

# Handtied Extensions

## Care Guide

#### **BRUSHING**

- When possible, refrain from brushing when wet.
- Recommended brushes: Boar bristle or wet brush.
- Brush hair prior to washing, on dry hair, to lightly detangle.
- Gather hair into a ponytail, and hold securely close to your scalp. Brush from your ends working your way up.

#### WASHING

 Now that your hair is thicker, you need to wash in sections! Make sure to thoroughly wash and rinse in between your rows.

#### SHAMPOO + CONDITIONER

- Use sulfate-free, parables-free, salon grade.
- Apply shampoo to scalp and gently massage top to bottom. Avoid rubbing motions and do not flip the hair upside down, as this can cause friction creating tangles.
- Apply conditioner to the mid shaft down to the ends and leave on for 3-5 minutes.
- If you experience tangles, gently detangle while your conditioner is on using a wide tooth comb.
- The use of leave-in conditioner, heat protectants, and oils applied to the midshaft and ends is recommended to protect the hair

#### **DRYING**

- Squeeze the water out of the hair, do not rub,
- You may air-dry a little before drying, Just be sure to remove some moisture from the hair with a towel first, to avoid the extensions being weighed down by the weight of the water.

#### STYLING TOOLS

- Always use a heat protectant!
- Keep the heat between 250-350 degrees, depending on your hair. If the heat is too high it may cause your color to fade as well as damage to the hair.

#### SLEEPING

- Brush hair gently and braid loosely, secure with a scrunchie before sleeping.
- Do not go to bed with wet hair, this can cause tangling close to the scalp.
- A silk pillow case is highly recommended, it's also great for your skin too.

### **SWIMMING**

- Chlorine is very risky for hair! If you MUST swim, follow these steps to prevent damage.
- Before swimming, wet your hair with fresh tap water and apply a small amount of leave-in conditioner throughout.
- Secure hair in a loose ponytail
- Once finished with swimming, rinse hair with fresh water and spray with a leave-in conditioner.

#### **SUNSCREEN**

- Not all sunscreen is safe for hair!
- Avoid getting sunscreen on your hair by wearing it up until it dries.
- Read your label and avoid these ingredients, as they can cause pink or orange tinting to the hair:
  - Oxybenzone
  - Avobenzone