

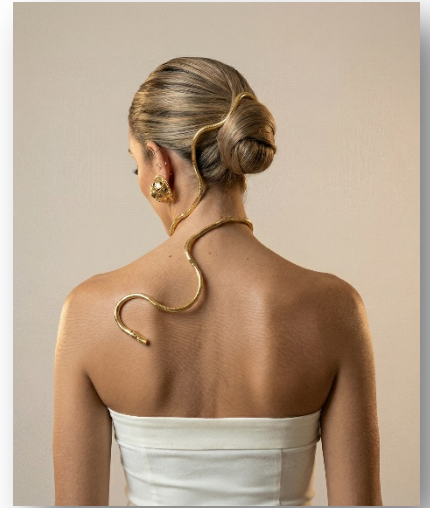


JUANMY MEDIALDEA

ART GALLERY

STEP BY STEP Collection

All created using the Medialdea Method



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COMUNICAHAIR

1. LOW ITALIAN UPDO

IMG 1. We prepare the hair using our **Air Chamber technique**, which consists of adding roughness at the roots to create lift by using **texture powders**. Next, we curl the mid-lengths and ends with **32 mm curling tongs**.

IMG 2. We take a **5 cm wide front section from ear to ear** and secure it with two clips. The rest of the hair is combed backwards. We create a **loose twist on the left side**, using the area above the ear as a reference, and secure it with a **large flat hairpin**, as shown in the image.

IMG 3. We take the next section at the **nape** and create a twist similar to the previous one. We anchor it with a hairpin at the same fixing point.

IMG 4. Next, on the **right side**, we twist all the hair inward with a couple of turns. We secure it with an elastic band and bring it to the opposite side.

IMG 5. We wrap this section, keeping the ends tucked inside, and secure it with **long flat hairpins**.

IMG 6. We take the **left front section** that we previously reserved, create a loose twist and insert it toward the opposite side using a **loop tool (topsy tail)**. We secure it with a long flat hairpin.

IMG 7. Next, we take the **right front section** that was reserved. We smooth it flat, bringing it to the upper area of the Italian updo, and insert it using the loop tool, crossing through the central structure. We use **holding pins** to assist the process.

IMG 8. We place the pins to hold the structure while inserting several **long flat hairpins**, ensuring everything is firmly secured before removing the pins.

IMG 9. To finish, we visually check the hairstyle and arrange the top with our fingers. We apply a **strong-hold hairspray** to guarantee long-lasting durability.

2. LOW INTERLACED UPDO

IMG 1. We prepare the hair using our **Extreme Brightness technique**, which consists of lifting the roots and adding roughness at the base using **mousse and texture powders**. Then we curl the mid-lengths and ends with **32 mm curling tongs**.

IMG 2. We create a **horizontal section above the ears from side to side**. The upper section is tied into a **ponytail with an elastic band**, without tightening it too much.

IMG 3. We insert the ponytail through the center of the section to create a **twist**, as shown in the image.

IMG 4. We divide the **nape section vertically into two parts**. We also divide the previous ponytail into two and bring each section to its corresponding side. Each side is secured with an elastic band, creating **two ponytails at the nape**, as shown in the image.



IMG 5. We take the **left ponytail** and bring it to the right side, inserting it through the upper part of the twist using a **loop tool**.

IMG 6. We repeat the previous step with the **right ponytail**.

IMG 7. We continue repeating these movements, alternating sides, **while the ponytails still have length**.

IMG 8. Once the ends are inserted, we secure the hairstyle with **flat hairpins**. We finish by applying **strong-hold spray and shine spray** to achieve the characteristic **Extreme Brightness mirror effect**.

3. LOW EXTREME BRIGHTNESS UPDO

IMG 1. We prepare the hair using our **Extreme Brightness technique**, lifting the roots and adding roughness at the base using **mousse and texture powders**. Then we curl the mid-lengths and ends with **32 mm curling tongs**.

IMG 2. We create a **horizontal section above the ears from side to side**. The upper section is reserved using **holding pins**.

IMG 3. We take the **lower section at the nape** and create a **ponytail** with all the hair.

IMG 4. We work on the **upper section**, smoothing the hair carefully and using **shine products and wax** for a very clean finish. We then open this section in the center and overlap one part over the other, securing them with **holding pins**.

IMG 5. We join these two upper sections **around the nape ponytail** and secure them underneath with an elastic band.

IMG 6. We continue working with the ponytail by placing **another elastic band approximately seven centimeters** below the one at the root.

IMG 7. We fold this base of the ponytail inward and secure it with a **hairpin**, inserting it between the second elastic band and the root at the nape. This leaves the **mid-lengths and ends free** to continue working.

IMG 8. We smooth the mid-lengths and ends and begin **wrapping them around the previously created base**, using holding pins as shown in the image. It is important to keep the sections **very polished**, combing with a **fine-tooth comb** or a **smoothing brush**.

IMG 9. To finish, we apply a final layer of **strong-hold spray combined with shine spray** to achieve the characteristic and on-trend **Extreme Brightness effect**.



4. HIGH FRENCH UPDO

IMG 1. We prepare the hair using our **Air Chamber technique**, which adds roughness at the roots to create lift using **texture powders**. Then we curl the mid-lengths and ends with **32 mm curling tongs**.

IMG 2. We take a **5 cm front section from ear to ear** and reserve it with two clips. The rest of the hair is combed backwards.

IMG 3. At the **crown area**, we create a small **twist at the base** and secure it with a **long flat hairpin**. To enhance the textured effect, we create **light surface pinches**.

IMG 4. Next, we release the **left clip** and comb the entire side toward the **right side**. In the center, we secure the hair with a **vertical line of hairpins**, as shown in the image.

IMG 5. We take the entire **right side**, smooth it carefully and roll it over itself **from the nape upwards**, leaving the ends at the top. We use **holding pins** to facilitate the placement of hairpins.

IMG 6. We shape the **ends**, placing and interlacing them according to the desired form. We use **fixing spray and hairpins**, anchoring them to the **textured base at the root**.

IMG 7. Next, we take the **right front section** that we had reserved and divide it into two parts. We twist the upper section and insert it using the **loop tool**, passing through the central structure.

IMG 8. We twist the **sideburn section** and repeat the previous step, inserting it with the loop tool through the central structure.

IMG 9. To finish, we check the hairstyle and arrange the top with our fingers. We apply **spray wax and strong-hold hairspray**, using light touches to ensure the finish and durability of the hairstyle.

