

# Before You Get Started

## You Will Need:

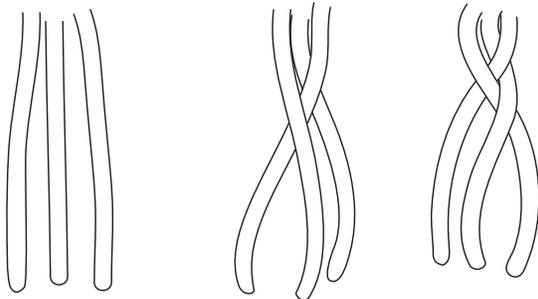
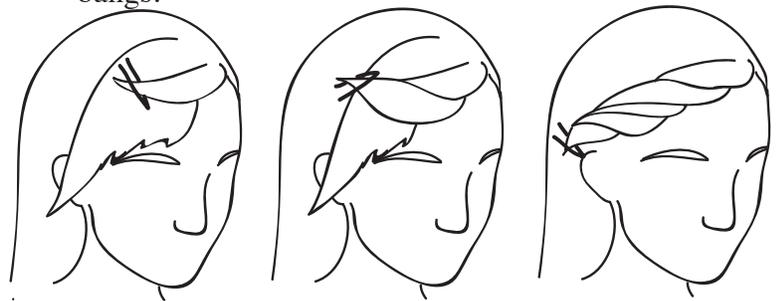
- Ribbon, cut 3 yards
- Large plastic yarn needle
- Bobby pins
- Elastic hair ties (black for dark hair, clear for blonde)
- Scissors
- Hair paste/wax/pomade (optional)
- Hair spray for bangs (optional)
- 2 mirrors (if you are doing your own hair)

## To hide bangs:

1. Do this before the hair taping. Brush rest of hair back, leaving bangs forward. Take small section of bang closest to face, pull back and pin in place using bobby pin.
2. Take another small section of bang and pull back over the last section of bang, hiding the last bobby pin. Pin this in place.
3. Continue pulling back bangs like this until all bangs are hidden. After you style hair, I recommend using hair spray on bangs.

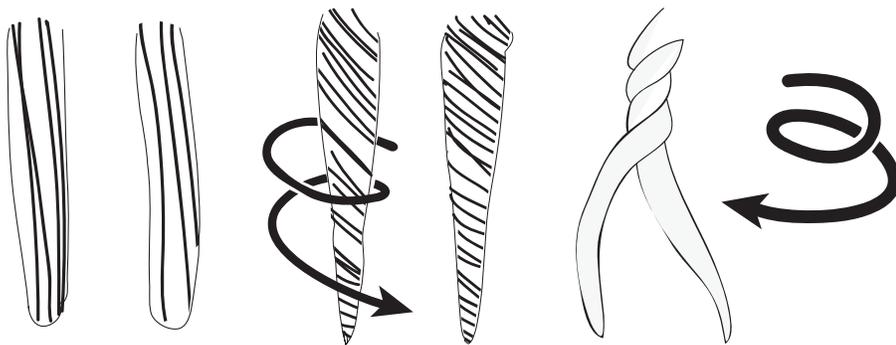
## To English Braid:

1. Use a hair paste if desired. Divide hair into three sections, left, right, and center.
2. Place left section between the center and right. This becomes the new center section.
3. Now switch over and place right section in between the left and center. Keep the braid relatively tight as you go.
4. Repeat steps two and three until you reach the end of hair. Secure with elastic hair tie.



## To Rope Braid:

1. Use a hair paste if desired. Divide hair into two sections.
2. Separately twist both sections tightly in the same direction.
3. Twist the two sections together in the opposite direction. Secure with elastic hair tie.



## Adding texture to straight/fine hair:

I really recommend setting the hair in curls the night before to nearly dry hair (either air dried or just spritzed with water). Because there is no guarantee of access to electricity, try setting the hair using one of these methods:

- Rag curls
- Foam rolls
- Cocoon curls (my preferred method- no packing rollers!)
- French braids

Tutorials are easily found online for all of these!

Hair taping is the method of using fabric or ribbon to firmly and comfortably hold hair in place. I hope to provide some useful tips that anyone with medium to long hair can do. These styles are not exactly as they were in the 14th century in Italy, but they are similar approximations.