BY LOIS ENSOR
LUSCIOUS LOCKS Education

# Aftercare Guide

## Taking Care Of Your Hair Extensions

### Before Having Hair Extensions Fitted

**Please ensure your hair has been washed prior to fitting using shampoo only. Using conditioner before your fitting can cause your extensions to slip easier once fitted.**

**Do not get a blunt hair cut after your consultation, and don't colour your hair between your consultation and fitting as you will have already been colour matched, and hair is ordered to match your exact individual requirements.**

### Washing & Drying Your Hair Extensions

**When Washing:**

- **If individuals or tapes have been fitted, do not to wash your hair for 48 hours. This will allow the extensions to settle in and be sufficiently adhered to the natural hair, the longer you are able to wait the better.**
- **Do not wash Hair Extensions every day. If required, please consider using dry shampoo or washing only the natural top section of your hair.**
- **Brush your hair before washing to minimise tangling.**
- **It is recommended that clients wash their Hair Extensions in the shower, avoid washing in the bath or over a sink.**
- **Avoid using very hot water to wash hair, using warm water will better protect your hair against colour fading.**
- **Gently apply shampoo in a downwards motion to reduce tangling.**
- **Do not use a circular scrubbing motion when washing your hair as this can cause extensions to mat. When using shampoo, use your fingertips to gently rub the scalp in a downwards position**
- **Rinse away all traces of shampoo thoroughly - if shampoo is not thoroughly washed away you could end up with build up around the extensions which can then cause itchiness and discomfort so always ensure there is no shampoo residue left near the scalp.**
- **Use plenty of conditioner, taking care to avoid the roots and attachment points - aim for mid-lengths and ends of hair extensions.**
- **Sulphate free shampoo is recommended for use on Hair Extensions, as it is more gentle due to the sulphate ingredient being quite a harsh cleanser and drying over time. However, occasionally you may feel as though you have product build up on your hair as sulphate free options don't always fully remove products such as oils/serums efficiently from the hair. If this is the case, you can use a clarifying shampoo occasionally to help to remove build up. Always use a good conditioner after using a clarifying shampoo, and only use clarifying shampoo occasionally when you feel it is absolutely necessary.**

**When Drying:**

- **NEVER sleep (or tie hair in a bun) while Hair Extensions are wet, they WILL matt together.**
- **Do not towel dry Hair Extensions with a scrubbing motion. Instead, blot and squeeze the hair in a micro fibre towel or cotton t-shirt to remove any excess moisture.**
- **Do not leave hair extensions to dry naturally, the moisture can soften the bonds/tapes and cause them to fall out. It will also create "fluffing" of the Hair Extensions. Heat seals the hair cuticle creating a nice sleek look, so Hair Extensions are best blow dried then gently straightened as required (using a thermal heat protector designed for extensions).**
- **Dry extensions at the attachment points after washing using a hair dryer. You should ensure that you use a cool / low setting as excessive heat can damage or denature any beads or tape. Using high heat on the beads themselves can strip the coloured coating from the beads and turn them gold in colour. Whilst this may be a little unsightly in darker hair, this can be avoided by not exposing the beads to high heat.**

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### Brushing & Styling Your Hair Extensions

**When Brushing:**

- **If not brushed, Hair Extensions will start to matt.**
- **ALWAYS use a cushioned, bristled brush or Tangle Teaser available from all good hair and beauty shops to avoid snagging bonds or pulling to hard. Brush starting at the ends of the hair first making your way to the top.**
- **NEVER over brush the Hair Extensions when wet. Hair is more fragile when wet and more likely to snap. A wide tooth comb is recommended for use when wet.**
- **Use a detangling spray if needed. If extensions tangle do not pull them, carefully brush from the ends of the hair gradually moving upwards.**
- **Brush Hair Extensions all the way from root to tip, as the sections above the bond/ micro ring will grow with the natural hair and need separating to avoid matting above the bonds.**
- **Never backcomb the hair.**

**When Styling:**

- **When straightening or curling Hair Extensions, keep heat appliances away from the attachment points (particularly with individuals/tapes) as they will melt if you get too close.**

***Important Reminder* - Real Human Hair Extensions can be heat styled at any temperature that you would use on your own hair (*see exception for light blondes below). They are not synthetic and will not melt, but high temperatures can cause colour fading in the same way that your own hair colour fades with heat.**

***Exception for Light Blondes* - Most hair extensions are made from naturally black to dark brown hair and due to the salts and catalysts used during bleaching to reach the lightest blonde colours, high styling temperatures can cause a burnt orange discolouration on blondes. This is extremely difficult to remove when caused by heat often requiring several bleach and toning treatments. To minimize the chance of this happening, temperatures below 160c should be used on blondes and heat protection products are to be considered essential.**

### Aftercare Products For Your Hair Extensions

**Your hair is built up of keratin and treated with its own system of natural oils called sebum. Sebum coats your natural hair, assisted by brushing. This natural process is disturbed by Hair Extensions, so a little extra help is needed:**

- **To moisturise your Hair Extensions, a conditioning serum works best. Oils on their own form a barrier creating a silky look, but a good quality serum / oil blend will be absorbed into the hair itself.**
- **Do not use hair oils near your roots or bonds, use a pea size amount on the ends of the Hair Extensions only. Ensure the oil is properly washed out to prevent product build up.**
- **Always use a heat protector that is compatible with Hair Extensions before styling.**
- **The use of certain brands is not recommended for use with hair extensions - please ask for advice about product ranges before use. There are products available that are specially formulated for use on Hair Extensions and these should always be the first choice for aftercare products.**

***IMPORTANT NOTE* Some brands of ARGAN OIL can cause discolouration of Blonde Hair Extensions. You should either avoid using Argan oil or watch for the appearance of orange tones in the hair, discontinuing use if this happens.**
**Pure Argan oil is too heavy to be regularly applied to Hair Extensions, most high-quality brands use a blend of Argan oil and conditioners in their "Argan Oil" products. These can also contain large amounts of silicones and artificial colours which can cause the Hair Extensions to become dry and discoloured over time.**

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### Regular Aftercare Advice For Your Hair Extensions

- Regularly separate the bonds of individual hair extensions. Hair that sheds naturally daily can become trapped in the bonds and cause them to matt together. Skipping this step results in large matted areas that are extremely difficult to brush out and can result in loss of hair.
- Although human, extension hair no longer receives oils from your scalp and so needs revitalising with specialist products to ensure hair looks and feels silky. This should be done approximately once a week.
- It is vital that you only use high quality products compatible with your brand of Hair Extensions. We recommend professional colour care ranges for best results.
- When playing sports or going to bed, tie hair in a loose plait or scrunchy ponytail to avoid matting and minimise excessive brushing in the morning.
- There are benefits to using a silk/satin pillowcase as these are far gentler on the hair and reduce friction on the hair, helping it to remain soft and healthy.
- Do not pick at your bonds and always have them removed by a professional, failure to acknowledge this can risk snapping and losing your own hair.
- The use of certain brands is not recommended for use with hair extensions - please ask for advice about product ranges before use. There are products available that are specially formulated for use on Hair Extensions and these should always be the first choice for aftercare products.

### Swimming / Holiday Advice For Hair Extensions

- It's important to keep your hair extensions tied up and out of the water when in a swimming pool or the sea. The salt and chlorine will severely dry out your extensions. Other chemicals present in swimming pools can react with lighter hair extensions changing their colour to pink, green or orange. Use a swimming cap if necessary and / or apply conditioner as a barrier.
- If you do accidently get sea water or chlorine on your hair extensions, you should wash immediately & never allow pool or seawater to dry into your extensions. Hair extensions are highly likely to matt when left and tied up wet like this.
- Malibu C products available online that can help remove discolouration but are not 100% effective, prevention is better than cure. Many customers take the Malibu C Hard Water Shampoo and Conditioner set with them on holidays which includes 4 treatment sachets.
- This kind of discolouration on hair extensions is not seen as a fault with the hair. The above advice only reduces the chance of occurrence.

### Final Points

Whilst this aftercare guide is extensive, this should not put you off having Hair Extensions. The majority of our clients get into a regular aftercare routine and manage their Hair Extensions extremely well, with little to no issues with their Hair Extensions. Most clients comment that it is far easier to take care of their Hair Extensions than they had imagined. Only professional brands of Hair Extensions are used, and they are brands that have been tried and tested and loved by our clients for many years. We never compromise on quality and this is why this guide is so important to ensure you understand how to correctly care for your Hair Extensions, and to simply cover all eventualities that COULD arise with Hair Extensions.

Following this aftercare advice forms part of your terms and conditions that you agree to prior to having Hair Extensions fitted. Please read this guide carefully before you have extensions fitted as this will help you to understand in advance how you will need to care for your extensions.