



HAIR
'N' Bloom

Hair Extension

GUIDE

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Introduction

Welcome to your new look with hair extensions! This chapter will introduce you to the critical aspects of post-installation care, designed to ensure that your new extensions look fabulous and last as long as possible. Proper care is essential not only for maintaining the aesthetic quality of your extensions but also for protecting the health of your natural hair.



Why Post-Installation Care Matters

Once your hair extensions are expertly installed by Hair N Bloom Stylist, they become a part of your daily beauty routine. The first few weeks after installation are pivotal for setting the stage for their longevity and vitality. Proper care can prevent potential issues such as tangling, matting, or even damage to your own hair. It's all about getting into the right habits early on.

What This Guide Covers

This guide is structured to provide you with all the information you need from the moment you leave Hair N' Bloom. Here's what we'll cover:

- **The First 24-48 Hours:** Immediate steps to take after installation and activities to avoid to ensure your extensions settle properly.
- **Initial Washing and Conditioning:** How and when to wash your new extensions, including recommended products that are safe and effective.
- **Daily Maintenance:** Tips on brushing, detangling, and routine care to keep your extensions looking their best.

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- **Styling With Care:** Advice on using heat and styling products that will help you style your extensions without risking damage.
- **Long-Term Maintenance:** Guidelines on when to return to Hair N' Bloom for professional upkeep and how to notice when it's time for your extensions to be lifted or replaced.
- **Addressing Discomfort and Issues:** Solutions to common initial challenges you may face, such as scalp sensitivity or itching.
- **Special Considerations:** Additional advice for maintaining your extensions during activities like exercising, traveling, or experiencing different weather conditions.

Our goal is for you to feel confident and excited about your new hair extensions, with all the knowledge you need to care for them properly. By following this guide, you'll enjoy beautiful, healthy-looking extensions for months to come. Let's embark on this journey together with the right care and enthusiasm!



The First 24-48 Hours

The initial hours after your hair extension installation are crucial for ensuring that your extensions adhere correctly and begin integrating smoothly with your natural hair. In this chapter, we'll guide you through what to expect during the first two days post-installation and provide important advice on how to protect your new extensions during this critical period.

What to Expect Right After Getting Extensions

Immediately following your appointment you may experience a slight feeling of tightness or heaviness, which is completely normal as you adjust to the extra volume and length of your new extensions. It's important to monitor your scalp and hair for any signs of extreme discomfort or irritation. If you notice anything unusual, don't hesitate to contact [Contact Information of Stylist/Business].

Activities to Avoid

To ensure that your new extensions settle properly without any complications, there are several activities you should avoid during the first 24-48 hours:

- **Avoid Washing Your Hair:** Keep your new extensions dry to allow the bonds to fully cure and secure. Washing your hair too soon can weaken these bonds.
- **Stay Away from Swimming Pools and Saunas:** Chlorinated water and excessive heat can damage the extension bonds and your natural hair.
- **Limit Physical Activity:** Avoid workouts or any activities that might cause excessive sweating, as moisture can interfere with the adhesion process of some types of extensions.



How to Sleep Safely With New Extensions

Protecting your hair extensions even while you sleep is part of ensuring they last and continue to look their best. Here are some tips on how to sleep safely with your new extensions:

- **Use a Silk or Satin Pillowcase:** These materials help reduce friction, which can cause tangling and matting while you sleep.
- **Tie Your Hair in a Loose Braid:** A loose braid will help prevent tangles and matting overnight. Make sure the braid is not too tight, as this can put unnecessary stress on the extensions.
- **Avoid Sleeping with Wet Hair:** Make sure your hair is completely dry before you go to bed. Sleeping with wet hair can lead to severe tangling and can weaken the bonds.

By following these guidelines, you can help ensure that your extensions are protected from undue stress and damage during the crucial first few days post-installation. This careful approach will lay the foundation for beautiful, healthy extensions that feel comfortable and look natural.



Initial Washing and Conditioning

After the first 24-48 hours have passed, it will soon be time to wash your hair extensions. This chapter details the proper techniques and products to use to ensure your extensions remain in pristine condition. Adhering to these guidelines will help extend the life and beauty of your extensions.

Recommended Time to Wait Before the First Wash

It's crucial to allow enough time for your extensions to settle before introducing them to water and products. [Stylist/Business Name] recommends waiting at least [Insert Recommended Number of Days] days after installation before washing your hair. This waiting period helps ensure that the bonds are fully set and strong enough to withstand the washing process.



Gentle Washing Techniques

When it comes time to wash your hair, being gentle is key. Here's how to do it without stressing the bonds or roots:

- **Brush Before Washing:** Always gently brush your extensions with a suitable brush to remove tangles and ensure smooth washing.
- **Use Lukewarm Water:** Hot water can weaken the bonds and dry out both your natural hair and the extensions. Use lukewarm water instead.
- **Shampoo Gently:** Apply a small amount of shampoo and carefully work it through your scalp and hair in a downward motion. Avoid rubbing the extensions vigorously.
- **Rinse Thoroughly:** Make sure all shampoo is thoroughly rinsed out to prevent buildup.

Suggested Shampoos and Conditioners

Choosing the right products is essential for maintaining the integrity and appearance of your hair extensions. Use sulfate-free shampoos and conditioners as these are gentler on the hair and won't degrade the bonds or adhesives. Hair N' Bloom recommends using Aluram Moisturizing Shampoo and Conditioner and don't forget to use the Aluram Purple Shampoo is wonderful for my blond ladies.

How to Properly Dry Extensions

Proper drying techniques are just as important as the washing process. Here's how to dry your extensions correctly:

- **Pat Dry:** After washing, gently pat your hair with a soft towel. Avoid rubbing your hair as this can cause tangles and damage.
- **Air Dry or Low Heat:** Whenever possible, allow your extensions to air dry. If you need to use a blow dryer, set it to a cool or low heat setting and hold it at least 6 inches away from your hair.
- **Use a Heat Protectant:** If you are using heat, apply a heat protectant spray to both your natural hair and the extensions to minimize damage.

By following these steps, you can ensure that your hair extensions remain healthy, beautiful, and tangle-free after washing. Remember that how you care for your extensions can greatly affect their longevity and appearance.



Daily Maintenance

Daily care and maintenance are crucial for prolonging the life and beauty of your hair extensions. This chapter provides essential tips on how to brush, detangle, and style your extensions daily while minimizing damage and maintaining their integrity.

Brushing Techniques

Using the right tools and techniques when brushing your extensions can prevent damage and help keep your hair looking smooth and healthy.

- **Use Extension-Friendly Brushes:** Opt for brushes specifically designed for hair extensions, such as loop brushes or brushes with soft bristles. These are gentle on the hair and help avoid pulling at the bonds.
- **Brush Regularly:** Regular brushing prevents tangling and matting. Brush your hair at least twice a day — once in the morning and once at night.
- **Start from the Ends:** Always start brushing from the ends of your hair and work your way up to the roots. This method helps to gently detangle without putting stress on the hair roots or the extensions.

Detangling Tips

Detangling is an essential part of hair extension care, especially to avoid matting and to keep the extensions from pulling at your natural hair.

- **Use a Wide-Tooth Comb for Wet Hair:** When your hair is wet, use a wide-tooth comb to gently detangle it. This reduces stress on the hair and is less likely to pull on the extensions.



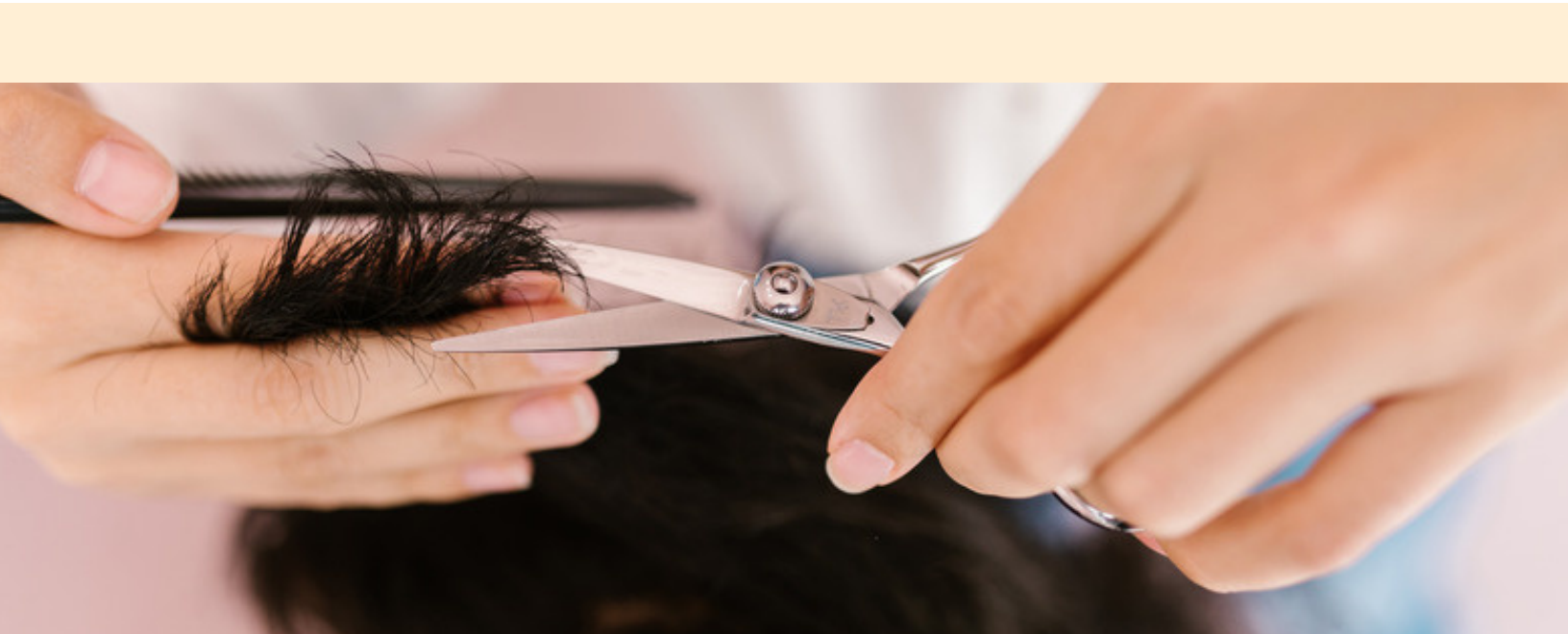
- **Detangle Before and After Washing:** To minimize knots and ease the washing and drying process, detangle your hair gently before getting it wet and once again when it's dry.
- **Apply a Leave-In Conditioner:** A light leave-in conditioner can help detangle and smooth your extensions. Spray it lightly from mid-shaft to the ends, avoiding the roots and bonds.

Styling Products to Avoid

The products you use on your hair extensions can have a significant impact on their longevity and appearance.

- **Avoid Alcohol-Based Products:** Alcohol can dry out both your natural hair and your extensions, leading to brittleness and breakage. Check the ingredients list on your styling products and avoid those that contain high concentrations of alcohol.
- **Be Cautious with Oils:** While lightweight oils can be beneficial for the ends of your extensions, avoid applying oils near the bonds or tape. Oils can cause the bonds to slip or degrade prematurely.
- **Select Hairstyling Products Carefully:** Use styling products sparingly. When needed, choose those that are specifically formulated for use on hair extensions. [Stylist/Business Name] recommends [Product Names/Types], which provide hold and style without damaging the hair.

By adhering to these daily maintenance practices, you can significantly extend the life and maintain the appearance of your hair extensions. Regular and careful maintenance ensures that your extensions will continue to look as natural and beautiful as the day they were installed.



Styling With Care

Styling your hair extensions can be a delightful part of your beauty routine, allowing you to express your style while maintaining the integrity of your extensions. This chapter covers the best practices for heat styling, suggests protective styles to reduce wear and tear, and offers creative styling tips that are safe for your extensions.



Heat Styling

Using heat on hair extensions should be done cautiously to prevent damage. Here's how to heat style safely:

- **Recommended Temperatures:** Never exceed 350°F (177°C) when using heat tools on hair extensions. Higher temperatures can cause the bonds to weaken and the hair to break or become dry.
- **Use Heat Protectants:** Always apply a heat protectant spray before using any heat styling tools. This adds a layer of protection against heat damage.
- **Choose Quality Tools:** Invest in good quality heat styling tools with adjustable temperature settings and ceramic or tourmaline plates that distribute heat evenly and minimize the risk of damage.

Protective Styles

Protective styles not only help minimize daily wear and tear but also keep your extensions looking fresh and tangle-free.

- **Loose Braids and Twists:** Opt for loose braids or twists to keep your hair organized and prevent tangling, especially overnight or during physical activities.

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- **Buns and Ponytails:** When styling your hair in a bun or ponytail, make sure not to pull too tightly. Use soft, fabric-covered bands to secure your hair gently.
- **Avoid High Tension Styles:** Styles that pull tightly on the scalp and hair, such as high ponytails or tight braids, can stress your extensions and natural hair, leading to damage or loss.

Creative Styling Tips

Being creative with your hair extensions means you can enjoy a variety of styles without compromising the health of your hair.

- **Layered Looks:** Consider having your extensions cut into layers to blend more seamlessly with your natural hair, which also provides more styling flexibility.
- **Use Accessories:** Hair accessories like clips, scarves, and headbands can add a touch of flair without requiring constant heat styling or complex techniques.
- **Experiment with Non-Heat Styles:** Try out heatless curling methods such as rollers, flexi-rods, or braiding wet hair and leaving it to dry for waves without the damage.

By following these guidelines, you can enjoy styling your hair extensions in various ways while ensuring they remain healthy and beautiful. Remember, the key to longevity with extensions is as much about how you style them as how you care for them on a daily basis.



Long-Term Maintenance

Maintaining your hair extensions over the long term is crucial to their longevity and the health of your natural hair. This chapter will guide you through scheduling professional maintenance appointments, recognizing when extensions need attention, and managing natural hair growth.

Schedule for Professional Maintenance Appointments

Consistent maintenance is key to ensuring your extensions look their best and are comfortable to wear.

- **Regular Check-Ups:** Schedule regular appointments with [Stylist/Business Name] every [Insert Recommended Timeframe, e.g., 6-8 weeks] to have your extensions checked, tightened, and repositioned if necessary. These visits help manage the natural shedding of your hair and the general wear and tear on the extensions.
- **Tightening Sessions:** Depending on the type of extensions, you may need to have them tightened. This is crucial as loose extensions can lead to tangling and additional stress on your natural hair.

Signs That Extensions Need to Be Lifted or Replaced

Knowing when to have your extensions adjusted or replaced is important for maintaining the health and appearance of your hair.

- **Slipping or Loosening:** If you notice that your extensions are slipping or feel looser, it's time to visit your stylist. This is common as your natural hair grows and sheds.
- **Visible Bonds:** As your hair grows, the bonds may become more visible. Schedule an appointment to have them repositioned back to the roots.



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- **Tangling and Matting:** Persistent tangling or matting near the roots may indicate that it's time to have your extensions removed or replaced.
- **General Discomfort:** Any discomfort or irritation is a sign to consult with your stylist. Properly maintained extensions should be comfortable and secure.

Handling Natural Hair Growth with Extensions

Your natural hair will continue to grow with extensions in place, and managing this growth is essential for maintaining both the extensions and your scalp health.

- **Gentle Care:** Be gentle when styling and brushing to minimize pulling on new growth, which can lead to discomfort or damage to your natural hair.
- **Scalp Health:** Maintain the health of your scalp with appropriate products recommended by [Stylist/Business Name]. A healthy scalp promotes healthy hair growth, which supports the integrity of the extensions.
- **Regular Cleansing:** Keep your scalp and roots clean to prevent buildup, which can affect the bonds of the extensions and the health of your natural hair.

By adhering to these long-term maintenance guidelines, you can enjoy beautiful, healthy extensions that blend seamlessly with your natural hair. Regular professional upkeep and attentive home care are the keys to maximizing the life of your extensions.



Addressing Discomfort and Issues

Even with meticulous care, you may encounter some common issues with hair extensions, such as itching, scalp sensitivity, excessive shedding, or damage. This chapter provides strategies to address these discomforts and guidance on when to seek professional help.

Common Issues and Mitigation



ITCHING AND SCALP SENSITIVITY:

- **Cause and Mitigation:** Itching can be caused by tension from the extensions, an allergic reaction to the materials used, or buildup of products near the scalp. To mitigate this, ensure that you are using hypoallergenic products recommended by Hair N' Bloom. Regularly and gently clean your scalp to remove buildup.
- **Looseness Check:** If itching is accompanied by a feeling of tightness, it might be necessary to check if the extensions are too tight. A slight adjustment might be required, which your stylist can provide.



EXCESSIVE SHEDDING OR DAMAGE:

- **Normal vs. Excessive Shedding:** It's normal to experience some shedding with hair extensions, but if you notice an unusual amount of hair falling out, especially when brushing or washing, it may indicate that the extensions are applied too tightly or that they are pulling at your natural hair.
- **Preventive Measures:** Use a brush designed for extensions, avoid over-styling, and protect your hair with appropriate products. If shedding persists, consult with your stylist.

When to Contact your Professional for Help

Knowing when to seek help from your stylist can prevent further damage and ensure your comfort and the longevity of your extensions.

- **Persistent Discomfort:** If you experience ongoing discomfort or notice signs of scalp irritation such as redness, bumps, or excessive dryness, it's important to contact [Stylist/Business Name] immediately.
- **Visible Damage to Extensions or Natural Hair:** If the extensions seem visibly damaged or you observe breakage or thinning of your natural hair, professional intervention is needed to assess and rectify the issue.
- **After Unsuccessful Adjustments:** If you've tried managing minor issues at home without success, it might be time for a professional assessment.

Regular communication with Hair N' Bloom will ensure that any issues are promptly addressed. Don't hesitate to reach out if something feels off; timely adjustments can often prevent more serious problems.



Special Considerations

Adjusting your hair care routine to accommodate different climates or during travel, and managing hair care during physical activities, are important factors in maintaining the integrity and appearance of your hair extensions. This chapter offers tailored advice for these special situations.

Adjusting Your Hair Care Routine in Different Climates

Different environmental conditions can affect hair extensions in various ways. Here's how to care for your extensions in diverse climates:



- **Humid Climates:** In humid conditions, hair can become frizzy and harder to manage. Use anti-frizz products and leave-in conditioners recommended by [Stylist/Business Name] to keep your extensions smooth and tangle-free.



- **Dry Climates:** Dry air can make hair and scalp excessively dry. Hydrate your extensions and your natural hair with moisturizing shampoos and conditioners, and consider using a hydrating hair mask weekly.



- **Cold Climates:** Cold weather can make hair brittle. Protect your extensions from the cold by wearing hats or scarves, and use hair oils or leave-in treatments to maintain moisture levels.



- **Sunny Climates:** UV exposure can damage hair extensions just like it can your natural hair. Use hair products with UV protection or cover your hair with a hat or scarf when exposed to direct sunlight for extended periods.



During Travel

Traveling can disrupt your regular hair care routine, but with some planning, you can keep your extensions looking great:

- **Pack the Right Products:** Bring travel-sized versions of the hair care products recommended by [Stylist/Business Name]. This ensures your extensions are treated well away from home.
- **Water Considerations:** If you're traveling to a place with hard water, consider using a water softener attachment for your shower or rinsing your hair with bottled water to avoid mineral build-up on your extensions.
- **Protective Styling:** Opt for simple, protective styles that require minimal maintenance, such as braids or low ponytails.

Handling Workouts and Sports Activities

Staying active with hair extensions requires some adjustments to avoid tangling and minimize sweat damage:

- **Pre-Workout Preparation:** Before engaging in physical activities, secure your hair in a low ponytail, braid, or bun to prevent tangling.
- **Sweat Management:** Use a sweat-wicking headband to help keep perspiration away from the bonds of your extensions.
- **Post-Workout Care:** After exercising, allow your scalp to dry completely, then gently brush your hair to remove any tangles. If your workout routine is intense and involves a lot of sweating, consider washing your hair more frequently with gentle, sulfate-free products to remove salt buildup from sweat.

By incorporating these special considerations into your hair care routine, you can ensure that your extensions stay healthy and look great, no matter where you are or what activities you engage in.



Conclusion

Congratulations on your beautiful new hair extensions! By now, you should feel well-equipped with the knowledge and techniques to care for your extensions effectively. Let's quickly recap the key points we've covered in this guide:



- **Immediate Care:** Remember, the first 24-48 hours are critical. Avoid washing your hair, engaging in heavy physical activities, or exposing your new extensions to extreme conditions during this period.
- **Routine Maintenance:** Develop a regular care routine that includes gentle brushing, proper washing and conditioning with sulfate-free products, and safe drying practices to maintain the health and beauty of your extensions.
- **Styling Tips:** Use low heat settings for styling, apply heat protectant sprays, and experiment with protective styles that minimize damage and reduce stress on your extensions.
- **Long-Term Care:** Keep up with scheduled maintenance appointments for tightening and checks, and be vigilant for any signs of discomfort or damage that might need professional attention.
- **Special Considerations:** Adjust your hair care approach based on climate changes, travel needs, and physical activity to keep your extensions in top condition.

Above all, enjoy the versatility and confidence that comes with your new look! Hair extensions offer a wonderful opportunity to enhance your natural beauty and allow for creative styling options that you may not have considered before. With the right care, your extensions can look fabulous for many months.

At Hair N' Bloom, we are always here to help you maintain your new extensions. Feel free to reach out if you have any questions or need further assistance. Remember, taking care of your extensions is not just about maintaining their look; it's about keeping your natural hair healthy too.

Enjoy your beautiful new extensions, and wear them with pride and confidence!