

Tape-in Extensions After Care & Maintenance Guide

Tape-in extensions require some extra TLC to ensure that they last as long as possible while also protecting the integrity of your real hair! This includes brushing daily, washing/drying properly, braiding/putting up your hair when you sleep, and investing in quality products.

WASHING

One of the most important things you can do for your extensions is washing them properly. This includes how often, the technique and products that you use!

Brush through your hair before you shampoo. This will eliminate any tangles which can be made worse with the stress of shampooing. When brushing your hair, try holding the top of your hair at the root/bonds. This will stabilize your extensions and prevent extra unnecessary pulling.

DO NOT use shampoos or conditioners that contain sulfates or parabens. These chemicals are harsh on your scalp and strip your hair of its natural oils. Since extensions obviously don't grow from your root, they don't receive the natural oil produced from your scalp. By using the wrong shampoo/conditioner you can shorten the lifespan of your extensions, dry them out and make them unmanageable.

You may also want to use a clarifying shampoo to remove any buildup between your bonds to ensure you have a healthy and clean scalp. (clarifying shampoo can strip color in your hair over time, so don't use it every time you shampoo— use sparingly once or twice a month depending how often you wash your hair)

DO NOT wash your hair every single day. Doing so will strip your hair of its natural oils, so we recommend to only wash once or twice a week. Also, washing your extensions too often can wear down the adhesive quicker which will shorten the longevity. Dry shampoo will be your best friend!

TECHNIQUE

You have to be more careful when you shampoo your tape-ins. It's a little more tedious and time consuming, but if done properly, you won't need to wash your hair as often.

Wet your hair and shampoo as normal, but be very gentle and massage the shampoo in between the layers of the extensions. You'll want to rinse the same way, lifting each layer and making sure the shampoo is completely rinsed out.

For conditioner: only apply from the mid-shaft of your hair to the ends. If your hair is super dry and you absolutely need conditioner closer to your root— VERY gently and sparingly run the remainder over the top of your hair (avoiding the bonds) and thoroughly rinse it. Too much conditioner on your bonds, or if not fully rinsed, can result in your tape-ins slipping out prematurely.

POST-WASHING & DRYING YOUR EXTENSIONS

Spray a detangler through out your hair and gently comb through it. (the Wet Brush is great to use, we sell these in the salon) You can wait 30-45 mins for your hair to air dry a little, but make sure you blow dry at least the roots of your hair where the bonds are. The goal is to never have the bonds wet and to dry them as soon as possible. This is to avoid any mildew buildup that can potentially form between the extensions/bonds. (gross, we know, but although rare— it can happen) We suggest using a medium/low heat on your blow dryer and focus mainly on the root area where your bonds are. Don't place the blow dryer too close to your head though because the heat will weaken the bonds. As long as your roots/bonds are dry, you can let the mid-shaft and ends of your hair air dry.

Also, try to avoid blow drying your hair with a round brush, and if you do be VERY gentle because the constant pulling and heat from the blow dryer can cause the bonds to weaken and slip. The best way to style would be to free dry your hair until it is completely dry and then curl/style.

DO's & DON'TS!

DO'S:

- Use a detangler after you shower (on damp, towel dried hair) to prevent any unnecessary pulling when you brush through your extensions.
- Use a heat protectant before any heat styling.
- Continually (and gently) brush through your hair a few times a day to keep your extensions from getting tangled. A hair extension brush made specifically for

extensions is recommended so that the bristles won't catch or snag on your bonds. (we sell these in the salon)

- Braid your hair, or put it in a loose bun on top of your head when you sleep to avoid tangling.
- Always dry your hair or use a good dry shampoo post-workout/physical activity that causes you to sweat.
- Keep up on extension maintenance! Most people need to get their extensions re-taped anywhere between 8-10 weeks (some prefer to do it sooner) and each set can be re-taped anywhere from 2-3 times depending on how well you take care of them.

DON'TS:

- **Do not use oil based products on or near your roots! Products that are oil based will break down the bonds and cause them to slide right out!**
- Do not sleep with wet extensions. This can cause matting/tangling and it's important that once you do wash your extensions, the roots/bonds are dried ASAP.
- Do not let product build up between the bonds (dry shampoo, hairspray, etc) make sure to wash your hair when you need to. (we recommend once or twice a week max)
- Do not try to remove the extensions yourself, or pull them out. Without the proper removal products and training to remove them— you can potentially damage your real hair.

**If you have ANY questions you can always call us at (914) 218-3420
or send us an e-mail at indulgencesalonmtk@yahoo.com**