

EmpowHer

SALON + EXTENSION LOUNGE



HAIR EXTENSION MAINTENANCE GUIDE

FIRST THINGS, FIRST

Welcome to the HairBible, your ultimate guide to achieving success in maintaining your hair extensions. Our goal is to share with you our expert tips and tricks that have been carefully curated over years of experience in the industry. Rest assured that our team has seen and tried it all, so you don't have to!

SENSORY ADAPTATION

When introducing foreign objects to the body, such as contacts, extensions, braces, and the like, it's important to keep in mind that the body requires time to adapt to these changes. This is a natural process known as "sensory adaptation." While adjusting to new extensions, it's common to experience slight discomfort for up to a week, as the scalp gets used to its new companion. Remember, this discomfort is completely normal and will pass with time.



IT'S HAIR WASH DAY!

LET'S GET GORGEOUS!

Before washing, start off by taking your detangling brush, starting at your ends and working your way to the roots.

SHAMPOO & CONDITIONER TIPS:

Did you know? Shampoo's main goal is to strip the hair of oils around the root area. Therefore, when wearing extensions we like to use our shampoo & conditioner as a 2 step process. You will shampoo the scalp/root area, and condition the mid-strand & ends! Your conditioner doesn't need to be right up at the root, and the shampoo doesn't need to be rubbed into the ends of your extensions- we don't want to strip the ends of moisture!

Start by gently massaging the shampoo at the base of the extensions with a side to side, horizontal motion with your fingers, getting product in between your extensions, onto your scalp.

Next, leave the shampoo at the root while you apply conditioner to your mid-length area, and ends! Leave everything on for 5 minutes, then rinse out together. This allows the shampoo to cleanse the ends without stripping moisture!

PRO TIP:

Your extensions LOVE to soak up any moisture and swapping your conditioner for a hair mask occasionally will keep them looking fresh until the end of their lifespan. Using your hands or a towel, gently "squish" (no twisting or wringing!) the excess moisture from your hair and apply a generous amount of conditioner, making sure to fully saturate each section. Let this soak in for a few minutes while you finish your shower routine and then rinse your shampoo AND conditioner out together with cool water. Cool water closes the cuticle and helps keep the product in the cuticle.

Rinse for an extra 30 seconds to ensure there is no product buildup left at the base of your extensions!

After, put your hair in that towel for as long as you can- let the towel do the work of soaking up as much water as possible!



MORE TIPS!

NEVER EMULSIFY SHAMPOO DIRECTLY ON YOUR ENDS!

Extensions by nature are prone to dryness and breakage. This is easily prevented by giving them hydration and moisture! Rubbing/lathering shampoo directly on the ends of the hair can lead to breakage. *Shampoo the roots/condition the ends!*

WASH YOUR EXTENSIONS NO MORE THAN TWICE A WEEK - THREE TIMES MAXIMUM! ONCE A WEEK IS BEST!

You will find your hair does not get "dirty" as fast with extensions. This is because your wefts don't produce oil. By washing your extensions weekly instead of daily, you are ensuring they stay moisturized and healthy so that you get your full duration of wear out of each set. The more you wash = the less overall duration of wear!

ALWAYS FULLY DETANGLE NATURAL HAIR & EXTENSIONS BEFORE & AFTER WASHING.

After you take your hair out of your towel, the first thing you should do is use your detangler BEFORE attempting to brush! Only use the provided brush to avoid breakage of your natural or extensions as your hair is more fragile when wet. Avoid breakage!

AVOID HOT WATER WHEN WASHING YOUR HAIR.

The hotter the water, the more drying and damaging it is for your hair and your scalp. Lukewarm to cool is ideal if you can handle it!

"THE TOP WASH"

Your solution to those days where dry shampoo just isn't cutting it, but you aren't ready for a full wash day!

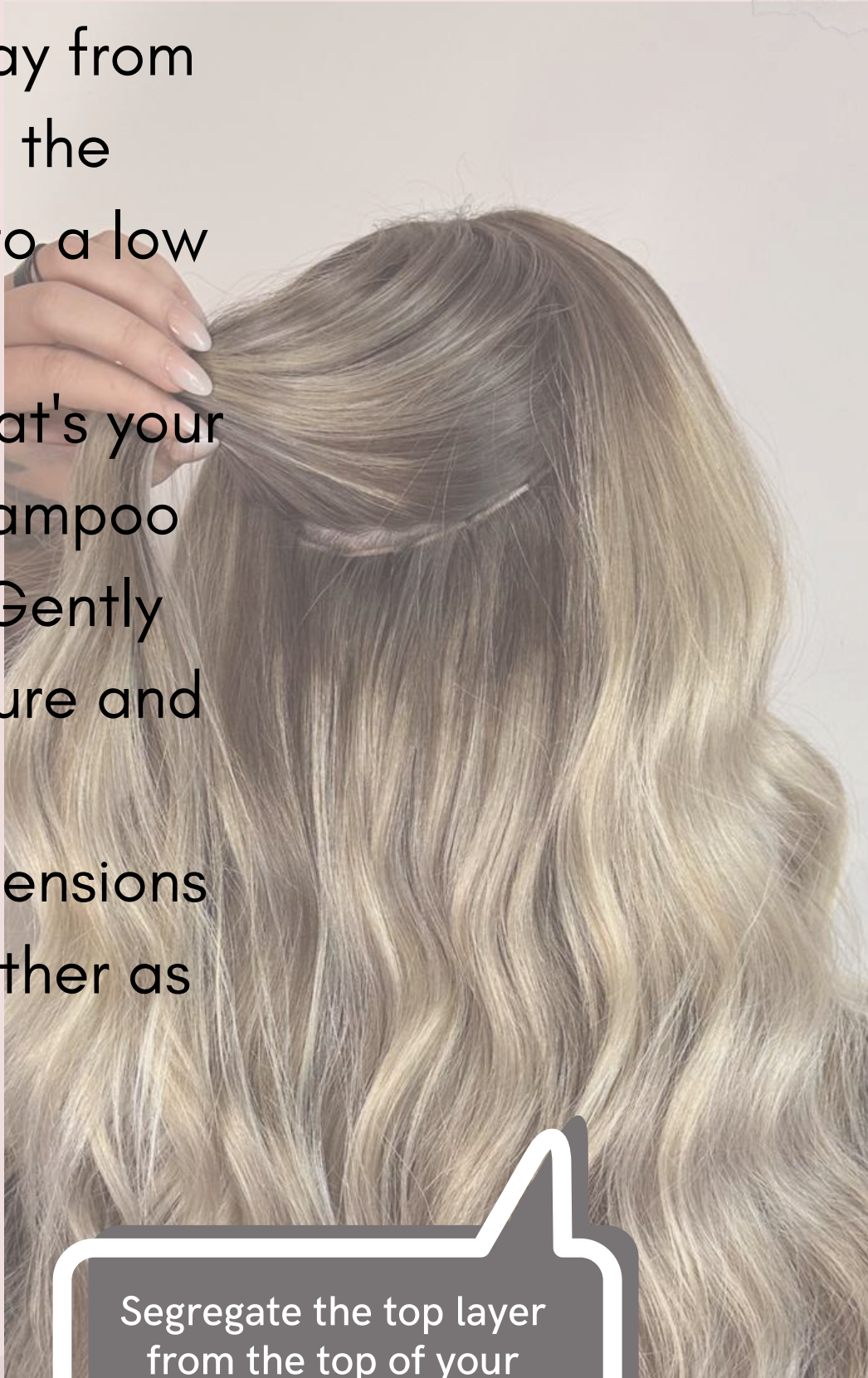

By only washing your natural on the top of the head, you freshen up the natural when the extensions are still fine!

HOW TO:

Begin by sectioning off your natural hair above the highest row of extensions (only at the crown, or top, of the head) and clip this away from your extensions. Secure all the remaining hair (extensions) into a low ponytail.

Wash only your natural hair (that's your top layer in the clip!) with shampoo and conditioner as normal. Gently squeeze out the excess moisture and blow-dry!

Now, you can release your extensions and style all of your hair together as desired. Voila!



Segregate the top layer from the top of your extensions and wash only the natural hair! Bam- fresh!

Dryin' & Stylin'

Your hair extensions are 100% premium quality human hair, which can be blow-dried & heat styled with the use of a professional hot tools. Always use a salon-grade heat protectant to protect the integrity of your natural, as over-use of heat can cause your extensions to become dry/brittle and lead to excessive breakage! Skipping out on your protectant can also cause heat tools to fade your colour in as little as ONE time. No jokes!

AIR DRYING

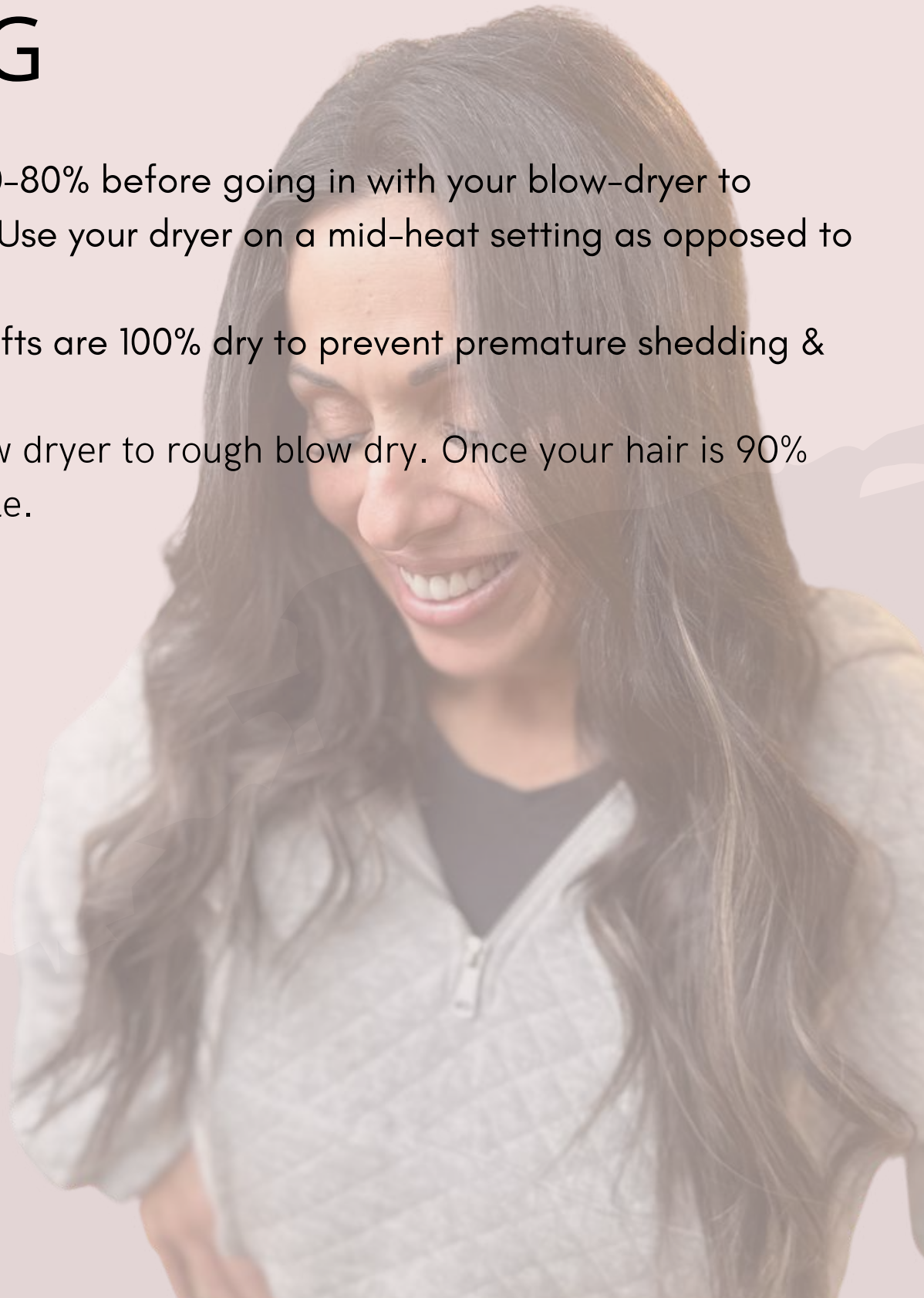
We recommend letting your hair/extensions air dry until they're roughly 50% dry, before blowdrying. It is fine to let the natural + extension hair air dry, as this will minimize heat damage to the natural + extension hair, potentially prolonging the life of your extension investment. However, if you find air drying causes your scalp to feel "itchy", use your blow dryer on your roots & the "root" of the extensions and leave the rest to air dry.

BLOW DRYING

We recommend letting your hair air-dry 20-80% before going in with your blow-dryer to decrease the risk of damage to your hair! Use your dryer on a mid-heat setting as opposed to high heat for best results.

Lastly, ensure that the top/root of your wefts are 100% dry to prevent premature shedding & bead slippage!

For best results, use a traditional blow dryer to rough blow dry. Once your hair is 90% dry, use a blow dry brush to finish and style.



Heat Tools

FLAT IRONS & CURLING

You can absolutely use a flat iron or curling iron on your extensions as they are 100% human hair! In order to protect your investment, we only recommend using professional hot tools with a thermal protectant when heat styling your locks.

For our fine haired or chemically processed babes, start off with your heat setting at 250° and adjust it up or down from there based on your hair's needs. The thinner/finer the hair, the lower the setting should be. The thicker and courser the hair, the higher the setting. We recommend not turning your hot tool all the way up to the highest setting (450°), as this is the temperature that hair can begin to damage its structure, causing irreparable damage to your natural & extensions.

Many clients find that their extensions actually help their curls or style last longer as the extension hair generally hold their shape very well. However, if you prefer to flat iron everyday to blend your wefts with your natural it is imperative to use a high quality heat protectant **each** time to prevent damage.



CATCHING SOME ZZZ'S

SLEEPING TIPS

1. **Always brush your extensions out before putting your hair up or out of the way for bed.**
2. **Wear a low, loose ponytail, or braid when sleeping for minimal tension on the scalp and follicles. A high ponytail can be done if worn loosely, as a tight, high pony causes prolonged tension on your follicles which can result in traction alopecia.**
3. **A satin or silk pillowcase will help guard against tangles while you move in your sleep. Additionally, a satin or silk pillowcase will prevent your hair from losing moisture as cotton can rob your hair and skin from moisture.**
4. **NEVER sleep with wet or damp hair unless your hair is braided as this can create tangles or matting at the top of the weft.**
5. **We highly recommend using your stylist recommended moisture product before you braid/tie up your hair for the night as this will help with detangling and your hair to absorb all the moisture while you sleep!**

Remember when we talked about sensory adaptation earlier? It can take some time for your scalp and follicles to adjust to their new roommate!

After this initial adjustment period, sleeping with your extensions is very comfortable

This response can vary depending on the person and their sensitivity levels. During the adjustment period, clients reported feeling the most discomfort while sleeping during the first few nights.



Rise & Shine!

IN THE MORNING

1. **Brush through your hair gently, starting from bottom and working your way to the top of the wefts. Ensure that you can run your fingers through the hair without any tangles or snags.**
2. **Add Flawless Blend into your hair to give your hair back the moisture it lost to the atmosphere and to your pillowcase as you slept.**
3. **If you're going to be flat ironing or heat styling your hair, be sure to apply your heat protectant and then your oil to avoid heat tool damage to your wefts and natural hair.**

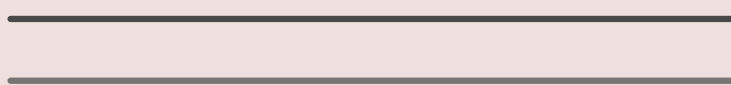
HOT TIPS



Do you find that your hair isn't quite long enough to comfortably braid back?

In this case, we suggest a loose, low ponytail to sleep and using a satin/silk pillowcase to help prevent any friction that could cause tangling or matting while you sleep.

If your hair is prone to tangling in the back, two loose french braids will help prevent friction and matting as you sleep.



LET'S GET PHYSICAL

Physical exercise is an integral aspect of human health, and one of the most asked questions we get is:

“Can I still go to the gym with my extensions?”

The answer is of course YES!

Just as you would for sleeping or swimming, securing the hair back is key to preventing any tangling or interference with your workout!

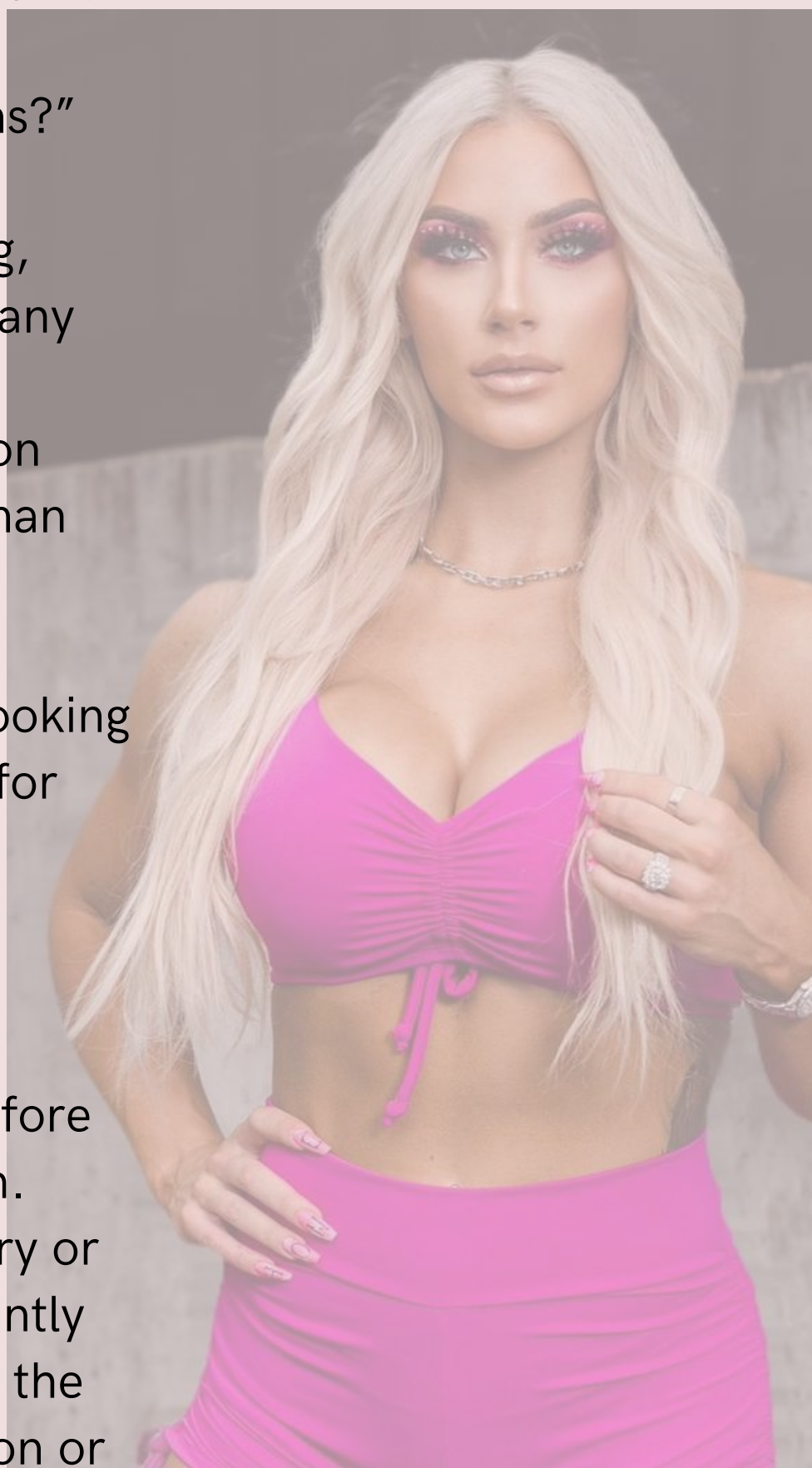
There is no need to worry about perspiration getting onto the extensions as they are human hair.

Simply air dry or blow dry your hair post workout! (Don't worry, it won't leave you looking oily!) OR, take advantage of the mini wash for your natural if you prefer!

GYM TIP!

Lightly spritz dry shampoo at your roots before putting your hair back for your gym session.

Once you're finished your workout, blow dry or brush the excess dry shampoo out for instantly fresher feeling hair. This works by allowing the dry shampoo to fully absorb any perspiration or oil while you work out so that you can leave the gym looking just as flawless as when you walked in!



SUN + WATER + EXTENSIONS

Whilst out in the sun, it is of the utmost importance to ensure that you are protecting your extensions, natural hair, and scalp from intense UV rays. Therefore, please wear a sun hat to protect your scalp and use a UV protectant spray or product on your hair to prevent premature colour fading and damage.

SOME SUNSCREEN = ORANGE HAIR

We recommend only using mineral based sunscreens without oxybenzone or avobenzone in them! These ingredients can cause your extensions (or natural!) to take on a peachy/orange tinge that can be difficult to remove.

Instead, look for sunscreens that use zinc oxide or titanium dioxide as the active ingredient. Not only are these better for your hair, they're better for the environment as well!

HOT TIP:

If you are having a beach or boat day, bring your detangler along with you! Put a generous amount of detangler (with UV protectant) in your mid-shaft & ends, this keeps the hair/ocean from drying out the hair and causing tangles, making it easier to brush through after a long day in the water!





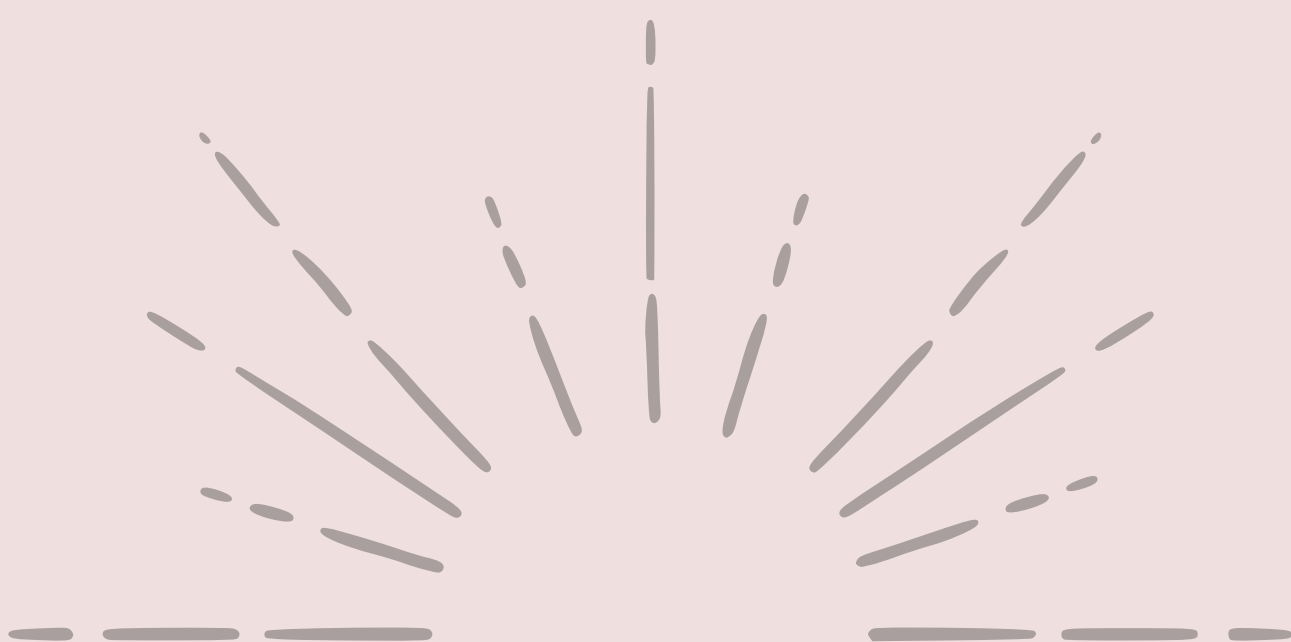
WATER + EXTENSIONS

Frequent swimming and long-term extension wear are not words you hear together often, but can be achieved with success with minor preparation. For someone who swims 4 or more times per week, you may want to consider that the frequent washing and contact with pool chemicals or salt water will cause your extensions to become dry and brittle, which can lead to potential breakage and decrease the overall lifespan of your investment. If you want the best of both worlds, always be sure to bring your salon recommended shampoo, conditioner, and hydrating sprays / oil serums.

Additionally, while swimming, it is advised to add either deep conditioner, or an oil serum throughout the mid-shaft to ends of your extensions to act as a barrier against harsh chemicals and detangle immediately after getting out of the water to prevent moisture loss and matting of your extensions.

IT'S BEST TO TIE YOUR HAIR BACK

1. Flip your hair over, then gather all of your hair into a high ponytail to secure your hair back. Ensure the extensions are not pulling too tight on your precious follicles!
2. Afterwards, braid hair in ponytail, then secure braid with an additional ponytail. This should sufficiently secure the extension hair to prevent tangling while you're frolicking in the water!



thank you!



Thank you from the bottom of our hearts for choosing us as your service provider!

We hope that you enjoy your new set of hair extensions, and at any time if you have questions or concerns, we believe that open communication is the key to success in all situations, and it is our commitment to provide you with professional, honest, and courteous communication.

Please don't hesitate to reach out, as we are here to help you see success.

life is more beautiful when you meet the right hairdresser...