



do's and don'ts

Do:

- Brush hair daily. Be sure to brush ends first and secure hair with one hand while brushing. Only use a "wet" brush to brush extensions. Make sure to brush your hair before washing and before bed.
- Condition hair with products recommended by me. Condition wet hair from the ponytail down. Use spray conditioners only on the ends.
- Always braid hair or put in top knot for sleeping. I like to sleep in 1 or 2 braids for comfort.
- Shampoo only the roots of your hair in sections. NEVER shampoo the ends. Make sure to thoroughly rinse shampoo from hair and extensions. Failure to do so may cause itching and dry scalp. Always shampoo immediately after swimming in a pool or ocean. Towel dry by blotting, not rubbing strands together.
- Make your appointment to maintain your extensions every 7-9 weeks.
- Dry your hair. Especially the tops of your wefts. Failure to dry your hair can cause unraveling at the top forcing you to have to purchase hair sooner.

Don't:

- Go to bed with wet hair. Make sure to thoroughly dry hair before braiding.
- Use any products on your extensions without asking me first, including professional brands. Reason: there are some ingredients that are a no-no on extensions that can cause them to break down faster.
- Use heavy conditioners or oils on the scalp. This can cause slippage to the beads or attachments.
- Use volumizing or clarifying shampoos on ends of hair extensions. The alcohol content is too high and it will dry out the hair extensions.
- Attempt to maintain your extensions yourself. If you have any issues, please contact me first. If I am unavailable, I will refer you to a trusted stylist to help.

Swimming:

- My preference is for chlorine to NEVER touch your extensions. It is extremely drying and since chlorine is a type of bleach, it can lighten the color of the extensions.
- If you do go swimming, it is extremely important to wet your hair extensions first, then apply a cream conditioner to your hair and braid it or put it in a top knot out of the way before going into chlorine or salt water.
- Do NOT use any sunscreen products containing avobenzone. This will create a chemical reaction that causes blonde extensions to turn peach or pink. This reaction is irreversible which means you will either need to purchase new hair or tone them darker.
- Be careful not to expose the hair to tanning products as they can also discolor the hair.

Extra tips:

- Please note that your new hair extensions will need to adapt to new shampoo, conditioner, and styling products. This "hair training" period can take 2-3 weeks before your new head of hair starts behaving the way you want. Be patient, but persistent.
- On average, each person will shed 75-100 strands of hair daily due to natural shedding. When wearing extensions, this hair will still shed but remains attached to the extensions. This is completely normal and it is my job to comb these stray hairs out.
- If you should experience extreme tangling, this could mean there is product over build up. Come in for a ultra cleansing treatment to help restore the hair.