

AFTERCARE GUIDE



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Hey

I am sure you are super excited to have your hair extensions fitted, but also wondering what the reality is of looking after them on a day to day basis.

We have put together this aftercare guide to help you take great care of your new hair & understand what to do when it is time for you to leave our chair.

.Our guide covers all aspects of aftercare, in clear, step by step directions.

If you have any questions that have not been covered in this guide, please feel free to send us a message at any time!

NEWLY FITTED HAIR *now what?*

Your new hair is in and it's looking fabulous! Now it's time for you to take the reins.

Firstly, it is probably going to feel a little bit strange! You now have more hair which means more weight on your scalp than you're used to.

It may feel a little tight, but don't worry this is very normal. Your scalp will soon adjust to the weight. When you go to bed the evening of your fitting, you will likely feel the attachments when you lay your head down on your pillow.

Some people feel nothing, some people find it a little uncomfortable.

Initial discomfort isn't a sign of any problems, so don't worry – in a few days you'll be so used to it you won't remember life without them. If the discomfort persists (1/2 weeks after fitting) let us know. This is however incredibly rare, so do not panic!

Your hair NEVER stops growing so with each day that passes the hair extensions will be getting looser.

Try to avoid any tight or high hair styles for the first two weeks or so. This can add more tension to your scalp than necessary. Keep it in a low pony or loose plait or bun if you need to tie it back for work or the gym.

Avoid washing your hair for the next 48 hours to allow the extensions to properly settle in your hair.

Now for some info relating to each method. Head to your appropriate method section

MICRO WEFT & FLAT-TRACK WEAVES

You will have 1-5 rows in your hair. It is important to make sure your natural hair between the rows isn't tangling. Going to bed with wet/damp hair or wet hair from sweating in the gym can cause matting at the root. Make sure you are using a soft bristle brush or a tangle teaser, and are brushing in between the rows regularly to avoid this happening.

Your extensions should be re fitted every 8-12 weeks. Some who like it tight all the time do every 8 weeks, some who like to let it hang more like 12 weeks. You'll get a feel for what suits you but it is always advised to come for a re-fit at the 8 week mark.

The wefts will begin to feel looser from 1-2 weeks. You'll notice how quickly your hair actually grows! This can also be a little bit of slippage. Don't worry, slippage is normal, and can be due to heavy brushing, washing & strain on the extensions.

Weft re-fitting can be performed in 2 ways

Option 1

Your hair extensions are removed, you go home, wash your hair and top up any colour needed, then your hair extensions will be re-applied on separate date.

Option 2

Your hair extensions are removed and re-applied row by row on the same day.

TAPES

Avoid washing your hair for 2 days after installation to ensure the tapes set well.

Tapes need re fitting every 6-10 weeks on average depending on hair growth and hair thickness. If your hair grows quickly, or is finer it is advised to have them re-fitted closer to the 6 week mark. If your hair is fine, you may see the tapes through your hair as they grow down due to them losing their precise positioning. Occasionally Tapes can twist when they grow out... it's a sign it's time for a re fit!

Tapes can also be affected by silver shampoo, conditioners, oils and hairsprays. These products can weaken the tape which ultimately can make them slide out. Try and keep any product away from the tape attachment apart from sulphate free shampoo.

TAPES re-fitting can be performed in 2 ways

Option 1

Your hair extensions are removed, you go home, wash your hair and top up any colour needed, then your hair extensions will be re-applied on separate date.

Option 2

Your hair extensions are removed, your hair is washed and blow dried, then your hair extensions are re-applied

At your tape removal appointment, you may have some sticky residue left in your hair but this washes away when shampooing at home after the appointment.

MINI LOCKS & NANO RINGS

It is important to make sure your natural hair between the hair extensions isn't tangling. Going to bed with wet/damp hair or wet hair from sweating in the gym can cause matting at the root. Make sure you are using a soft bristle brush or a tangle teaser, and are brushing gently from the root of your hair in between the rows regularly to avoid this happening. You can also go through with your fingers pulling apart each individual extension to ensure it is not tangling to any other extensions around it.

Your extensions should be re fitted every 8-12 weeks. Some who like it tight all the time do every 8 weeks, some who like to let it hang more like 12 weeks. You'll get a feel for what suits you but it is always advised to come for a re-fit at the 8 week mark.

The extensions will begin to feel looser from 1-2 weeks. You'll notice how quickly your hair actually grows! This can also be a little bit of slippage. Don't worry, slippage is normal, and can be due to heavy brushing, washing & strain on the extensions.

Individual extension re-fitting can be performed in two ways!

Option 1

Your hair extensions are removed, you go home, wash your hair and top up any colour needed, then your hair extensions will be re-applied on separate date.

Option 2

Your hair extensions are removed and re-applied row by row on the same day.

HOW DO I WASH MY HAIR?

Its recommended you wash your extensions 1-2 times a week, with 3 being the maximum amount of times.

If you struggle with greasy or flat looking hair, use a dry shampoo in between washes.

If you wear tapes, be mindful of how much dry shampoo you are applying close to the attachment. Too much dry shampoo can make the tapes dry up and slide out. Excessive washing can cause all types of extensions to loosen quicker.

Optionally, if you haven't got time for a full wash and blow, try a top wash. You can do this by tying your extensions back in a low bun out of the way, leaving your top section of hair (above your hair extensions) out & washing the section of hair over the sink or the shower.

You must remember the rule of all rules

DO NOT GO TO BED WITH WET HAIR! No matter how tedious blow drying may be it can make your hair matt and tangle very quickly. Not only will this be very uncomfortable when we try and brush it out but it could cause extensive damage to your natural hair.

This rule also applies when on holiday or if youre caught in a rain storm. Ensure you dry your hair extensions as soon as possible if they get wet.

Step 1

Brush your hair gently before washing to remove any knots or tangles.

Tilt your head backwards (never forwards), and with warm, running water, wet your hair extensions.

Step 2

Dispense a generous amount of shampoo into the palm of your hand and begin to massage into the top section of your natural hair (where you will have no hair extensions in)

Step 3

Work your way down your head using a gentle zig zag motion, not circular as this can cause tangling.

Work the shampoo through the mid length and ends of your extensions using your fingers. Do not massage the hair.

Step 4

Thoroughly rinse the shampoo out of your hair.

Apply your conditioner on the mid length and ends of your hair extensions. Do not apply conditioner at the root of your hair. Once complete, thoroughly rinse out.

Step 5

When you have finished washing your hair, gently squeeze/ring out excess water, then gently towel dry using patting motions instead of rubbing motions.

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HOW DO I DRY MY HAIR?

Step 1

Before brushing your wet hair it is advisable you use products to help! You most likely have purchased some of the recommended aftercare products. Now is the time to apply these.

Step 2

Once you have dispersed these through your hair, gently brush through, making sure you support the extensions by holding the hair at the attachment.

Step 3

Section your hair into 3-4 sections starting from the nape of your neck working upwards. Begin to blow-dry the attachment area of the hair extensions first. Once thoroughly dry, start working on the mid length and ends of the hair extensions. Once your first section is dry, Lower your next section and repeat for the remaining hair. For a sleek finish, blow dry using a vented paddle brush or a round brush with soft bristles.

Never tilt your head forward to blow dry.

Always use a downward motion with your head upright, or back.

If your hair extensions feel fluffy after blow drying, using a good quality straightening iron will help to smooth is out.

BRUSHING

Remember your hair extensions are attached to your own natural hair, & pulling too hard or mistreating your extensions can result in your own hair being pulled out.

The only brush you should use near to your extension attachments are a soft bristle brush or a tangle teaser. This is because these types of brushes gently glide over the attachment.

When brushing your hair extensions, always hold or support the attachment with your hand. This helps to make sure no additional stress is put on your hair.

Brush from the bottom of your hair, working your way up to the top ensuring you gently remove any tangles in the process.

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STYLING

Styling your new hair can be a lot of fun but please understand your extensions are fitted in your head to suit the majority of hair styles, but the main focus is it looking great when worn down. When creating half up half down styles and slick high pony's/buns it may be more difficult to cover the extensions, but with time, you will learn what styles are achievable for you.

The more heat you use on the hair extension the shorter the life span will be of the hair. Try to keep the curling and straightening to a minimum.

Always use heat protector when you are heat styling your hair extensions!

SLEEPING

How you wear your hair at night is just as important as how you wear it during the day. By following our advise, your hair will stay looking its best at all times!

Never wear your hair down when sleeping. Your hair will move freely and rub against your pillow as you move around. This can dry the hair out and cause tangling and matting.

You may also pull on your hair whilst asleep which can loosen your hair extensions, or even pull them out.

Four ways to safely wear your hair to bed

A low ponytail with scrunchies down the length of it ensuring the hair isn't free to move around

2 plaits

1 plait

Low wrap around bun

Silk scrunchies and silk pillowcases help to protect the hair. It cuts down on friction and tension that's associated with traditional cotton pillowcases and elastic hair ties. They help to minimise breakage and keep hair looking shiny, soft & healthy.

SUNCREAM

We are all for protecting our skin first and foremost but how choosy are you when picking your sunscreen? The NHS guidelines have some interesting information to help and explain the star rating and SPF a little more for you. But the main ingredients to note are:

Avobenzone (Butyl Methoxydibenzoylmethane) an oil-soluble ingredient used in sunscreen products to absorb the full spectrum of UVA rays.

Octocrylene is added as a stabiliser as the Avobenzone degrades in light. Together they are found in differing quantities in sun protection; the more you have the higher SPF and star rating your product will have.

HAIR DISCOLOURATION

You may have heard about hair discolouration, and whether you've noticed any yourself, here's our guide to what you REALLY need to know.

We tend to associate hair discolouration with going on holiday and spotting your strands going a peachy hue, even a rusty orange or a scary shade of green. It's the story your nightmares are made of and it's more common than you would think. It's also not confined to when you go on holiday.

It is a bigger issue for blondes, with ashier blondes taking a salmon hue on, and warmer blondes becoming a brighter, brassy orange. Often with the clients reporting an issue, the colour change is patchy, where the hair hits the shoulders or where you run your hands through your hair regularly. If it's just the ends, you might be able to pull off a dip dye look, but ultimately you are going to want to sort this out.

So, what is really going on? You have three main factors contributing here, so let's take one at a time.

WATER

Hard water has high mineral content. Minerals such as Iron, Copper, Magnesium, Calcium and Silica, which attach to the hair cells creating the colour for the reaction.

SUNSHINE

The sun's UV rays are known for drying out the hair to leave frazzled ends, dull and lifeless locks as well as colour fade. Fundamentally, the heat from the sun accelerates the chemical reaction going on between the sun cream and mineral water deposits.

THE SCIENCE

Essentially, the colour change is as a result of a chemical reaction. The suncream, mixed with the water minerals and speeded up by sunshine, brings about the colour change we see.

When testing hair extensions with various sun cream products (all with different levels of Octocrylene Avebenzone) in the sunshine and chlorinated pool water, a colour change will start. When the sun cream is absorbed into the hair and exposed to the UV light, it causes the cells to break down in a process known as Reactive Oxygen Species (ROS). The cells break down and seek out the Electron particles to form a new cell structure.

THE FIX

If you require a quick fix then you need to invest in some Malibu C Sachets.

You need around one sachet of the Hard Water Wellness Remedy for 50g of hair. So, if you have a full head of extensions, make sure you buy enough sachets.

IMPORTANT THINGS TO REMEMBER

It is not recommended you colour, tint or perm the extension hair as these types of products contain elements that can damage the extension hair. Even though the extensions are 100% human hair, doing the above unless absolutely necessary is unadvised. All colouring of the hair extensions is done at your own risk.

Lighter Shades may have a slightly shorter life span than darker shades on average. The lighter shades will need extra care and less heat application to increase the lifespan. Colours can fade over time and it will happen quicker if the hair is drying out from heat damage or excessive washing!

Be careful with silver shampoo – it can grab very quickly and make blonde extensions blue real quick! Using it is at your own risk. Water it down if you need to use silver shampoo and be extra careful. Silver shampoo can dry the extensions out over time.

By 12 weeks, your extensions will be very grown out, and will begin to feel uncomfortable. They can also start pulling on your hair more, causing unnecessary tension. This is why we do not advise you leave it any longer than 12 weeks before you have a removal or refit. You will also have 12 weeks worth of dead hair build up stuck in the attachment of your extensions that needs to be removed. If it is not removed, matting and tangling can occur.

HOLIDAY AFTERCARE ADVICE

Hair extensions can be worn on holiday, and we know so many of you get them done specifically to look great on the beach!

Ultimately, hair extensions are harder work on holiday than in your day to day life. This is because you will be required to look after it even more whilst away due to the intense environment.

We would advise you to not have brand new hair fitted for a holiday. It is better to wear an older set, to prevent the deterioration of a brand new set so soon. If you do wish to proceed with a brand new set for holiday, it is best to have them fitted at least 2 weeks before you go away to give you time to get used to caring for them.

It is important you understand that we cannot guarantee the condition of your hair extensions whilst on holiday.

As you will know by now, leaving your hair extensions wet is the biggest NO NO! This includes whilst you are on holiday! If you are going to go swimming, tie your hair up and try not to get it wet. If you do get it wet, ensure you wash your hair thoroughly, followed by a deep conditioner as soon as possible after getting it wet, and section it off to brush through properly ensuring there has been no matting or tangling from climbing out the pool/sea and laying around for the rest of the day on a sun lounger.

Try to keep your hair in a plait or a bun to keep it protected during the day. A Hat also works well to protect your hair from sun and the UVA and UVB rays that can discolour and damage your hair extensions.

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If you read this far, well done and thank you!

We hope you enjoy your new hair, and you have found all of this information helpful.
Please refer back to this guide for the duration you wear your hair extensions.

If you get stuck on anything just drop us a message, we will be more than happy to help!



Let me know if you need anything else from me!
Thanks!

