

DAY TO DAY ROUTINE

- 1 Make sure you **DO NOT** use any heavy moisturising shampoos/conditioners or any that are high in protein.
- 2 Wash your hair in the shower and never upside down or in the bath.
- 3 When washing your hair **DO NOT** scrub your bonds vigorously or in a circular motion.
- 4 Rinse your hair for twice as long as usual to ensure all shampoo and conditioner is thoroughly rinsed out.
- 5 Purchase a silk pillowcase to sleep on every night.
- 6 Sleep with your hair in either a low ponytail or plait to ensure less matting when you sleep.

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LOOKING AFTER
YOUR EXTENSIONS

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DRYING AND BRUSHING YOUR EXTENSIONS

- 1 Towel dry hair by squeezing not rubbing.
- 2 **DO NOT** comb your hair or bonds with a comb, use a tangle teezer instead.
- 3 Brush from the bottom first using both hands.
- 4 Brush your hair regularly to avoid matting.
- 5 If you are in a hair salon, remind them to only wash your hair gently going downwards over the bonds and follow the same rules that you would at home.
- 6 You can use any heat styling tools on your extensions to ensure your hair extensions will hold style for a longer time.

GOING ON HOLIDAY

- 1 When away on holiday keep your hair in a low plait or ponytail while swimming in the sea or swimming pool.
- 2 When getting out of the sea or swimming pool rinse the salt water or chlorine out of your hair thoroughly with fresh water.
- 3 Maintain a regular brushing routine to prevent matting.

EXTENSION LOSS

- 1 It is normal to lose up to 10 bonded or micro-ring hair extensions over the course of the first 3 months.
- 2 If you find that towards the end of your 3/4 months your extensions are falling out more regularly, they are ready to be removed.
- 3 If you have tape extensions it is normal to lose one or two over 6 weeks as they are added using a semi-permanent method.
- 4 Shedding is a normal part of extensions and you may experience some volume loss over the lifespan.
- 5 **DO NOT** wear your hair extensions for longer than the recommended lifespan. This can cause damage as well as short and long-term hair issues.
- 6 **ALWAYS** have all extensions removed by your hair extension specialist to ensure they are removed gently and professionally.

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No matter where you are, if you experience any problems or require advice about your extensions you can call our salon between 9am - 6pm daily.