

# Hair Extension Maintenance & Care

Do not use sunscreen products with Avobenzone, as this will make your hair turn peach and may not come out. Avoid standing near someone spraying sunscreen.

Do not go swimming with loose hair as it can cause matting. Salt water and Chlorine cause dryness.

Do not sleep with wet hair with extensions installed. This can lead to major tangling and can result in having dull, dry hair.

Sleep with your hair in 1-2 dry, loose braids and on a satin pillow case. This will help prolong the lifespan on your extensions.

Do not highlight extensions with bleach. Professionals should only color hair extensions.

Only a Wetbrush or boars bristle brush should be used on the extensions. For best results, brush in sections, always starting from the bottom of your hair and use a detangling product. Always secure the attachments near the scalp with opposite hand to avoid too much tension.

Dry shampoo is your best friend. The less you shampoo your extensions, the better. Be sure to properly clean and rinse when you do. Helpful tip: shampoo and condition your hair at the crown to prolong your hairstyle (leaving out the hair extensions in between full shampoos).

Extensions are not getting the natural oils and nutrients from your scalp like your natural hair.

Therefore, always keep extensions moisturized by applying a leave-in conditioner or lotion after each shampoo and always use a heat protectant when using any kind of hot tools.

Apply a water filter on your shower head if your water is not filtered.

Shampooing and conditioning require a different technique as you will need to be aware of the point of contact with your hair extensions. Day of install, we will cover how to best care for your extensions and provide product recommendations.

Hair extension color will need to be maintained by a professional. At Poised, we only use ethically sourced human hair. Over time, the color of hair extensions fade, just like your hair. We offer separate services for color maintenance. Please refer to our service page to learn more!

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