

Tress Up!

LUXURY HUMAN HAIR EXTENSIONS AFTERCARE

As stated on your consultation form, it is paramount to book **6-8 WEEKLY MAINTENANCE APPOINTMENTS**. This ensures maximum security for your natural hair, gives your technician chance to ensure your hair is being looked after and more importantly to reposition (push up) your hair extensions meaning they last longer! Matting that can occur during the wear of your hair extensions and this is also removed during your maintenance appointments. You **WILL** experience problems if these appointments aren't held.

WASHING YOUR EXTENSIONS

Once your extensions have been applied, **avoid washing your hair for 48 hours**. This will give your mini locks/ bonds/ weave time to settle. After this, it is recommended to wash your hair 1-2 times per week. 2-3 times per week if you suffer with greasy/ oil prone hair. It is highly recommended that you use specially formulated products for use with hair extensions. Extension specific products tend to not contain bad alcohols and sodium sulphates that strip your extensions of their natural sheen and colour. *Tress Up* supplies sulphate & paraben FREE shampoo, conditioner, heat protection spray, treatment mask & serum to keep your hair extensions in tip top condition.

When washing, avoid tipping your head over the bath since it can cause your extensions to tangle and cause unnecessary pressure on your natural hair. Wash with your head upright, ideally in the shower. **Gently smooth shampoo throughout your scalp and between the hair extension prebonds and throughout the length of the hair. DIRECT CONTACT WITH CONDITIONER ON THE HAIR ROOT SHOULD BE AVOIDED!** This will encourage bonds to break down and/ or micro rings to slip. Instead, pat conditioner from mid length to ends until the water runs clean, do this rather than rubbing the hair together.

DRYING YOUR EXTENSIONS

Before you dry your hair, it is advisable to use a leave in conditioner before blow-drying (again from mid length to ends) or a Argan oil based product (we recommend Garnier 'Ultimate Blends' oil), apply this generously and detangle using a wide toothed comb. On a light setting, blowdry YOUR ROOT FIRST to maximise the prevention of slippage. When drying your hair extensions, you will find it much more manageable to SECTION OFF the hair into 3-4 parts and dry these separately. Ensure that the extension hair is supported when brushing in general by holding your hair extensions at the root. You **CAN** let your hair extensions dry naturally, AFTER drying the connections, this will leave your hair with a natural beach wave.

WHILST SLEEPING

Never go to sleep with wet hair extensions! This will encourage matting and can also cause the keratin on your extension tips to break down and this will cause the hair to shed. Style your hair in a soft plait or ponytail whilst sleeping to prevent the hair from becoming knotted. A satin or silk pillow case can also be used as this takes less moisture out of the hair.

STYLING YOUR EXTENSIONS

Straighteners, tongs, wands, irons and heated rollers can be used on your extension hair, just as you would with your natural hair. However, it is advisable that you use heat protection spray. **Hairspray, gels and serums can be used but the HAIR ROOT should again be avoided.** Try not to overuse heat tools as this can cause your extensions and natural hair to dry out considerably. Again you may find styling much more manageable if you section the hair off and style each part separately.

COLOURING YOUR EXTENSIONS

It is strongly recommended you DO NOT PERM, TINT OR COLOUR HAIR EXTENSIONS. As most hair extensions are multi-tonal (made up of different shades), the dye may pick up different tones in different ways. If you must dye the extension hair, make sure you avoid the bonds/ connections. It is only advisable to dye the hair darker and do this at your own discretion.

EVERYDAY ACTIVITIES

If you use sun beds, you should wrap your hair in a towel first. Sun beds will dry out hair and can weaken or even start to melt the hair extension tips! **If you work out regularly (sweat a lot) or use steam rooms and/ or sauna's, you should ensure that the HAIR ROOT/ BONDS are cooled down completely after the session at the earliest convenience.** Keeping bonds in a damp environment can make them deteriorate.

HOLIDAYS & SWIMMING

Swimming with the extensions is not recommended. The chlorine present in pools as well as the salt present in sea water can CAUSE DISCOLORATION AND extreme matting. Salt, pool chemicals and chlorine can cause the disintegration and break down of the keratin tips which can lead to hair shedding or extensions falling out. **If you must swim during the wear of your hair extensions, it is advised that you rinse your hair out from chlorine or salt water immediately after with fresh water after and treat with a leave in conditioner.**

**AFTER YOUR FITTING, DO NOT WASH YOUR HAIR FOR 48 HOURS TO ALLOW THE BONDS TO SETTLE
YOUR HAIR EXTENSIONS WILL BE TENDER FOR THE FIRST FEW NIGHTS TO SLEEP ON
USE THE RIGHT PRODUCTS RECOMMENDED BY YOUR TECHNICIAN
STICK TO YOUR 6-8 MAINTENANCE APPOINTMENTS TO AVOID HAIR DAMAGE OR SLIPPAGE
AVOID CONDITIONERS OR OIL BASED PRODUCTS AT THE HAIR ROOT
SEPARATE YOUR BONDS WITH YOUR FINGERS TO PREVENT MATTING
NEVER GOT TO SLEEP WITH WET HAIR, ALWAYS MAKE SURE YOUR HAIR DRY THOROUGHLY BEFORE SLEEPING
WHEN BRUSHING, START AT THE ENDS AND WORK YOUR WAY UP. NEVER PULL ON YOUR EXTENSIONS
STYLE YOUR HAIR IN A LOOSE PLAIT OR IN A SCARF WHILST SLEEPING
ALWAYS DRY YOUR BONDS/ HAIR ROOT ON A COOL SETTING BEFORE BLOW-DRYING
AFTER SWIMMING OR EXERCISE, RINSE AND DRY YOUR HAIR EXTENSIONS IMMEDIATELY
YOU WILL LOSE HAIR EXTENSIONS WITHIN YOUR PERIOD OF WEARING THEM, REAPPLIED AT MAINTENANCE
ALWAYS USE HEAT PROTECTION SPRAY BEFORE STYLING**