

#### **1. CLEANSING**

Try not to wash your hair more than 1-2x a week! If you wash it more often than that, you could shorten the life of your extensions. Before washing, make sure to brush out all your tangles! If you have multiple rows of extensions, sectioning your hair will make it easier to gently wash between the rows. When conditioning your hair, try to avoid getting any at the scalp where the extensions are tied to avoid build up.





## 2. STYLING & DRYING

Whenever your hair is wet, gently squeeze the moisture out of your hair, don't rub! Using a hair oil/serum/leavein conditioner will help you keep you luscious locks tangle free and moisturized! Make sure before you apply any heat to your hair, that you also use a heat protectant.



#### 4. SLEEPING

Before you hop into bed for your beauty rest, apply a small amount of your favorite hair oil or serum on the ends of your hair and loosely braid or twist it. Keeping the extensions from rubbing together throughout the night will help lengthen the life of your new locks!



# **3. USE QUALITY PRODUCTS**

Always use products that are extension friendly and of good quality! Staple products are...

 Sulfate/paragon-free shampoo and conditioner.

- Leave-in conditioner
- Hair oil/serum
- Heat protectant

 Deep conditioning hair-mask
 Ask about my favorite products and recommendations!



### 5. SWIMMING

If you are thinking about going in a pool, jacuzzi, or even the ocean, there are a few things you can do to avoid discoloration and excessive drying of your extensions:

- Wet your hair before getting into the water and apply a hair mask or leave-in conditioner.

Comb mask or conditioner through hair and then braid it or put it into a tight bun or pony!
Brush and wash your hair immediately after!