



## Extension Self Care

- 1) **Wash your hair** with the pads of your fingers in a downward motion, gently getting around the attachment area. Wait 48 hours after application to shampoo! Kevin Murphy products recommended.
- 2) **Avoid conditioner** on your attachment area, focus on the ends.
- 3) **NEVER go to sleep with wet hair.** You can form bacteria on your scalp, get matting and make your extensions get a mildew smell at the root. Sleep with your hair in a braid.
- 4) **BRUSH 2X** a day from **ROOTS to ends.** Brushing the extension attachment at the root is the most important. It will ensure you don't get matting at the root. Plus it stimulates blood flow on your scalp for natural healthy hair growth! Do not brush when wet, use a wide tooth comb. If tangled hold at attachment then brush.
- 5) **STYLING TOOLS:** flat irons/curling irons make sure to apply below your extension attachment.
- 6) **WORK OUTS:** feel free to get your work out on but don't trap sweat, moisture and oil at your scalp by leaving it up. So let your hair down after your work out!
- 7) **SALT WATER + POOLS** - Always get your hair wet first and preferably apply conditioner before entering the water. When your done swimming be sure to shower out the chemicals right away and blow Dry your extensions so your hair doesn't dry out or stay wet for too many hours. I do not recommend submerging your hair too often.
- 8) **NEVER let SUNCREEN, oils, or tanning products come into contact with your extensions.** Put your hair up if it's on your body because it will cause a discoloration to your extensions. Especially BLONDES! Also if any of those products were applied by hand WASH THEM before touching your hair.
- 9) **EXTENSION LOSS is 🧐 normal.** We shed 50 to 150 hairs per day naturally. You can expect losing a couple strands of keratin or less hair attached to your method. That's why proper maintenance is key so you never let the hair dwindle down to too little hair for the weight of the extension attachment. It will compromise your natural hair.
- 10) **LIVE YOUR BEST LIFE WITH GORGEOUS HEALTHY HAIR.**