

## WHAT ARE MAINTENANCE APPOINTMENTS?

as your hair grows, your extensions grow out too. every 8 - 10 weeks, your extensions will be ready to be 'moved up'. this timeframe will vary client to client depending on your natural growth / lifestyle.

## WHO IS AN IDEAL CANDIDATE FOR EXTENSIONS?

honestly, everyone! extensions are very versatile and are fully customizable to fit each clients needs. they are great for length / fullness you've always dreamt of, to fill in the sides that seem to not grow, or to add a little thickness to your current length.

## HOW SHOULD I WASH MY HAIR EXTENSIONS?

you can wash + condition your extensions just like normal hair. make sure to thoroughly rinse under every row to ensure all the product has been removed. as always, professional quality products are highly recommended as it is crucial to the health + longevity of your hair.

## ARE THEY DAMAGING?

when done properly + well cared for, not at all! I have found the hand tied method to be the most gentle for the health of your natural hair.

## DO THEY HOLD A STYLE WELL?

yes! actually, extensions tend to hold a style much better than your natural hair. this makes for easy 2nd day hair, just a quick touch up + you're good to go!

## CAN YOU SWIM WITH THEM?

yes, when precautions are taken. it is recommended before you swim to rinse your hair extensions first + use a leave in conditioner to protect them from chlorine. I always like to lean on the safe side, and if you are swimming in a unfamiliar pool - you may not be aware of the amount of chlorine / chemicals present. this can effect the color + texture of the hair if the levels are extreme enough. in addition, secure your hair I also in a low bubble ponytail to prevent them from tangling + wash immediately after swimming.

## HOW SHOULD I SLEEP WITH THEM?

similar to swimming, I always recommend a low loose ponytail or a loose braid with a scrunchie. I also love a good silk pillowcase!

*I go over any further questions you may have at your consultation, and send every new extension client home with an at home care guide.*

