**KEEPING YOUR HAIR EXTENSIONS IN GREAT SHAPE**

**Maintenance for your hair extensions**

Maintenance, unless told otherwise, should be no longer than every 8 weeks. We shed up to 100 strands of our natural hair every day. When wearing hair extensions you have a bond at the root. The shedded hair therefore cannot go anywhere and will stay where the bond is and will keep accumulating over time and will eventually, if left past the 8 weeks, start to intertwine together and cause matting. It is your responsibility to make sure you are booking in well in advance during busy periods to make sure you are getting to the salon within the 8 weeks as matting can cause damage to the natural hair. For this reason maintenance is extremely important.

If you leave your maintenance for longer than 8 weeks and have matting at the root of your hair there will be an extra charge to remove this. If the matting is really bad and has been left for a long time you may be advised that you will need all of your extensions removed and a break before having your extensions refitted.

**Things you should do:**

* Brush your hair extensions before shampooing to ensure your hair is tangle free – secure the hair at the root with one hand whilst brushing to avoid pulling/pressure on the connections and your natural hair.
* Always brush starting with the ends working your way up.
* Only use a wet brush or tangle teaser to brush through the bonds and root section.
* Brush your hair at least twice a day, separating to make sure you are brushing through the roots.
* Run your fingers through the bonds often to keep them from tangling or joining together.
* Wear your hair in a ponytail or loose plait whilst sleeping.
* Only use shampoos and conditioners recommended by us.
* Always use conditioner on your hair extensions even if you don’t normally use conditioner on your natural hair. Avoid the root area.
* When swimming - always tie your hair into a ponytail, bun or plait and apply conditioner mask, avoiding the root area, to act as a barrier against chlorine/salt water.
* Shampoo immediately after swimming.
* Try to cover your hair when in direct sunlight for long periods of time.

**Things you should avoid:**

* Never leave the root section of your hair extensions wet. Always make sure you throughly dry the root section.
* Never let your extensions dry naturally. It is best to make sure you dry your extensions at least 90% with the dryer
* Never wash your hair OVER a bath or basin. Always wash your hair with your head upright.
* Don’t tip your head upside down and wrap the hair in a hair towel.
* Do not apply conditioner or greasy hair products, like serums, on your roots as this can make the bonds or tape loosen or slide out.
* Don’t use head-lice lotion on your hair extensions.
* Never try to remove your extensions yourself.
* Never try to adjust or maintain your extensions yourself.
* Never leave your maintenance for more than 8 weeks at a time.

Please refer to the website for maintenance costs.