

DREAMGIRLZ

THE EXTENSION PROFESSIONALS

AFTERCARE

It is essential that the home care guidelines are followed implicitly in order to sustain the longevity of your hair extensions, as well as to keep them in their best condition and to prevent damage to your natural hair. If you have any questions or concerns, please contact us immediately.

Please be advised that your hair extensions may feel a little tender for up to three days. This is perfectly normal as your natural hair is adjusting to the added weight.

SHAMPOOING

- After the application, allow 24 hours before washing your hair.
- Always brush your hair before washing with a soft bristle hair extension brush to remove any tangles.
- Only wash your hair with a hair extension shampoo or a deep cleansing clarifying shampoo. Never use shampoos containing oils or moisturisers, as this will cause the bonds to soften. Once the bonds become soft the extension hair may start shedding excessively and the extensions may slide out.
- Apply the shampoo liberally to wet hair, making sure you lather the shampoo thoroughly all over the scalp by using a downward zigzag motion with your fingers. Pay particular attention to the root area and hair underneath. Then apply more shampoo to the hair, stroking downwards

to the tips. Rinse then reapply. Rinse thoroughly, then gently squeeze to remove excess water.

- Always wash your hair in the shower, never wash hair in the bath.
- Keep your hair clean! DO NOT allow your hair to get oily – natural scalp oils, dirt, perspiration and products contaminate the bonds and will cause them to soften or slide out.
- Always wash your hair immediately after exercise or swimming.

CONDITIONING

- Only apply conditioner to the mid-lengths and ends of the hair extensions. Never apply conditioner on the root area, as this will cause them to slide out and bonds to soften and shed.
- Draw your hair to the back of your neck as if you were about to tie your hair into a ponytail. Hold the hair in one hand, and stroke the conditioner down the hair with the other. Never go above chin length when applying conditioner. Leave on for a few minutes, rinse, then gently squeeze to remove excess water.
- Hair extensions do not receive nutrients from your natural scalp oils, so it is essential to keep them well moisturised by using a good quality moisturising conditioner. You may also apply treatments to the extensions, but make sure you avoid contact with the root. I recommend a good conditioning treatment every few weeks to get the maximum time out of your new hair.

DRYING

- After washing, gently pat your hair with a towel to remove excess water. Do not rub vigorously as this will cause the hair to tangle.
- Apply a leave-in conditioner and an argon oil to the hair while damp, making sure you avoid contact with the bonds (mid-lengths to ends only). This will make your hair easier to comb through when wet and help keep it moisturised and in good condition.

- Comb through wet hair using a wide-toothed comb or Tangle Teezer (see Brushing & Styling).
- Dry your hair immediately after washing. Never leave it to dry naturally. If you leave your hair to dry naturally, your naturally your hair can wrap around the extensions causing matting and damage to your natural hair. If wearing bonds, please note that the bonds swell when wet, and if they are regularly left damp they will soften and crumble.
- Blast off the root area first until bone dry.
- Never let the hairdryer get too hot on the bonds if wearing pre-bonded extensions.
- Blast the rest of the hair until it is about 80% dry. Always point the hairdryer down the hair shaft to smooth the hair and avoid tangling.
- Blow dry the hair section by section, beginning at the bottom section. Tie the rest up and begin blow drying each section, working up the head methodically. Direct the brush and hairdryer down the hair to the ends.
- Never sleep on wet or damp hair.
- Once hair is all dried, brush hair at the root thoroughly in sections to make sure hair is smooth and tangle-free.

BRUSHING AND STYLING

- Brush your hair using a soft bristle hair extension brush. These brushes are designed for extensions and will glide gently over the bonds without pulling on them.
- Always hold your hair when brushing to support the extensions and prevent causing strain on your natural hair and scalp.
- Begin brushing the ends of the hair first in downward strokes, working upward step by step. Never brush too harshly. Make sure that you brush over all the bonds and scalp every day – this will prevent matting the roots. Lift up the top sections of hair to brush the bonds underneath.
- When your hair is wet, brush/comb the hair in small sections, holding the hair and starting at the ends. If using a comb, do not comb over the bonds, as you will pull out the extensions and your own hair.

- Never backcomb your hair extensions as this will cause matting which can be very difficult to remove.
- You may use products such as hairspray, serums and mousse on your hair extensions, but avoid contact with the root area at all times.
- Take care not to touch the bonds (if wearing pre-bonded method) with hair straightening irons, curling tongs and other heated appliances, as this will cause them to melt and stick together.

GENERAL CARE

- Every day it is vital that you separate the extensions at the root area with your fingers, making sure each one is hanging separately if wearing individual extensions. This will prevent any matting from occurring at the roots where your own hair has naturally shed.
- Gently plait the hair or tie loosely in a band before going to bed.
- When wearing your hair up, be careful not to tie the hair too tight as this will cause excess tension on your natural hair. We recommend using an invisibobble as they do not cause tension or headaches when tying hair up.
- Do not colour the extensions at home. However, you may continue to have your roots retouched. Our colour technician simply needs to work around the joins of the extensions, taking care to avoid the bonds.
- Do not pick or pull at the extensions, as this may result in them sliding out and may cause damage to your own hair.
- Wear your hair up when swimming, keeping your hair out of the water as much as possible.
- When on holiday, take particular care of your hair extensions by washing them regularly and keeping your hair out of the water as much as possible.
- Always take extra protection when going on holiday if you have blonde hair. We advise taking some Malibu hard water sachets. Certain countries, depending on the hard water in hotels, can cause extensions to change colour. This cannot be avoided but can be fixed with the

sachets which will bring them back to normal again (we have them available in the salon).

- Avoid using saunas or steam rooms, as the intense heat and moisture will cause the bonds to soften.

PROBLEMS THAT CAN CAUSE EXTENSIONS TO BREAK DOWN

- Using the wrong type of shampoo/not shampooing properly (must lather thoroughly all over scalp)
- Applying conditioner on the bonds or root area
- Not drying your hair immediately after washing
- Not drying the bonds thoroughly (leaving the bonds damp)
- Allowing your hair to become oily/not washing hair often enough
- Not washing hair after exercising (perspiration on scalp)
- Having your hairdryer setting too hot on the bonds
- Contact with hair products and dyes on the bonds or root area
- Excessive heat and moisture e.g. from using saunas, steam rooms etc.
- Consistently getting the bonds wet/damp e.g. swimming

If you have any questions, please email dreamgirlzextensions@icloud.com
or call us on 0191 281 5223.

If you wish to book a consultation, please visit:
<http://dreamgirlzhairextensions.co.uk/consultation/>

Gold Fever
HAIR EXTENSIONS

RC
RemiCachet

Great Lengths