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# How to care for your new extensions

## LOOK AT THAT HAIR!

We are so excited for you to experience life with your new extensions! Now that you have them in, below are some reminders about important haircare tips.

## What products should you use?

The most important thing you can do to protect your investment for your new hair is to get the recommended "insurance," aka. products, to ensure that you are not causing any unnecessary damage to the extension hair and/or your natural hair. Silicones, sulfates, and wax additives can cause significant color fading, matting and tangling on the extension hair and your natural hair.

At Pin-Up Curls, we carry Eufora, REF, and Lakme styling products.

Below is a general guideline of the Eufora & REF products that we carry for your extensions but is not specific.

We all have different hair types, textures, and needs. At your visit, we came up with a personalized product regimen for your natural hair and extensions. Refer to your pamphlet for those items.

If you lost your pamphlet, please contact the salon or your stylist via social media to ask for a list of the recommended products specific to your hair.

**IMPORTANT:** Use sunscreen & skincare that doesn't contain Avobenzone or Octocrylene to prevent pink or orange stains from oxidizing on the hair. We recommend Bare Republic Brand sunscreen.

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- Step 1: Urgent Repair Shampoo
- Step 2: Hydrating/Moisture int./Bodify Sha.
- Step 3: Moisture int. masque 1x wk
- Step 4: Urgent repair, Moisture int./Bodify Con.
- Step 5: Beautifying serum (apply mid-ends)
- Step 6: L2 leave in/leave in hydrate
- Step 7: other leave in product(s) of choice
- Step 8: Thermal Defense (before blow dry)
- Step 9: 360 heat protectant/retain on dry hair
- Step 10: texture spray/hairspray

# HOME CARE

**Never wash or blow dry your hair upside down unless you're only doing a crown wash. It puts unnecessary tension on the extensions; leading to matting, tangling, and damage to your scalp.**

## Save time by...

Doing a "Crown Wash" every couple of days and shampooing all of your hair at least once a week.

## Shampoo

Before getting in the shower, make sure to brush your hair from ends to scalp and between each row. Then, section each row with clips. You will wash each row individually from the bottom to the top.

Apply the shampoo on your scalp, on the base of extension hair, and between your rows. Use the pads of your fingers to cleanse in small circular motions. Focus on the base and mid-strand of your natural hair and your extensions. Avoid vigorously scrubbing. This will help prevent tangling and matting.

Rinse each section thoroughly, front to back. Repeat if necessary.

## Condition\*

It isn't necessary to condition in sections (like with shampooing). Gently squeeze out excess water to allow the conditioner to do its job.

Split the hair in half from the center back. Apply product to the ends first and work up to ear level. Gently detangle with your fingers or a wet brush. Leave the conditioner on for 3-5 minutes before rinsing thoroughly.

\*To extend the life of the extension hair and keep your natural hair hydrated, we highly recommend doing an at-home deep conditioning treatment at least once a week.

## Blow dry\*

Towel dry with a microfiber towel or t-shirt. Apply leave in products from your personalized regimen from mid-length to ends. Follow brushing guidelines on next page. Follow with heat protectant and any volumizing products.

To prevent tension and pulling that may occur, keep the base of your row secured with one hand while simultaneously blow drying & brushing with the other. ALWAYS blow dry toward the face and never backward or upside down in order to prevent tension.

Start by power drying each row at the base; making sure to hold the seam with the opposite hand. Once the base of the rows and your natural hair are 100% dry, you will do the same and continue through the mid lengths and finally ends.

\*You can air dry the ENDS of the extension hair but the top and seam of the weft must be 100% dry.

# LIFESTYLE

The information below is critical to follow in order to avoid tension on your corners and temples, matting, tangling, and damage to your scalp & hair.

## Brushing

Using a Wet Brush, brush your hair at least twice a day. Once in the morning and before bed.

Use your free hand to gather your hair in the middle and avoid tension on your scalp. Start at the ends and work your way up to the middle.

Next, use your free hand to stabilize the base of the weft and minimize tension. Start in the middle and work your way up to the seam.

Finally, divide the rows and gently brush under the row, between (if you have two rows +) and on top of the row to avoid matting.

## Heat styling

Always use heat protectant before AND after blow drying. Use heat protectant any time you pick up another hot tool. 340F is the sweet spot for the heat setting. Never apply heat higher than 375F.

## Sleeping

We recommend sleeping on a satin or silk pillowcase. Always brush before bed & apply a lightweight hair oil to your mid-ends. Put the hair in a loose braid or tie into a low ponytail.

## Glasses

Place glasses on ears. Never slide them through your weft; from your temples down or push them up onto the top of your head. Doing so can pull out your natural hair and put too much stress on the front corners of the row. Hook them on your shirt/put them away instead.

## Ponytails & up styles

The base (hair tie, clip, etc.) of the ponytail or up style needs to be either above or below the rows NOT on. You must loosen each corner after the style is in to relieve tension. \*See note about bobby pins under Hats & accessories below. This will avoid tension & ripping the stitches in the row.

## Swimming

Before swimming try adding leave-in conditioner from the middle of your hair to the ends to prevent tangling. Always wear your hair in a braid (s) to prevent severe tangling & matting. **IMPORTANT:** Use sunscreen free of Octocrylene & Avobenzone like Bare Republic.

## Workout & rec. sports

Prior to and during a workout your extensions must always be in a ponytail or braid(s). If your hair is sweaty, blow dry the top of the weft 100% dry if not washing post workout. For recreational activity, a braid(s) is highly recommended.

## Hats & accessories

Ensure that the corners are flat and not being pulled back while placing anything on your head. Once placed, gently loosen the corners EVEN IF you don't feel it pulling. Bobby pins can be placed anywhere on your NATURAL hair (under the weft, between the weft(s), above, or around the weft. NEVER pin through or on top of your weft. It could pull your hair out and rip the seam.

## Sweater weather

Any friction in the nape area from a hat or coat can cause your hair and the extensions to become matted. Take extra care to brush well afterward.