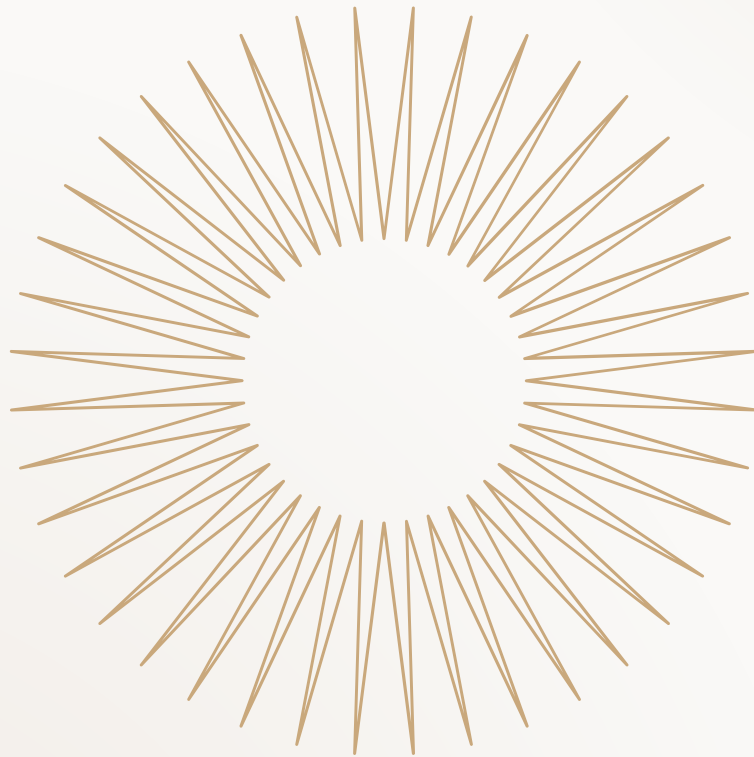


THE EXTENSION RITUAL



HOME CARE MANUAL TO PROTECT YOUR INVESTMENT

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MAINTENANCE SCHEDULE

Routine Appointments

- No extensions can stay forever. **As your hair grows, the extension stays in the same place** on the hair strands and moves further from your scalp as your hair grows.
- The average extension method needs to be moved up or removed **every 4-6 weeks**. (excluding the exception of K-tips)
- If you go past six weeks, tangling will worsen, the weft will feel loose and dangly, often being harder to hide.
- **Never remove your extensions yourself.** Always contact me immediately if you need it removed. Removing it yourself can cause long term damage.

How to Arrive to an Ext. Appt.

- **Clean/dry hair.** Oil and residue will prevent your extensions from lasting 4-6 weeks. If a wash and style is needed but not prescheduled, an additional blowdry fee will be charged.
- **Tangle free hair.** Be sure to brush your extensions thoroughly before appointment

After your extensions are installed, you'll need to wait at least 48 hours to wash your hair. After 48 hours, you'll want to wash your hair no more than twice a week to retain moisture and increase your hold time.

BRUSHING

When to Brush

- Thoroughly brush your extensions **first thing in the morning and before you go to bed**. Skipping these steps will cause **immediate matting that only gets worse over time**. Use **boar bristle brush**.
- When it comes to how many times you brush a day, as long as you are gentle, the more the better. **Have your purse brush with you at all times**. This prevents tangling in the evenings.

What Brush to Use and When

- **Dry (Boars Bristle) Brush**- Anytime the hair is dry
- **Wide Tooth Comb**- In the shower for conditioner or anytime the hair is wet
- **Wet Brush**- After the shower
- **Purse Brush**- During the day, while you are out and about.

How to Brush

- **Separate each weft section before brushing**. (picture below) After brushing bottom section, drop the next section/weft down until you have brushed all of your hair. This will ensure that all of your hair is knot free.
- **Brush from the ends of your hair, working your way up towards your root**. Be sure that each piece is thoroughly detangled before starting the next.
- **Be sure that the root of the weft is fully detangled**, especially in the back where you can't see! Use a mirror to double check if needed.
- Matting can cause hair loss, this is why brushing must be taken seriously!



CLEANSE + CONDITION

SHAMPOO

1. **Brush your hair with the dry brush before shower to remove any tangles.** (avoid washing hair in bathtub)
2. **Before shampoo, allow the water to fully saturate your hair.** Don't rush this part, the hair needs to be soaking wet for the shampoo to distribute properly.
3. Before massaging, **apply the shampoo on the top of the head, the sides, between each weft, and at the nape of your neck.**
4. In a circular motion, massage **each section of your scalp gently with your fingertips (not your nails)** Avoid shampooing the extension itself to avoid tangling.
5. To rinse, **allow the water to flow naturally down your hair with minimal hand gestures.** Too much motion will cause tangling.
6. **Repeat this process 1-2 more times.**

PRO TIP

- **Rinse hair in cold-to-lukewarm water only.** Hot water will strip the hair of it's natural oils causing dryness.
- Use Dry Texture spray instead of Dry Shampoo
- **Beware of frequent weft blowdrys.** If you wear your hair blownout/straight regularly, resort to the "top wash" method.
- After shower, use a towel to **gently pat your hair from the bottom up.** Do not wrap hair in towel or flip head upside down!

CONDITION

1. After cleansing, apply deep conditioner from **mid to ends only.**
2. With a wide tooth comb, gently brush through extensions for **even distribution.** **Avoid combing near the root.**
3. Leave the conditioner on for a **minimum of 10 minutes** while you finish your shower. I recommend using a deep conditioner at every wash.
4. To rinse, allow the water to flow naturally down your hair with minimal hand gestures. Too much motion will cause tangling.

TOP WASH

1. Brush your hair with the dry brush before sectioning. Clip/braid extensions away so hair cannot fall towards your face.
2. **Over the sink,** wet the crown and front pieces of your hair and shampoo/condition as normal.
3. Blowdry and style the top section to match your remaining hair. Use heat protection.



TOP WASH SECTION EXAMPLE

AFTER WASH

BLOWOUT

1. Use a towel to **gently pat your hair from the bottom up**. Work your fingers to gently reduce tangles. **DO NOT WRAP HAIR IN TOWEL OR FLIP HEAD UPSIDE DOWN**. This causes immediate tangling that is a nightmare to brush out.
2. While hair is soaking wet, apply heat protectant cream/spray, hair oil (and any other wet styling product you may want) from midshaft to ends. Avoid applying any products to your roots. (especially the root of the weft)
3. Use a wide tooth comb or **wet brush** to detangle and **evenly distribute the products**. For best results, brush hair in sections.
4. Set the blowdryer to med/high heat. (not high!) Begin to rough dry your hair starting from the roots down. Be sure to focus on the root of the weft since it is the thickest part of the hair. Section if needed. Again, do not flip hair upside down. If needed, let hair airdry for 30+ mins beforehand.
5. Next, blowdry bangs or front pieces to prevent cowlicks. Once hair is 50-70% dry, clip hair into 3-5 horizontal sections.
6. Starting at the bottom section, use a paddle brush or round brush, begin blowdry focusing the blowdryer nozzle at the root, working your way down to the ends once the root is dry. Hold the blowdryer 8 inches from hair to prevent damage.
7. Complete each section until you have reached the top of your head.

AIRDRY

1. Use a towel to **gently pat your hair from the bottom up**. Work your fingers to gently reduce tangles. **DO NOT WRAP HAIR IN TOWEL OR FLIP HEAD UPSIDE DOWN**. This causes immediate tangling that is a nightmare to brush out.
2. While hair is soaking wet, moisturizing cream, hair oil (and any other wet/curly styling product you may want) from midshaft to ends. Avoid applying any products to your roots. (especially the root of the weft)
3. Use a wide tooth comb or **wet brush** to detangle and **evenly distribute the products**. For best results, brush hair in sections.
4. Let your hair air dry. If the weft doesn't dry as fast as the rest of the hair, try rough drying the roots of the weft.
- If you hate the feeling of wet hair on your body, wear a soft cotton tshirt to catch the water drips while hair is drying.

EXTENSION PROTECTION

SLEEPING WITH EXTENSIONS

- Thoroughly brush your extensions with a dry brush.
- Very loosely tie/ braid your extensions into a low ponytail or low pig tails before going to bed. Use a silk scrunchy or elastic "twist tie" (ex. below)
- Sleeping with a silk pillowcase or silk cap is a must. Also be aware of what material of shirt you are sleeping in. Soft and silky is good, exposed shoulders is best.
- Silk Cap/Bonnets are my personal preferred method of sleeping. Any of these are great but if I had to pick, pick a bonnet! (Search Amazon)
- Most important: **Never sleep with your hair wet.** This will not only cause tangling, but also breakage.

SKIN PRODUCTS TO AVOID

- **Sunscreens that contain:** Avobenzone (Butyl Methoxydibenzoylmethane) and Octocrylene. These can cause an orange hue to your hair that would need to be professionally removed. Trusted **Extensions Safe Sunscreens:** Bare Republic Mineral Sunscreen Lotion. Sun Bum Mineral SPF 50 Sunscreen Lotion. Coola Mineral Body Organic Sunscreen
- **Self Tanners-** This can cause a warm/orange hue to your extension and natural hairs color.

SALT/CHLORINE

- Your hair absorbs everything. Chemicals, minerals, bacteria, sand, etc,. When in foreign or chemically controlled water, **the best way to protect your hair is to wear a swim cap** to avoid exposure. Your extensions cannot rejuvenate themselves like your natural hair.
- **If you must get your hair wet**, rinse your hair in clean water. Apply conditioner thoroughly, clip/braid your hair up before entering the water. **Try to avoid fully submerging your head.**
- **Wash your hair immediately after swimming.**

SWEAT/EXERCISE

- Brush your before and after your gym session.
- Lightly blowdry your extension wefts after your workout.
- If you exercise frequently, resort to the top wash to avoid over washing the extensions
- You can also try a wet 'dry' shampoo at the roots before blowdrying to prevent greasy hair.

SWEAT/EXERCISE

- Hot tools can cause yellowing of the extensions and your real hair. Use a heat protectant before blowdry and a dry heat protectant after! I recommend Oribe Gold Lust Dry Heat Protectant





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