

## Hair Extension Blog

### *First Time User of Hair Extensions and How it Went*

I have ALWAYS wanted hair extensions because my hair takes sooo long to grow and never gets to a length I like. But my hair is so thick so I would need so many extensions if I wanted individual or tape. When Sarah offered me to try these new extensions from Spectrum One I was so excited!

The type of hair extensions I had are called 'Weft' which is where the hair gets sewn on to



your natural hair. I hadn't heard off this type of extension before, but I was excited to try! Sarah colour matched me and within two weeks I had an appointment to get them fitted!

The extensions went in really quickly which I was surprised at – only about two hours for the whole appointment! I am over the moon with the results! Weft hair extensions are perfect if you already have thick hair because they just add length without making your hair even thicker.

The specific ones I had are 24" Ash Bronde which matches my hair perfectly. In the photo, they were styled using the Molly-Mae curl kit – another thing I am obsessed with!

### *What did I do on the first day?*

Along with the hair extensions came a list of do's and don'ts which is extremely helpful especially if you haven't used them before. You have to be careful with the hairbrush you use and you need to keep brushing your hair so they recommend a tangle teezer or a soft bristle brush. I am using the Molly-Mae brush that comes with the curl kit so I just made sure I was brushing my hair from the bottom to the top throughout the day so it doesn't get tangled or knotted.

Then when you go to sleep it is recommended to loosely plait your hair to sleep to prevent any tangles which I did when I am not the best plaiter haha! But it all stayed in and there were no knots this morning when I woke up.



## The Products I am using on my Hair Extensions



There is so many different hair products available for all kinds of hair but when it comes down to your hair extensions you need to be careful which ones you are buying due to the ingredients in them. For hair extensions you need to make sure the shampoo and conditions are sulphate and paraben free. The products I bought to make sure my extensions stay in perfect conditioner is from Olaplex – Bond Maintenance Shampoo and Conditioner. I also got the Bonding Oil from Olaplex which I am applying to the ends of my hair during the day.

It is also recommended to use a heat protection before any using of heated tools and I use 'Hot Sexy Hair Protect Me' from Sexy Hair which has lasted me so long – definitely a good buy!



Thank you for reading my first blog about the new weft hair extensions from Spectrum One 😊.

Emily xoxo