

Project Beauty Co

NANOBEAD HAIR EXTENSION MAINTENANCE GUIDE

Products

Your hair extensions are in the best possible shape when you first get them installed, proper aftercare and quality products are key to ensuring they last. We always recommend using salon quality shampoo & conditioners (as they're not full of filler products or silicones) for your specific scalp and hair type. When choosing a hair care line to go with be sure to check the ingredient list and ensure you don't see the words: SLS, Sodium Lauryl Sulfate, Alcohol denat, Ethanol, SD alcohol 40, Propanol, Isopropyl, and Propyl or silicones. These are all drying agents/fillers and not considered extension safe. These products can create build up and cause dryness/breakage. If you find yourself needing to add purple shampoo to your routine DO NOT let it saturate your extensions. Extensions are like a sponge, so it's best to take it slow your first time using this product. We recommend diluting your purple shampoo 50% with another daily shampoo to minimize the stain effect purple shampoo can have, it also tends to not be as drying when diluted. Purple shampoo is very drying when over used and could cause your extensions to dry out, begin to break down, start cracking off or shedding, Using a mask the days you use purple shampoo is recommended to replenish moisture to your natural hair and extensions.

As well as your recommended shampoo and conditioner, you should also be applying a regular intensive treatment/mask to your hair extensions every 3-4 washes (that could be once a month or once every 2-3 weeks depending on how often you wash, remember washing less is ideal) Your scalp produces oils that nourishes your natural strands, as well as the nutrient from your diet and vitamins as your hair is connected to a live blood source and still alive. Your hair extensions need nourishment from products like extension safe oil, heat protectants, masks and intensive treatments as they are no longer considered "alive" and have no other way of receiving nutrients. Adding these products to your routine with your new extensions will extend the longevity and keep them in their best shape possible. **REMINDER:** Keep ALL oils, heat protectants and masks/treatments away from your roots, as it can cause premature slippage of your beads/tracks. These also soften and assist in breaking down the keratin bonds of your nanos, which in turn will cause them to shed and fall apart)

Is Clarifying Shampoo a new product to you? Let me explain. Our water in Fort McMurray is full of minerals, calcium and chlorine which gives it the term "Hard Water". Hard water and product build up on our hair over time then add the heat from our hot tools. This can cause even our natural hair to begin to crack and break off due to chemical reaction dryness and damage. This is where adding a clarifying shampoo to your routine once a month can help to strip the build up, leaving you clean, soft and build up free. It's recommended to use a clarifying shampoo before your hair colour/toner appointments as clarifying shampoo can remove some of the colour recently deposited. TIP: Use clarifying shampoo first, rinse. Then follow up with your daily shampoo then a mask to deposit some nutrients. (The over use of Clarifying shampoo can also be very drying. Only use once to twice a month at the most)

Curious as to where to begin when it comes to products? Here are the 6 must have hair extension products. 1. Heat Protectant 2. Nourishing Oil 3. Hair Mask/Deep Conditioner 4. Clarifying Shampoo 5. Salon quality Shampoo 6. Salon quality conditioner.



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Washing

Four major rules to live by in regards to washing your extensions...

ONE. Starting at the ends, always brush through your extensions completely before washing. **TWO.** Always wash your extensions in lukewarm to cool (as cool as you can stand is best) water. This helps to extend the life of your colour, and prevents cool tones from taking on a warm tone over time. This goes for blondes too, washing in hot water opens the hairs cuticle and in turn bleeds out the toner, this will cause you to continuously fight with brassy hair tones. **THREE.** Use the majority of the shampoo on your roots to mid-strand and run the rest through the extensions. **FOUR.** Try your best to only wash your extensions 1-2 per week maximum. Less is better. Your new hair extensions don't get "dirty" often, which means you will be able to wash them less. When washing it's important that you refrain from shampooing your actual extensions. Why? Shampoo strips the extension and natural hair of oil/moisture. (over washing can cause unnecessary dryness) It is always advised to put the shampoo on your finger tips and gentle massage your scalp area on the crown of the head where there is no hair extensions. You can then dilute the shampoo with water and allow it run though the extensions as you gently massage, then fully rinse. Next, take your conditioner and fully saturate your extensions from mid-strand to the very ends (always avoiding the root/beaded area) and leave in for 2-5 minutes for maximum results, then rinse. Again the conditioner is restricted to the mid-strand and very ends **ONLY**, if you apply conditioner to or near the roots/bead connection of your extensions this can lead to premature slippage, causing your nanobeads to slip or fallout OR cause the bonds to breakdown, shed hair and fall apart.

TOP WASH...don't feel like you have to go a whole week without refreshing atleast the top of your natural hair. In between full washes you can refresh your natural hair above the top weft. Let me explain. Begin by sectioning off the top of your natural hair from your extensions and twisting it into a clip on top of your head. Then, put your remaining hair and extensions into a low bun or braid. Then flip your head over and begin to wash your natural hair (in the sink or with a removable shower head attachment is easiest) at the top of your head with shampoo, towel-dry, then blow-dry this hair until dry. Afterwards, you can release your extensions and style all of this hair together as desired. **VOILA**



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Brushing and Styling



Brushing your hair multiple times a day, everyday, can be the best thing you can do for your extensions or the worst depending on your technique and the tools used, therefore it is essential that brushing and styling your hair is done correctly. A boar bristle brush, paddle brush or wide tooth comb is best for your hair extensions. Its important that there is little tension put on your natural hair, damage is completely avoidable and unnecessary. Always hold at your roots with one hand to support the wefts, with the other hand brush gently by starting at the ends and working up toward the scalp. When your hair is wet it is at its weakest, therefore it is recommended to towel/air dry atleast 40% and use a leave-in on the mid-lengths to ends of the extensions before you begin brushing your damp hair extensions.

100% Cuticle intact European/Russian human hair can be blow-dried and styled with the use of a flat iron, and curling iron but be sure to use salon quality heat protectant to protect from any high heat damage. It is recommended to let hair air dry at least half way before using a blow-dryer on the hair extensions to decrease the amount of heat styling they receive.

HOT TOOL TIP Make sure to keep your hot tools turned down between 350-390 degree's. You're tool's still work well on lower settings, and you'll extend the life of your hair extensions while minimizing damage long term.

NEVER USE HOT TOOLS WITHOUT THE USE OF HEAT PROTECTANT. THIS IS ONE RULE THAT IS CRUCIAL TO FOLLOW AND WILL HELP PROTECT THE HEALTH OF YOUR HAIR EXTENSIONS AND IN TURN EXTEND LONGEVITY.

TIP: If you like to air dry your hair, be sure to blow dry the weft/root connection at some point after washing. The tracks are stacked in rows to create the volume. If left on their own to dry they can often take hours, sometimes days if you put your hair up, in braids or buns while its' still damp. This can leave your tracks to smell musky and have bacteria growth over time. We want the best health for your hair possible while wearing our extensions. Simply add some heat to your roots (with a dryer) to help expedite drying the wefts and let the air do the rest.

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Maintenance

It is **CRITICAL** that you stay on track with your maintenance appointments. Going longer than the recommended period of time can cause matting/tangling and unnecessary damage to your natural hair. These appointments are recommended every 6-8 weeks to keeping your natural strands protected and your hair extensions looking great. Its always recommend after your fitting that you schedule your next appointment to stay on track with maintenance. Please make sure your hair is washed within 12 hours of your maintenance appointment to avoid any natural oils at the root, this can cause unexpected slippage causing you to need maintenance earlier than recommended. We also ask that you avoid applying and product after this prior to all installs and maintenance anywhere near the root/crown of your head for the same reasons.

Sleeping

The amount of time it takes for you and your scalp to adjust to your new extensions varies from person to person. Although your new Beaded Weft Hair Extensions are gently snugged up against your scalp, it's the added weight that might feel like a mild discomfort for up to a week. Most don't even feel a thing but just something to be aware of if this does happen to you, that it's completely normal! After the initial adjustment period, sleeping with your hair extensions is very comfortable; actually, almost completely un-noticeable depending on the person and scalp sensitivity! Never hesitate to reach out to us if you have any questions or concern. We're always here through your Hair Extension journey.

SLEEPING TIPS:

1. Always comb out your extensions before putting your hair up and out of the way for bed.
2. Wear a low loose ponytail or braid when sleeping for minimal tension on the scalp and follicles. A high ponytail can be worn if worn loosely, which also acts to eliminate tension on scalp and follicles.
3. A satin pillowcase will help guard against tangles while you sleep.
4. Never sleep with wet or damp hair.



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Removal

NEVER attempt to remove your extensions by yourself. This must be done by an experienced technician to ensure no damage is done. If the beads are broken incorrectly they can act as a razor to your natural strands causing a short cut to the area.

Colouring & Tinting

Just like standard human hair, you can colour hair extensions darker shade of your choice by adding colour, **NEVER** lifting or removing. If you are looking to go lighter that is not something we recommend doing with hair extensions. We suggest avoiding any kind of bleaching, lightening or highlighting when it comes to your hair extensions as it is quite a complicated process that can potentially damage your extensions. If you're looking to lighten your look, its best to take out your extensions and visit a salon to have your natural hair processed, then colour match new extensions to your desired tones.

If you're someone who needs regular root touchups while wearing hair extensions, rest assured; this can be done. It's **HIGHLY** recommended to always have your colour done by a professional that is aware of your extensions. To avoid weakening the attachment points, your stylist will ensure that your colour mixture doesn't over saturate the bonds, and is well rinsed out. We do not recommend colouring your hair at home while wearing extensions.

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Vacation and Swimming

Whilst vacationing, it is of the utmost importance to ensure that you are protecting your extensions, natural hair and scalp from intense UV rays. Therefore, please wear a sun hat to protect yourself, and using a UV protectant spray on your hair will also help. Do NOT leave bonds wet for long periods of time. If you do get your hair wet in a pool, hot tub, body of water, or any other chemically treated water, wash thoroughly with a PH balanced formula – colors and quality of hair may be altered depending on the chemical make-up of water treatment systems. Sea salt will roughen up the surface of your hair, leaving the cuticle open, dull, and porous, which could lead to dry, coarse hair, and color fade. Hair extensions are not recommended for use in chlorinated water, salt water, and hard water with a high mineral content or in hotter climates than normally accustomed to as damage or discoloration can occur. I recommend pulling hair back into a loose braid or up do with a soft hair tie or scrunchie. Lastly, always bring your STYLIST RECOMMENDED products with you on your vacation. Do not use the hotel provided shampoo's and conditioner's, as they rarely contain enough moisture content to properly care for your extensions. Most salon products also come in travel sizes, so please be sure to take your recommended products!

SUNSCREEN WARNING

Hair extensions can turn pink/orange when exposed to certain ingredients commonly found in sunscreens, particularly those containing avobenzene or octocrylene. These chemicals can react with the keratin protein in the hair extensions, resulting in a pink/orange discoloration over time, especially when exposed in combination to sunlight/chlorine. To **AVOID** this, opt for sunscreens that are free from avobenzene, octocrylene, and oxybenzone. Instead, choose sunscreens formulated with zinc oxide or titanium dioxide, as these ingredients are less likely to cause discoloration and are generally gentler on hair.

TIP:

Before putting your hair up, try adding a loonie-sized amount of deep conditioner or oil and work it through your dry hair, starting at the mid-shaft in a downwards motion towards your ends. This will act as a barrier, and will help to prevent tangles and damage!

Enjoy your new Hair Extensions

PLEASE DO NOT HESITATE TO CONTACT US WITH ANY QUESTIONS OR CONCERNS.
CALL OR TEXT (780)742-4459