

HANDTIED EXTENSIONS CAREGUIDE

BRUSHING-

- When possible, refrain from brushing when wet
- Recommended brushes: Boar bristle or wet brush
- Brush hair prior to washing, on dry hair, to lightly detangle
- Gather hair into a ponytail, and hold securely close to your scalp. Brush from your ends working your way up

WASHING-

- Now that your hair is thicker (yay!) you need to wash in sections! Make sure to thoroughly wash and rinse in between your rows

STYLING TOOLS-

- ALWAYS USE A HEAT PROTECTANT!
- Keep the heat between 250-350 degrees, depending on your hair. If the heat is too high it may cause your color to fade as well as damage to the hair

SLEEPING-

- Brush hair gently and braid loosely, secure with a scrunchie before sleeping
- Do not go to bed with wet hair, this can cause tangling close to the scalp
- A silk pillowcase is HIGHLY recommended *added bonus its great for your skin too!

DRYING-

- I have a video on IGTV (instagram @heartandsoulbyallynicole) on tips showing how to blowout the hair
- Squeeze the water out of the hair, do not rub.
- You may air-dry a little before drying. Just be sure to remove some moisture from the hair with a towel first, to avoid the extensions being weighed down by the weight of the water

SHAMPOO+CONDITIONER-

- Use a sulfate-free, paraben-free, salon grade shampoo+conditioner
- Apply shampoo to scalp and gently massage top-bottom. Avoid rubbing motions and do not flip the hair upside down, as this can cause friction creating tangles.
- Apply conditioner to the midshaft down to the ends and leave on for 3-5 minutes
- If you experience tangles, gently detangle while your conditioner is on using a wide tooth comb
- The use of leave-in conditioner, heat protectants, and oils applied to the midshaft and ends is recommended to protect the hair

SWIMMING-

- Chlorine is very risky for hair! If you MUST swim.. follow these steps to prevent damage↓
- Before swimming, wet your hair with fresh tap water and apply a small amount of leave-in conditioner throughout
- Secure hair in a loose ponytail
- Once finished with swimming rinse hair with fresh water and spray with a leave-in conditioner

SUNSCREEN-

- NOT ALL SUNSCREEN IS SAFE FOR HAIR!
- Try to avoid getting sunscreen on your hair by wearing it up until it dries.
- Read your label and avoid these ingredients, as they can cause pink or orange tinting to the hair: oxybenzone+avobenzene
- Recommended sunscreens: BareRepublic Mineral Sunscreen, Sun Bum Mineral SPF 50, Coola Mineral Body Organic