and horizontal sections.

When you are done put the scissors aside and comb the hair forward and backwards even have the person lean forward and comb the hair upside down and then do a final check before showing your hair client their hair and have them check it out.

5. Cutting Curly Hair

- The advantage of starting with dry cutting

When you cut the first round of a curly head of hair dry the hair will not be completely straightened and stretched out. This round is a sculpting process and you can determine the length and the shape of the cut more easily. Most curly hair people like getting their hair cut dry because they have experienced the popping-up of their hair many times.

- What happens if you cut in the valley of the curl

When you cut in the valley of a curl, it may take the curls longer to curl in their usual pattern. This can take a few hours, days or even weeks. When you cut just the very tip, an 1/8 off an inch and when you cut the whole curl, the remaining curls from the hair strand will simply lose weight and bounce up but will continue to curl in the formation they were in before.

- Bringing curls out and back

Cutting only the very tip or the whole curl of a curl pattern off will increase the curl because of the dropped weight. After the haircut I gently scrunch the curls back into their curl formation with my hands. The Diamond Crystal Mist is ideal for bringing curls out and back after the haircut as it contains water and oils in a perfect balance to humidify the hair enough to curl again.



- Cowlicks, spirals and energy whorls

Many clients over the years have mentioned their unruly hair and cowlicks, which have caused them or their hairdressers grief and upset. When you look at the hair of a newborn you can see that hair grows out of our head in a spiral shape. Some people have one or two spirals. Most spirals grow clockwise. Therefore for most people it is not possible to obtain exact visual symmetry on the left and right side of your face when leaving your hair natural. When hair professionals complain about your 'difficult' hair they simply have not learned how to communicate to you what is possible with your hair and what not and how to incorporate your spirals.

Some people don't like the way their hair parts in the back, where the spiral starts and feel self-conscious of this area, especially when they think it looks like a bald spot. With wet-setting your hair and brushing it the opposite way after washing you can direct your hair to cover this area. If you reframe your cowlicks as energy whorls, as something beautiful and alive, perhaps they become more malleable.

6. Cutting Layers

The less wavy or curly the hair is, the more challenging is it to cut beautifully blended layers.

Layers in a person's head of fine hair will only add volume if the hair has a tendency to wave and curl. Otherwise the hair will be thinned out, which can also be a beautiful look, however, one has to be careful not to thin out the hair too much.

When you cut layers don't include the contours. If you pulled up the hair of the contour and you would cut the ends, you would shorten the whole haircut or thin the contours. A safe strategy here is to cut the contours last, meaning skipping that round and do the layering through the verticals and horizontals first. That way you can 'clean' up the unevenness of the layering in the end.

Cutting layers can be a way to remove bulk from a very compact hair section, see video clip where I cut Tiffany's bangs.

7. Cutting Bangs & Fringes

Bangs and fringes are hair covering the forehead. The difference is that bangs are thicker than fringes and often include sections of hair, which originate further away from the hairline. Fringes often just frame the outline of the forehead. You can still see the skin of the forehead, whereas bangs cover the forehead completely and end often just above the eyes.

Before you cut bangs or fringes determine first where the hair for the bangs and fringes comes from. Pre-comb, measure and then decide whether the section is balanced or whether you need to make an adjustment. The adjustment would either require taking more head hair and shorten it to more hair for the bangs or the opposite taking a row or two of original head hair turned into bangs, and letting it merge back again with the head hair.

In general I prefer fringes to bangs. I find them more versatile as you can comb them back into the head hair. Thicker bangs will tend to fall forward. Also most bangs cannot fully cover the forehead without being manipulated by a round brush and a blow dryer. People have natural parts, which separate the bangs.



8. Cutting Children's Hair

Children want to be involved in the hair care process. As parents we do not own our children's hair. We are caretakers and as soon as the children can be co-caretakers, we need to show them how and allow them to do so.

Ideally, we touch the heads and the hair of our children only with respect and love.

Here are my most important insights for avoiding hair traumas that sometimes last a lifetime.

- If you are stressed or upset, don't comb, wash or cut your child's hair. Do it later. If your child doesn't want a haircut, then wait. If you get into a fight, let things cool off and talk about it at another time. Even if your child doesn't seem to mind having his or her hair knotted and dirty, know it will be just a phase.
- Children have a right to refuse a certain person that they don't like working on their head and hair. Adults don't let a person they don't trust or like cut their hair either. The difference is that adults can explain their dislikes and are not even expected to do so. If a child starts to cry and scream, "I don't want her or him to cut my hair," we might misjudge this as irrational, naughty, or impolite. However, children are very intuitive and psychic. If they reject a person, it is based on their instincts and not on logic.
- Most children have so much energy and their need to move around is the main reason for not wanting a haircut. It is hard to control the life energy that wants to bounce up and down. When I tell children to hold still because I want to cut their hair, I remind them to keep breathing and entertain them with a story.
- If a child wants to do something drastic with his or her hair, it is just as if an adult comes in with the request. I check how serious they are. If one explains to a child that shaved hair is kind of fun, but it takes the hair until two more birthdays to be as long as now, they are likely to be inclined to go with a less drastic choice.
- Bangs for children fulfill an important function in keeping hair off the eyes. Children need to see and discover the world. Flinging gestures that repeat themselves over and over to keep some curls out of the way are irritating and can easily turn into nervous hard-to-break habits.

Sometimes bangs and fussing with them with or without styling products irritates the skin. Teenagers with acne problems should ideally have a free forehead.

Many children whose hair I cut were amazingly clear in what they wanted. They responded to my way of cutting hair by being quiet and peaceful. Nowadays children's salons are enticing children by promising candy, providing ipads, iphones or entertaining them with videos. There is another way. Make the haircutting experience special. This is a time to connect with your child and relax together.



Brother and Sister's First Haircuts Ever!

9. Complete Cut - Long Hair



10. Complete Cut - Medium Layered Hair



11. Complete Cut - Medium Hair



12. Complete Cut - Short Hair



We hope that the information and demonstration in the videos and this e-book will be helpful to you. We are looking forward to feedback.

Please feel free to contact Linda if you have comments or questions.

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Share your success with the Five Elements Haircutting Method with us.

Remember to communicate clearly. Take your time.

Comb and cut with love, respect and focus.

