

# tmchairart

## CARING FOR YOUR EXTENSIONS

WE'RE NOT JUST FOCUSED ON PROVIDING YOU WITH A ONE-TIME SERVICE. WE ARE DEDICATED TO BUILDING A LONG-LASTING RELATIONSHIP WITH YOU, SUPPORTING YOU ON YOUR HAIR JOURNEY EVERY STEP OF THE WAY. BELOW YOU WILL FIND OUR RECOMMENDATIONS FOR CARING FOR YOUR EXTENSIONS.

### Cleaning

I suggest washing your hair 1 to 2 times a week with Goldie Locks Ultra Hydrating Signature Shampoo + Conditioner, R+Co Atlantis Shampoo + Conditioner, or R+Co Bleu De luxe Shampoo + Conditioner. Before washing, you have to brush all of the tangles out. I mean ALLL. If you have multiple rows, section the rows half up, half down so that you're able to cleanse between the rows. Gently wash as normal and be sure to avoid rubbing the ends of your hair together. When conditioning, only apply conditioner from the ears down, and around the face framing pieces. Avoid conditioner at the scalp and where the extensions are tied in to avoid build up. Use a wet brush or a wide tooth comb to gently brush the conditioner through before rinsing it out. Please avoid tangles at alllll costs. If you simply cannot go without washing daily, do the "half wash" to preserve the extension hair. Start by sectioning off the top section of your hair, then braid your extensions so they stay out of the way. Once you have your hair sectioned and ready to wash, put your head directly under the faucet/sink/shower and shampoo & condition the top section of your natural hair. After washing, use Goldie Locks Ultra Hydrating Leave In Conditioner, R+Co Centerpiece Elixir, Or R+Co On the Cloud leave in conditioner prior to drying and the Goldie Locks serum, R+Co two way mirror or R+Co Bleu Optical illusion serum once dried to finish! This will allow you to wash daily if you feel the need to.

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### Drying

Gently squeeze the water out of your hair, do not rub! You should moisturize your hair daily, with a leave in conditioner/serum/oil depending on your personal hair texture. Make sure before drying you protect your hair with a heat protectant. Follow with brushing through with a wet brush/wide tooth comb. Before drying make sure each row is completely brushed out from the top of the weft, to the bottom. I don't recommend letting your extensions air dry, but if you wish make sure the top of the row (where it is attached to your head) is completely dry to prevent matting and molding. **YOUR HAIR MUST BE COMPLETELY DRY BEFORE GOING TO BED.** PRODUCTS Shampoo, conditioner and other hair products need to be extension friendly – meaning they should be paraben and sulfate free. You should also use a serum/oil/leave in conditioner ears down, daily, for moisture! If you have products at home that you would like to use, or are interested in trying something new, please check with your stylist if it is extension friendly. Olaplex is not extension friendly. **SLEEPING** I recommend to braid your hair or put in a high bun for sleep. It's also best to sleep on a silk pillowcase (this is great for your face AND hair). Cotton pillowcases can cause frizz and split ends over time. Silk pillowcases are much more gentle on your hair. I highly recommend the "Slip" brand from Sephora or the "Kitsch" brand from Ulta. Do not sleep on your extensions while they're wet, it will damage your natural hair and can cause matting and mold.

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### Styling

As far as tools go, you can straighten and curl your hair like normal! When using hot tools, don't forget to apply a heat protectant before you use heat. Obviously, the less hot tools you use, the better, as it dries out your hair. I've actually had to style my hair WAY less with extensions because it holds the style SO well. My natural hair won't hold curl whatsoever. With extensions, I curl my hair after I wash and dry it, and then I just touch up the curls as the week goes on until I wash my hair again. This honestly saves me so much time!

Brush your hair multiple times a day (to avoid excessive tangles/matting). It's best to use a wet brush or wide tooth comb for gentle effectiveness.

It is very important that you brush all the way up to the seam of your extensions to prevent matting at the root or "top" of the wefts. It is ALSO very important that you are careful as you are brushing near the top of wefts or where the extensions are sewn in.

You can totally put your hair up in a high-pony or bun (IBE® is the best for this! You don't have to worry about seeing beads or tape!). This is what I was most excited about, because I loooove throwing my hair up in a "messy bun" and I really wanted a huge bun!

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### Swimming

The big question – Can you swim with extensions? Yes–BUT there are minerals found in some water that can react poorly with your extensions and can cause discoloration or dry them out.

When it comes to the ocean, things do change a bit. The salt water can be extremely drying and cause severe matting. I recommend having your extensions removed before vacation if you plan on swimming in the ocean.

To avoid this, I advise to do the following:

Wet your hair before getting into the pool/lake, etc. After wetting, apply a leave in conditioner or hair mask.

- Comb your conditioner or mask through your hair, then bubble braid it or put it in a tight bun or pony.
- Brush & wash your hair immediately after swimming.
- Beware of sunscreen, most brands contain ingredients that will turn your extensions a brassy orange or peach color. I recommend Goldie Locks Sheer Mineral Sunscreen or the "bare republic" brand. It is sold at Ulta or Target. Stay away from any sunscreen that includes "Avobenzone" as an ingredient.