

*bliss hair studio*  
*Hair Extensions* HOME CARE MAINTENANCE PLAN

Do **NOT** wash hair for 24 hours to allow your newly applied extensions to adhere completely.

#### **BRUSHING**

- Use a boar bristle brush or wet brush daily to remove knots and tangles.
- Gather the hair into a ponytail and securely hold close to the scalp. Begin brushing from the ends, carefully working your way up toward the scalp.
- Brushing your hair before it gets wet will keep the hair from tangling while washing.

#### **WASHING**

- Brush extensions thoroughly before washing to remove any tangles.
- Now that your hair is thicker, you may decide to divide the hair into two sections on either side of the head to wash or multiple ponytails and wash section-by-section.

#### **SHAMPOO**

1. Use Sulphate-free and paraben-free shampoo (preferably Brazilian Bonder extension care). DO NOT use protein shampoos.
2. Begin at the scalp and massage into hair using a "Z" formation. Do not use a circular motion or flip head upside down as this causes tangles.
3. Part the hair and rinse all the way to the scalp. If you used the ponytail method to section the hair, rinse one at a time. Follow up with a final rinse.

#### **CONDITION**

1. Use Sulphate-free and paraben-free conditioner (preferably Brazilian Bonder extension care). DO NOT use protein conditioners.
2. Apply conditioner from mid-shaft down to the tips of your hair and leave on 2 - 3 minutes. NOTE: adding conditioner near or at the point of attachment may lead to hair extensions sliding out.
3. Rinse completely.

#### **DRYING**

- Towel dry your hair as much as possible before using a blow dryer.
- The use of leave-in conditioners, heat protectants, as well as treatment oils from mid-shaft to ends is recommended to protect your extensions.
- Using a blow dryer, rough dry the hair.
- Starting at the ends and working your way up towards the scalp, round brush the hair.

#### **STYLING**

- All hair extensions purchased at Bliss Hair Studio are safe to use with thermal tools like curling wands, flat irons, etc.
- Temperature setting depends on your natural hair. You may use between 270F - 450F on your extensions as long as proper heat protectants are applied before styling.
- Keep all hot tools away from the point of attachment to ensure extensions do not melt or fuse together.

#### **PRODUCTS**

- Use professional grade products recommended by your stylist to maintain the health of your natural hair and extensions.
- Avoid alcohol-based products close to the point of attachment as it may compromise the bonding agent and cause slipping.

#### **SWIMMING & SUNSCREEN**

- Do not let any sunscreen touch the extension hair, it will effect the color and turn it orange.
- Before swimming, wet your hair with fresh tap water and apply a small amount of leave-in conditioner to the ends.
- Tie in a loose ponytail or braid.
- Once you have finished swimming, rinse the extensions with fresh water and spray with leave-in conditioner.

#### **SLEEPING**

- Brush hair gently and loosely braid before sleeping.
- Do not go to bed with wet hair as it can cause tangling close to the scalp. If this occurs, schedule an appointment with your stylist to remove immediately.

#### **COLORING**

- DO NOT ATTEMPT TO COLOR YOUR HAIR EXTENSIONS AT HOME. Please consult with your stylist for all hair color services.
- Purple shampoo is NOT recommended for hair extensions.

**QUESTIONS? TEXT OR CALL US AT (815) 729-9151.**