



# CARE GUIDE

## HAIR EXTENSION MAINTENANCE GUIDE

**HYDE & SLEEK**

- STYLING - COLOUR - KERATIN - EXTENSIONS -

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# YOUR INITIAL COMMITMENT

Starts Here Beautiful

- I agree to not colouring my hair at home or using bleach or harsh products not prescribed by my stylist on my hair.
- I understand that the extensions are a human product and will slightly differ between each set of extensions I receive over time. This includes how long they last, how the colour may fade and also how often I may require a new set.
- I understand the extensions will require trims and touch up colours as they are 100% human hair meaning they will slowly loose length over time which may result in wanting a new set quicker than originally planned. Alternatively , they may also last much longer than I initially planned.
- I will ensure to use heat protecting products when both drying my hair , and also using styling tools. Excessive heat styling will cause damage over time which will result in split ends such as natural hair.
- I will not use any toning products without first consulting my extension stylist, as these products can be extremely drying and cause the hair to feel rough and dry.
- I understand darker hair extensions will always last longer than blonde or lightened hair extensions before needing replacing.
- When swimming or sleeping I will plait my hair or style in a way that keeps it from getting tangled and ensure that if it does get tangled, that I will wash and dry it smooth again at the earliest convenience.
- I understand that I have a 7 day grace period for touch ups or fix ups and that anything after this time may result in a small cost to repair.
- I agree to using the home care that my stylist has provided or recommended for me.
- When brushing , I agree to using the recommended brush and ensure I am gentle, holding onto my weft and brushing downward , ensuring that I brush between every row each day to ensure they are matte and tangle free
- I understand sunscreen and tanning products will discolour light coloured hair extensions and may not be able to be removed from the hair. I take full responsibility if I choose to allow them to get into my extensions

# FIRST THINGS, FIRST

Things to know

Welcome to the brand new you! Don't stress, although hair extensions are a higher maintenance than no extensions at all, there are some really easy ways to care for them, and if done correctly will ensure you have an amazing hair extension experience. If you are especially new to extensions, make sure you read this hair bible and practice keeping them in tip top shape, and give you as long as possible out of them.

## SENSORY ADAPTATION

When introducing foreign objects to the body, such as contacts, extensions, braces, and the like, it's important to keep in mind that the body requires time to adapt to these changes. This is a natural process known as "sensory adaptation." While adjusting to new extensions, it's common to experience slight discomfort for up to a week, as the scalp gets used to its new companion. Remember, this discomfort is completely normal and will pass with time.



# HAIR CARE GUIDE



## Keeping it clean

When it comes to choosing the right hair care, it is important to stick with what your stylist has recommended to ensure longevity with your hair extensions. High moisture, low protein and no parabens or sulphates is the best place to start.

## The triple rule x 3

You should have at minimum , 3 products to care for your extensions . The recommended shampoo, conditioner and leave in oil / heat protectant. These need to be used with every single wash, along with using your oil throughout the week to stay hydrated on your ends. You can also incorporate a single heat protecting spray to use on dry hair and anytime you are heat styling outside of shampooing.

## Olaplex and plex systems

Never use olaplex , or any other plex system on your hair extensions, unless designed specifically for hair extensions. These products can dry out hair extensions, but they can also damage the top of the hair extension bond that keeps them together, resulting in breaking that down , and experiencing shedding. Sorry guys! But they have to go back under the basin for now.

# TIME TO WASH!

1 - 2 x a week maximum



>>> Before washing, start off by taking your detangling brush, starting at your ends and working your way to the roots.

## SHAMPOO & CONDITIONER TIPS:

Did you know? Shampoo's main goal is to strip the hair of oils around the root area. Therefore, when wearing extensions we like to use our shampoo & conditioner as a 2 step process. You will shampoo the scalp/root area, and condition the mid-strand & ends! Your conditioner doesn't need to be right up at the root, and the shampoo doesn't need to be rubbed into the ends of your extensions- we don't want to strip the ends of moisture!

Start by gently massaging the shampoo at the base of the extensions with a side to side, horizontal motion with your fingers, getting product in between your extensions, onto your scalp.

Next, leave the shampoo at the root while you apply conditioner to your mid-length area, and ends! Leave everything on for 5 minutes, then rinse out together. This allows the shampoo to cleanse the ends without stripping moisture!

## PRO TIP:

Your extensions LOVE to soak up any moisture and swapping your conditioner for a hair mask occasionally will keep them looking fresh until the end of their lifespan. Using your hands or a towel, gently "squish" (no twisting or wringing!) the excess moisture from your hair and apply a generous amount of conditioner, making sure to fully saturate each section. Let this soak in for a few minutes while you finish your shower routine and then rinse your shampoo AND conditioner out together with cool water. Cool water closes the cuticle and helps keep the product in the cuticle. Rinse for an extra 30 seconds to ensure there is no product buildup left at the base of your extensions!

After, put your hair in that towel for as long as you can- let the towel do the work of soaking up as much water as possible before drying or styling.

# CARE TIPS

Always detangle before you jump into the shower and wash, as well as after.

Always apply a leave in product immediately after washing , and use a detangler to detangle gently from ends to root and between your hair extensions. A leave in product is essential for extensions as well as a heat protector , even when only blow drying.

Never emulsify shampoo directly on your ends!

Extensions have been processed, coloured and generally are pretty long in length. This means the ends are prone to dryness , so scrubbing the ends with shampoo when washing will only make them feel course and dry, the same goes for the ends of your natural hair!

Wash your extensions no more than twice a week, once if possible.

Keeping as much natural oils as you can in your extensions will help keep them hydrated and protected. Washing more often generally also results in extra styling and heat being used on them, which will eventually see them split quicker and dry out faster than those who wash and dry less often.

Keep it cool honey!

Super hot water, spas and heated pools will really dry your hair out! Keep the water cooler, or rinse off with cool water at the end to close the cuticle, and increase softness and shine

Avoid magnesium pools also with extensions in, as the salt will dry the hair up excessively .

# "THE MINI WASH"

The best way to get away without washing all of your extensions when your natural hair is the only thing that needs washing, is to simply wash the very top section of your hair. This is a hair extension addicts go to when it comes to tips and tricks with washing!

## HOW TO:

Begin by sectioning off your natural hair above the highest row of extensions (only at the crown, or top, of the head) and clip this away from your extensions. Secure all the remaining hair (extensions) into a low ponytail.

Wash only your natural hair (that's your top layer in the clip!) with shampoo and conditioner as normal. You can lean over a sink or bowl to do this , and then simply apply a light weight leave in product to your natural hair and dry as normal. Easy!

Separate the top layer from the top of your extensions and wash only the top hair, simple and effective.



# DRY + STYLE

Your hair extensions are 100% premium quality human hair, which can be blow-dried & heat styled with the use of a professional hot tools. Always use a salon-grade heat protectant to protect the integrity of your natural, as over-use of heat can cause your extensions to become dry/brittle and lead to excessive breakage! You absolutely must use a leave in moisture product as well as your heat protectant to ensure you keeping them hydrated as well as protected.

## Drying

We recommend air drying your extensions 80% before going in with a hairdryer to finish the job. This way it A. takes much less time and B. enables you to only use minimal heat and excessive brush work on your extensions when drying. You can 100% allow your hair to also air dry and simply style after, just be sure to properly brush through each section after drying to ensure you aren't letting them get stuck together at the roots.

## Styling

Using your hot tools is fine on the extensions as they are 100% human hair, but be aware that the more you do this, the quicker you will need trims and loose length on your extensions. This is especially prominent with blonde hair extensions. Again, always heat protect even if you're styling 2 days after washing and you protected after washing. Ensure you spray every section directly before using the hot tool, and keep hot tools to once a week maximum. Keep your hot tools no higher than 180 degrees at all times.





## SLEEPING TIPS



1. Always brush your hair before bed, and plait or bun your hair . Ideally you should wear a silk bonnet to sleep in which will prevent knots happening in your sleep, and preserve your style for the next day. Never wear your hair out , out wet, or in a tight high ponytail to sleep.
2. If you don't have a silk hair Bonnet , a satin pillowcase is the second best option to sleep on which won't strip your hair of hydration and will prevent knotting from rolling around during the night.
3. NEVER sleep with wet or damp hair unless your hair is braided as this can create tangles or matting at the top of the weft.
4. We highly recommend using your stylist recommended oil before you braid/tie up your hair for the night as this will help with detangling and your hair to absorb all the moisture while you sleep!

# Someone hit snooze

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When you first get your hair extensions installed, it can feel painful to lay on them and sleep for a few nights. this is normal, however can be uncomfortable .

Try taking some pain relief before bed if you experience this, and if pain persists past the 1 week point, you may have a bead pulling which will need to be checked back in salon as your pain should subside within 7 days.

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# GOOD MORNING BABE...

## In the morning

Brush through your hair gently, starting from bottom and working your way to the top of the wefts. Ensure that you can run your fingers through the hair without any tangles or snags.

Add an oil/serum into your hair to give your hair back the moisture it lost to the atmosphere and to your pillowcase as you slept.

If you're going to be flat ironing or heat styling your hair, be sure to apply your heat protectant and then your oil to avoid heat tool damage to your wefts and natural hair.



# WORKING OUT

## WORKING OUT

Something we notice time and time again, is how the gym and your exercise routine can really have a negative effect on your hair , if done incorrectly . YES you can still go to the gym, but it is vital you still care for your hair at the same time. Never wear your hair out , or in a tight high ponytail while training. This enable the ends to get sweaty and messy, especially with high intensity workouts. High ponytails that are very tight can also cause damage and breakage. Always use a scrunchy over a hair tie.

After the gym , DO NOT HEAT STYLE OVER SWEAT. your hair needs to be thoroughly dry, and sprayed with a detangler or freshening spray , and gently brushed through from ends to roots again. Plaiting your hair or a low bun is best for the gym , and if you are laying on the ground to do any of your workout , or jumping around, be sure to have it well secured and out of the way.

Gentle is key when brushing after the gym along with a moisture spray., and do be aware that excessively brushing and sweating every single day may result in dryer or split ends quicker than normal. However this is the same with your own natural hair.



# sun + water + extensions



Whilst out in the sun, it is of the utmost importance to ensure that you are protecting your extensions, natural hair, and scalp from intense UV rays. Therefore, please wear a sun hat to protect your scalp and use a UV protectant spray or product on your hair to prevent premature colour fading and damage.

## Sunscreen and hair extensions

We recommend only using mineral based sunscreens without oxybenzone or avobenzone in them! These ingredients can cause your extensions (or natural!) to take on a peachy/orange tinge that can be difficult to remove.

Instead, look for sunscreens that use zinc oxide or titanium dioxide as the active ingredient. Not only are these better for your hair, they're better for the environment as well!

If you are having a beach or boat day, bring your detangler along with you! Put a generous amount of detangler (with UV protectant) in your mid-shaft & ends, this keeps the hair from drying out and causing tangles, making it easier to brush through after a long day in the water!

Remember to always rinse your hair with fresh water straight after being in a pool or the ocean, and plait when swimming. Blonde hair will need toning more regularly when swimming or being out in the sun more often.



# thank you!

Thank you! for choosing us to care for your most important asset ! If you follow these rules, you will have an amazing hair extension journey.

Please reach out if you have any concerns or questions regarding your hair and extensions. Our team are here to support you and ensure you love everything about your new hair.

Don't forget to book your maintenance appointment and ensure it is no longer than 6-8 weeks away!

until next time xoxo

