



Going on Holiday

If you are going away to a hot country and will be in and out of swimming pools, we advise you to put your hair into a low ponytail or plait. Once out of the water, release your hair from the pony/plait and let the sun dry your hair. Please avoid wearing a hat as your hair needs to dry as soon as possible. Rinse any chlorine or sea water out of your hair to prevent discoloration. Do not leave your hair in a bun all day.



Styling Your Hair Extensions

- Use any heat styling tools - we advise using big barrel curling wands!
- Avoid salon blow-dries, these can loosen hair extensions.
- Spray hairspray onto a brush, comb through.
- Hair extensions hold a style for a long time, making an effort to style your hair when you wash it means your hair extensions will look good always.



Losing Hair Extensions

Micro bonds/micro rings: It is normal to lose between 5-10 micro ring or bond hair extensions throughout their lifespan. If you lose a micro ring strand then keep it safe as it can be re-applied.

If you feel like you have lost enough that it is noticeable or it is from one area in particular then you may want to contact your stylist and book a check-up appointment.

Tape: As a semi-permanent method, you may lose a tape extension, or even one side of a tape extension during its lifespan. In particular, tape hair extensions require stricter adherence to the rules as this method is more sensitive to oily roots or using the wrong shampoo.



Shedding

Shedding is a normal part of the micro-bonding method. You can expect to lose some of the volume over the lifespan. However, if your bonds feel sticky to touch and if you are concerned about excessive shedding then you may want to contact your stylist and book a check-up appointment.

You MUST NOT wear your hair extensions for more than the recommended lifespan agreed by your stylist. After this time, your hair extensions have grown out significantly. Leaving them in for longer than this recommended period can lead to short term and long-term issues for your hair extensions, but more importantly for your own hair.

Please take care to read this information before having your hair extensions applied. If you have any further queries about how to care for your new hair then please consult with your accredited stylist.

These rules, if followed, ensure your own hair is kept in perfect condition and allowed to grow freely while wearing your hair extensions.

For any additional information, please feel free to contact us:

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The 4 Golden Rules

01.

No scrubbing your scalp in a round motion

02.

No oily or wet roots

03.

No over-directing the connections

04.

No pulling

Things You Will Need



Shampoo

- **Do** use salon-quality clarifying shampoo for oily hair.
- **Do** use salon-quality volume shampoo for regular to dry hair.
- **Or** choose The London Hair Lab range to ensure your hair extensions are cared for perfectly.
- **Do not** use supermarket shampoo or even shampoo found in larger retailers – stick to a salon brand!
- **Do not** use moisturising shampoo or shampoo formulated for colour-treated hair.
- **Do not** use protein-heavy shampoo (in particular avoid Kerastase as it has a lot of protein).



Conditioner

- **Do** use a lightweight, good quality hydrating conditioner on the ends of the hair only.
- **Do not** use a heavy cheap conditioner or mask that will coat the hair extensions and make them look stringy.



Hairdryer

- Drying your hair correctly is key, you will need a good quality, effective hairdryer. We recommend the Parlux 3500 Super Compact.



Treatment oil

- Use on the ends of the hair extensions to protect them from heat styling.



Hairbrush

- Use a Tangle Teezer brush only. Avoid tough bristle brushes, or old-fashioned plastic ones.

Day to Day Routine



Washing Your Hair Extensions

- Use a salon quality clarifying shampoo for oily hair; use salon quality volumizing shampoo for regular/dry hair.
- **Do not** use supermarket shampoo or any moisturising shampoo.
- Wash your hair in the shower, never the bath or upside down.
- You can massage/lather shampoo **ONLY** where there are no connections (on the top of your head).
- But – change your action when you come to cleaning the connections.
- Use your fingers in a downward motion to encourage the shampoo/water to rinse over the hair extensions. Only downwards (not up and down).
- **Do not** rub over the connections in a circular motion.

- Rinse twice as long as usual to ensure all hair is free from shampoo especially around the ears where shampoo can get clogged.
- Product build-up can happen if you don't wash your hair thoroughly. This can lead to sticky roots and matting, and is not reversible. So do not be afraid to touch the connections. Just do it in a downwards motion.



Drying Your Hair Extensions

- Only put a towel on your head like a veil, and not upside-down like a turban.
- Towel dry hair by squeezing, not rubbing.
- Do not comb through wet hair. Instead use your fingers whilst drying your hair.
- Concentrate on drying the root area until completely dry.
- You can use a brush **ONLY** once your hair is 95% dry (wet hair is more prone to snapping and also pulls more on the root).
- Do not pull on your extensions while drying.
- Your halo section at the top where there are no extensions should be blow-dried well until completely smooth, so that it sits in to the hair extensions.
- **Note:** if you would like to leave your hair to dry naturally, you can only do so if you first dry the roots thoroughly.



Salon Blow Dries

We do not recommend salon blow dries especially a 'curly blow' or a round-brush blowdry. This pulls on the hair too much.

In the salon, remind them to only wash your hair by gently going downward over the connections, and follow all of the rules, as you would normally at home.

A rough dry is necessary and you can ask them to style your hair afterwards with a heat-styling tool.



Brushing Your Hair Extensions

- Use a Tangle Teezer only. Brush from the bottom using two hands.
- Brush your hair regularly to avoid stringy looking hair extensions.
- Do not try to comb between the scalp and the connection, this hair is trapped and can't be brushed.
- You can brush over the halo of your hair using a Tangle Teezer – it won't pull on the hair extensions.



Up-Dos

You must not tie your hair up into a high ponytail, top knot or high bun. Only low styles.