

THE AFTER CARE GUIDE BY



Hey!

Thanks for booking in to get your first safely fitted hair extensions!

I'm sure you are very excited but also wondering what it's going to be like looking after them on a daily basis. I have created this aftercare guide to help you out with all things extensions.

Put into the most basic way .. it's just your own hair but a bit thicker and longer - but this guide is going to be your best friend to refer back to if you are ever unsure.

Between your consultation and fitting appointment

So by now you will have had a consultation and booked your fitting appointment. The consultation is essential for both of us to get on the same page about what you want to achieve and how I can make that happen to the best of my ability. We have established what length, colour, thickness and method you want to go for. Once this has been decided it's locked in so please don't change your colour or have any haircuts between consultation and fitting because it can dramatically effect your consultation outcome.

For example.. your natural hair is long (to bra strap on your back) and your ends are wispy and fine. You just wanted a 2" length gain so we are only using a small amount of hair to thicken yours up. If you then get a "good cut" before your weave you will now require far more hair to blend with your freshly cut ends. Something else to watch out for is silver shampoo or colour fading, Silver shampooing your own hair after the consultation may throw off your match and you may need an ashier blonde shade. If you're a freshly died brunette and then fade over a 6 week period we may have had a chat about how much your colour fades and chosen a colour to accommodate for some fading.

On the day of your fitting appointment

Just clean, straight, dry hair please! If your hair is in need of a wash you will probably have some natural oils building up. This will not only spoil the overall finish of your new hair but can cause the extensions to slip or even fall out if oil is trapped in the attachment to your natural hair. Your natural hair needs to be as squeaky clean as possible. Avoid using any dry shampoo, root boost spray.. basically you do not need to use any extra styling products - I will do this for you after your extensions have been fitted.

Please also have your CASH PAYMENT ready to go, this is to ensure all clients are able to pay there and then. Ive unfortunately had a few occasions where people have left promising to bank transfer after the appointment and never did. Bank transfers are no longer an option.

Please ensure you are happy with colour, length, thickness and method of the extensions BEFORE they go in. Once fitted the hair is yours. It's a non-returnable product due to hygiene reasons so by giving me the all clear to have them done that is you agreeing you are happy with every aspect.

What to expect after your appointment

Extensions are in and looking fabulous! Now it's time for you to look after them.

First off... it's probably going to feel a bit strange, you have more hair which means a bit more weight on your scalp. Weave may feel a little tight at the corners but don't worry this is very normal, it will just be slightly uncomfortable not painful. Micros and Tapes are fitted a cm away from the scalp to ensure they can move up and down with no tension. I fit the extensions to last, but in a very comfortable and safe manner.

When you go to bed that evening you're probably going to feel it, Some people feel nothing (lucky them) some people find it pretty uncomfortable. Discomfort isn't a sign of a problem so don't worry — in a few days you'll be so used to it you won't even remember life without them. The science part... your hair NEVER stops growing so day by day the extensions are getting looser mm by mm. This is why it becomes more comfortable as its growing (BONUS). I aim to never put too much tension on the natural hair so the way your extensions are fitted are in a very specific position so you get the longest lasting and most comfortable wear from them. I would avoid any tight or high hair styles for the first week, this will add even more tension to your scalp unnecessarily just keep it in a low pony or loose plait or bun if you need to tie it back for work or the gym.

Please make sure you've booked maintenance as soon as possible, appointments go quick so if you forget to book and only remember when you have hanging extensions you'll probably have to wait for a cancellation. You are responsible for your own bookings.

How to look after your new extensions

First for some info relating to each method, the aftercare can be a little different per method so I've separated them below. Head down to your appropriate method section first then on to general aftercare after.

MICROS

Micros are individual strands attached to sections of your hair with a metal silicone lined bead.

Your micros are to be worn for a maximum of 8 weeks before needing maintenance. The majority of clients stretch it to this amount of time but some people do a little less depending on how quickly their hair grows. Once you've had them fitted the main thing you must keep on top of is separating them, they will want to twist around each other as they start to grow and if you let them it's going to get matted.

The most important.. you must not go to bed with wet or damp hair. *You must fully dry your hair once it has been washed* Your hair will fuse together at the root and get matted. I will be able to tell at your maintenance if this has happened, there will be an additional matting charge for this.

If you're a regular gym goer be aware of your scalp getting hot and sweaty, don't worry it's still possible to have micros but just make sure you are brushing, separating and giving it a quick blast at the root with a hair drier.

Maintenance is removing the extensions, row by row, and re fitting them with a new ring. NO "push up" method here - this will cause a lot of damage, as always only safely fitted methods and maintenances at Extend London.

It's very normal to lose a few strands I can't tell you an exact number... it could be 0 or it could be 20! Every head is different. *I do not refit these in between maintenance appointments* so please just save them, brush them and keep them together in a plastic bag -

they will be fitted back in at your next maintenance appointment.

Avoid washing your hair for a few days after installation to ensure they have settled in to your hair.

WEAVES

Weaves are strips of hair cut to the width of your head then sewn to a base, this base is created with a line of metal silicone lined beads, the same beads used for micro rings.

Weaves are, in my opinion, the easiest method to care for.

You will have 1 2 or 3 rows usually and maintenance is every 6-8 weeks, at this appointment I will remove and refit each row.

You need to make sure your own natural hair between the rows isn't tangling by lifting up and separating each row.

The most important.. you must not go to bed with wet or damp hair. *You must fully dry your hair once it has been washed* Your hair will fuse together at the root and get matted. I will be able to tell at your maintenance if this has happened and there is an extra matting charge for this.

If you're a regular gym goer be aware of your scalp getting hot and sweaty, don't worry it's still possible to have them but just make sure your brushing, separating and giving it a quick blast at the root with a hair drier after.

As time goes on don't worry if it does start to feel looser, this is normal, its built to last 6-8 weeks. Avoid washing your hair for a few days after installation to ensure they have settled in to your hair.

TAPES

Tapes are small wefts of hair with sticky tabs at the top, 2 tapes are used to sandwich your natural hair between them.

Your tapes will need maintenance every 6-8 weeks depending on your own hair growth and hair thickness.

At your first maintenance you will receive a complimentary hair wash and rough dry in between removal and refit this is because the tape originally on the extensions will leave a sticky residue behind when removing them. I will then replace this tape with my own 'Magic Tapes' which will not leave any residue in your natural hair when I remove them at your 2nd maintenance - so will just be a straight forward removal and refit.

You need to look after the top of the tapes to avoid them peeling apart so please do not use any oils or oily products on your scalp. Do not put any heat tools on the top where the sticky tabs are like straighteners or curlers this will melt the tape in to your hair.

The most important.. you must not go to bed with wet or damp hair. *You must fully dry your hair once it has been washed* Your hair will fuse together at the root and get matted. I will be able to tell at your maintenance if this has happened and there is an extra matting charge for this.

If you're a regular gym go-er be aware of your scalp getting hot and sweaty, don't worry it's still possible to have them but just make sure your brushing, separating and giving it a quick blast at the root with a hair drier.

Do not wash your hair for a few days after installation to ensure the tape has set well.

AFTERCARE FOR ALL METHODS

WASHING

I recommend that you wash your extensions 1 - 2 times a week.

More frequently isn't a bad thing, if you have time to wash and dry your hair more often then go for it but you can use a dry shampoo in between if necessary.

Excessive washing can cause extensions to loosen quicker also be mindful that every time you wash your hair you will also need to dry it - so using extra heat will shorten the overall lifespan of the extensions.

You must remember the rule of all rules - DO NOT go to bed with wet hair. You must dry your hair from root to tip. No matter how tedious blow drying may be if you do not dry your hair after it has been washed it will make your hair matt up very quickly. I will be able to tell at your maintenance if this has happened and a matting fee will be apply.

***A little tip for you* Rather than washing the whole head every time, try a top wash in between! This means washing your natural hair above the extensions over the bath or in the shower, tying your extensions back in a low bun out of the way.**

Example

Monday - full wash

Wednesday - top wash

Saturday - full wash

Monday - top wash ETC

This is not an essential thing to do but can save you some time.

Before washing detangle your extension hair with a tangle tamer (by Denman) and separate the micros, tapes or each row of the weave.

It is essential you only use shampoo and conditioner that I have recommended.

When washing your hair, do not tip your head forwards over the bath as this could cause tangling - always wash with your head upright - in the shower is ideal.

When shampooing, you can give your natural hair (that is extension free) a good scalp scrub but just let your fingers glide through your extension sections to clean this part - rather than circle motions. Do not apply any conditioner to the root of the extensions as this may cause slippage and apply at least double the amount of conditioner you would usually use as you probably have double the amount of hair now!

***Important* Pick the top section of your natural hair up and apply conditioner to this section just try and avoid your root area this will ensure the ends of your natural hair are still being cared for. Pat/scrunch hair gently when washed, do not rub, the microfibre Hair Made Easi XL Hair Towels are amazing for part drying extensions.**

DRYING

Blowdrying is the most un exciting part of your extension journey, extensions hold water for much longer than your natural hair plus the fact you have more hair than you are use to - it does take a while!

Before detangling use a leave in conditioning spray, heat protection and/or a small amount of oil. Be very careful of brushing the hair when wet, make sure you support the extensions by holding them at the top whilst brushing - start detangling from the ends of your hair and work your way up to the root.

Sectioning your extensions from the bottom ensuring that this section is totally dry then moving on to the sections above is essential. Whilst blowdrying point the nozzle down this will not only ensure you have dried them from the very root but will cut your drying time in half. Just aimlessly drying your hair all at once in circle motions or flicking it over and drying upside down will cause matting, damage, frizz and will take forever.

The extension brands I use also sell paddle vented blowdrying brushes especially designed with extensions in mind which will make drying time simpler and quicker for you. I can show you these and how to use them if its something you think you'd need.

If you usually use a round brush to blow-dry your hair you can continue doing this.

BRUSHING

Please remember your extensions are attached to your own natural hair, the health of your natural hair is the most important, pulling too hard or mistreating your extensions can result in your own hair being pulled out or damaged. The only brush you should use near the root of your extensions is the brush I recommend below, this brush will gently glide over the attachment/bond and not get caught in it like a standard hair brush.

When brushing the extensions, always hold the top of the extensions making sure no additional stress is put on the hair. The extension attachment is most fragile when wet and the hair can get knotty after being washed so take extra care before drying also wait until you've blasted the hair off a little before you start blow drying with a brush. To avoid any extra tension tie your hair back in a loose ponytail or plait using a soft scrunchie for bed.

STYLING

Styling your new weave can be a lot of fun but please understand your extensions are fitted in your head to suit the majority of hair styles but mainly down. Half up half down styles and slick high pony's may be more difficult to cover the extensions, you have to be realistic that you have something foreign in your hair especially if you have finer hair. I will of course fit them as discreetly as your hair will allow me to - they will not be seen when your hair is worn down.

Heated Rollers, Straightening Irons, crimpers and tongs can all be used on the extension hair although it is advised to use a Heat Protection Spray EVERY TIME you use heat to protect both your hair and the extension hair. When using these tools do not put them directly on to the extension attachments (roots of the extensions) they are made from plastics that will melt if direct high heat is applied to them.

Dry styling is a completely safe way of styling, this is the perfect way to eliminate any damage to both your natural hair and extensions meaning your extensions will last their whole expected life span. An example of this is the heatless curl headband, which has become the new craze - one we wont be regretting in years to come ha!

Styling products like hairsprays, texture sprays and root boosters can be used just make sure your washing these out correctly to avoid any product build up.

PREGNANCY

Getting extensions during pregnancy usually does no harm at all. One thing I must highlight though is the major hormone changes you can experience which effect your natural hair. Your hair can change in many different ways and it varies from woman to woman - It can grow loads and thicken up or it can start to shed and thin out. I have noticed that a lot of women's hair will thicken up during pregnancy and have postpartum hair loss up to a year after giving birth. I have had many clients who have worn them before, during and after pregnancy (I did too) it's your choice if you want them in or not. I'm happy for you to come to me as long as you understand that your hair can change by no fault of the extension application.

WEIGHT LOSS SURGERY

Weight loss surgery has become much more common in recent years a very common side effect, up to a year after surgery, is hair loss. In most cases the hair grows back to its former state after falling out. I have had many clients who have worn them before, during and after surgery, it's your choice if you want them in or not. I'm happy for you to come to me as long as you understand that your hair can change by no fault of the extension application.

IMPORTANT THINGS TO REMEMBER

Policies on faulty hair - It is very rare you get a faulty batch of hair but its not impossible. You will notice a faulty batch after the first wash it will back comb on its self and become bushy and excessively knotty. In the very rare case of a faulty batch the hair will have to be sent back to the supplier and go through their own testing procedure, a genuine faulty batch will be replaced by them. If the hair has already been coloured/toned or incorrect products used on them, like a sulphate shampoo, they will not provide a replacement. Colour fading/warming is not a faulty batch, extensions behave just like your own hair so may need to be professionally coloured/toned over time by the hairdresser I recommend. The more heat you use on the hair extensions the shorter the life span of the hair, treat your extensions with the same respect as you would with you own natural hair. Try to keep the curling and straightening to a minimum.

Usually lighter shades may have a slightly shorter life span than darker shades - they will need extra care and less heat application to increase the lifespan.

Silver shampoo can be used but is a very drying product (to our natural hair too) please use only what I have recommend below, be cautious when applying, it can grab very quickly and make blonde extensions blue much quicker. Using it is at your own risk but you can water it down if you need to use it by filling the sink with water and adding a drop of shampoo to start with, dip your hair in and check the colour each time.

All suppliers have a 28 day policy - any complaints have to be made before this time.

Please do not panic about this section, its something I want to disclose and be honest about but rest assured I have used my current suppliers for considerable amount of years and tested nearly every supplier out there during my 12 years as an extension specialist. The hair quality provided by my chosen brands is excellent, they are reliable suppliers with excellent stock and customer service.

EXTRA AFTERCARE ON HOLIDAY

Vacay with your extensions is always going to be at your own risk. Saying that, if you do go away with them in (like hundreds of my clients have) then have a thorough read through this section.

I would advise you avoid getting your hair wet in the sea/pool whilst on holiday.

Prolonged water exposure especially with chemicals may weaken the extension attachment. Chlorine in pools and salt in the sea combined with added heat from the sun can also cause the extension hair, especially blondes and balayage colours, to severely discolour and deteriorate their condition.

Foreign water may also contain a high hard water content, meaning the water in your hotel shower may even add to discolouration!

Please take the following precautions whilst on holiday:

- Buy a Malibu C wellness kit before you go, this kit has a shampoo, a conditioner and 4 sachets of hard water treatment - this will remove any discolouration.
- Avoid getting any SPF near your extensions, it would probably be best to wear your hair up and out the way before you apply any products to your body and leave it like that for the rest of the day.
 - Use a mineral based sunscreen ONLY, non mineral based sunscreens with the ingredient 'Avobenzone' will discolour your extensions drastically turning them orange or even pink.
- If you do decide to get your hair wet in the sea/pool you will need to brush through your hair to ensure its tangle free DO NOT get in to the water with knotty hair - it will matt together. Saturate your hair with bottled water so its completely wet then run a conditioner through before getting it wet this will act as a barrier to the chemicals and salt. Then please make sure you wash your hair with the malibu c kit mentioned above as soon as you can and dry it completely - you may need a hair mask too if your feels extra dry and knotty.

PRODUCT RECOMMENDATIONS

These are the ONLY products I recommend for your extensions, If you use any products that I haven't recommend your extensions can discolour and have a much shorter life span.

Shampoo/conditioner - *to be used every time you wash your hair*

Pureology Shampoo & Conditioner

Remi Cachet Shampoo & Conditioner

Hair Kings Shampoo & Conditioner

Oil/Serum - *use daily on damp and dry hair before brushing*

MoroccanOil LIGHT Treatment Oil

Extend London The Remedy Oil

Remi Cachet Hair Oil

Heat protector - *use ANY TIME you put heat on your hair*

GHD heat protector

Extend London The 5in1 Miracle Mist

MoroccanOil heat protector

Hair treatments

K18

Extend London The Mane Recovery Hair Mask

MoroccanOil Intense Hydrating Mask

Toning (Silver) Shampoo - *As explained above, take extra caution when using this.*

Olaplex No4 Blonde Enhancer Toning Shampoo

Brush for general use

Denman Tangle Tamer or a soft bristle brush

Blow drying tools - *Not essential just something i'd recommend to keep heat to a minimum*

Babyliss Big Hair or Revlon One Step Dryer

By having your hair fitted at Extend London you have agreed to read and understand this aftercare guide.

I hope you enjoy your extension journey, If you get stuck on anything just drop me a message, I will always be more than happy to help!

Thank you,

Rosie x

