

# *Pridescence Salon*

## The Ultimate Guide to Extension Care

Everything you need to know to keep your extensions looking flawless and long-lasting. Expert tips, product recommendations, and must-know maintenance steps.



Protecting Your  
Investment

Swimming & Exercise:  
Protecting Your  
Extensions

Avoiding Protein  
Overload

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# Iridescence Salon

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**"WITH THE RIGHT CARE,  
YOUR EXTENSIONS CAN  
BE A SEAMLESS,  
BEAUTIFUL PART OF  
YOUR DAILY LIFE."**

Expert tips and advice to keep your extensions looking fresh, healthy, and seamlessly blended with your natural hair.

Inside, you'll find everything from washing techniques and product recommendations to styling tips that help protect your extensions. My goal is to empower you with the knowledge you need to enjoy your extensions every day with confidence.

Thank you for trusting us with your hair journey. Remember, we're here to support you every step of the way!

*Monica Taylor*  
Extension Specialist

# WASHING EXTENSIONS

## DETANGLE BEFORE WASHING

Always brush through your extensions with a soft bristle or extension brush before washing to remove any tangles.

## WASH IN LUKEWARM WATER

Use lukewarm water rather than hot water, which can weaken bonds and dry out extensions.

wash between rows

If wearing multiple rows be sure to wash and rinse thoroughly in between.

## RINSE THOROUGHLY

Make sure to rinse out all shampoo and conditioner, as product buildup can weigh down the extensions and cause them to look dull.



# WASHING EXTENSIONS PT 2

## **USE A MICROFIBER TOWEL**

A microfiber towel is gentler on extensions and can help reduce frizz and absorb excess water without roughing up the hair.

## **DO NOT USE A SHAMPOO WITH PROTEIN**

Avoid shampoos with protein and that will cause extensions to tangle, and they will be ruined.

## **DO NOT OVERSTYLE DIRTY HAIR**

Product buildup and hot tool use can cause heat damage to extensions.





## DRYING EXTENSIONS

### AVOID HIGH HEAT

Set your blow dryer to a low or medium setting. High heat can damage extensions.

### START WITH ROOTS

When blow-drying, begin by drying the roots and attachment points first to prevent slippage. Once roots are dry, move to the lengths and ends.

### ALWAYS USE A HEAT PROTECTANT

Apply a heat protectant spray or serum before blow-drying or using any hot tools to shield the extensions from heat damage.

### BLOW DRY IN SECTIONS

Divide the extensions into small sections to make drying easier and ensure that every part dries evenly, reducing the risk of matting.

### USE A DIFFUSER OR CONCENTRATOR NOZZLE

These attachments help direct the airflow and reduce frizz, especially if you're blow-drying curly or wavy extensions.

### DRY THOROUGHLY BEFORE SLEEPING

Ensure your extensions are fully dry before going to bed. Sleeping with damp extensions can lead to matting and tangling.



# STYLING

## *Your Extensions*

### ALWAYS USE A HEAT PROTECTANT

Before applying any heat, use a heat protectant spray to shield the extensions from damage. Extensions are more susceptible to heat and can dry out faster than natural hair.

### LIMIT HEAT SETTINGS

Use a low to medium heat setting on flat irons, curling irons, and hot rollers. High heat can damage extensions more quickly than natural hair.

### STYLE IN SECTIONS

Work in small sections to ensure each piece of hair is styled evenly and doesn't tangle. This approach also minimizes the need to go over the same section repeatedly.

### APPLY HAIR SPRAY SPARINGLY

Use a flexible hold hairspray if needed, but avoid heavy applications, as this can make extensions sticky and harder to brush through later.

### AVOID HIGH OR TIGHT PONYTAILS

When putting extensions into a ponytail, especially high ponytails, be gentle and avoid pulling too tightly. Tugging or yanking can put unnecessary strain on the bonds, causing discomfort and potentially loosening the extensions.

"A WOMAN WHO CUTS HER HAIR  
IS ABOUT TO CHANGE HER LIFE."

– COCO CHANEL



#### USE A SILK OR SATIN PILLOWCASE:

Sleeping on a silk or satin pillowcase minimizes friction, helping to prevent tangling and reduce frizz.

#### BRUSH GENTLY BEFORE BED

Detangle your extensions with a soft bristle brush to remove any knots and reduce the chance of waking up with tangles.

#### BRAID OR TIE IN A LOOSE PONYTAIL

Secure extensions in a low, loose braid or ponytail to reduce tangling and friction while you sleep.

#### USE A SILK OR SATIN SLEEP CAP

If you want extra protection, consider a silk or satin sleep cap to keep hair in place and reduce friction.

#### AVOID SLEEPING ON WET EXTENSIONS

Sleeping on wet or damp extensions can lead to matting, tangling, and even mildew buildup in the bonds over time.

# SLEEPING WITH EXTENSIONS



# SWIMMING

## *with extensions*

### AVOID CHLORINE AND SALTWATER

Chlorine and saltwater can dry out and damage extensions. If possible, avoid exposing extensions to these elements.

### RINSE BEFORE AND AFTER

If you do swim, rinse your hair with fresh water before getting in the pool to prevent excessive absorption of chlorine or salt. Rinse again immediately afterward to wash away any chemicals or salt.

### AVOID SUNSCREEN WITH:

#### **Avobenzone and octocrylene.**

These ingredients can react with minerals like copper and iron found in water (especially in pools or tap water), leading to a chemical reaction that leaves orange or peachy tones on hair extensions.

### APPLY A LEAVE-IN CONDITIONER

Before swimming, apply a light leave-in conditioner to add a protective barrier to your extensions, helping reduce the impact of chlorine or salt.

### BEFORE APPLYING SUNSCREEN:

Apply a protective leave-in conditioner or cover extensions before applying sunscreen to minimize the risk of discoloration.

# EXTENSION & Reef Safe

YOUR VACATION OR SUMMER  
SHOULDN'T SUFFER BECAUSE OF  
YOUR HAIR.



## 1 Thinkbaby Safe Sunscreen SPF 50

This mineral-based sunscreen uses non-nano zinc oxide and is free of avobenzone, oxybenzone, and octinoxate. It's gentle on hair extensions and safe for marine life.



## 2 Blue Lizard Sensitive Mineral Sunscreen SPF 50

Formulated with zinc oxide and titanium dioxide, this sunscreen avoids chemical UV filters that can cause hair discoloration. It's also reef-safe and suitable for sensitive skin.

# 3

## Badger SPF 50 Adventure Sport Mineral Sunscreen

This sunscreen contains non-nano zinc oxide and is free from avobenzone and octocrylene. It's biodegradable and safe for coral reefs, making it a great choice for both hair extensions and the environment.



# 4

## Raw Elements Face and Body All-Natural Mineral Sunscreen SPF 30+

This sunscreen uses non-nano zinc oxide and is free from avobenzone and octocrylene. It's reef-safe and provides broad-spectrum protection without harmful chemicals.



# Avoiding PROTEIN

## WHEN CARING FOR HAIR EXTENSIONS, AVOIDING PROTEIN-RICH PRODUCTS IS CRUCIAL.

### WHY PROTEIN CAN BE HARMFUL TO EXTENSIONS

Protein overload can make extensions feel dry and tangled, as they don't have natural oils to balance protein levels like your natural hair. Excess protein causes extensions to lose elasticity, leading to breakage and tangling.

### READ LABELS CAREFULLY

Look for terms like "strengthening," "repair," "reconstructing," or ingredients such as keratin, wheat protein, soy protein, and silk protein. These indicate the presence of protein and should be avoided in your extension care routine.

### AVOID POPULAR PROTEIN-HEAVY PRODUCTS

Some common professional products containing high levels of protein include:

- Redken Extreme Strength Builder Plus
- Olaplex No. 0 and No. 3
- It's a 10 Miracle Leave-In Plus Keratin
- Pureology Strength Cure Shampoo & Conditioner



### USE A SOFT HAIR TIE

Choose a soft, fabric-covered hair tie to avoid breakage and strain on the bonds.

### HIGH PONYTAIL? AVOID PULLING HAIR TOO HIGH

For high ponytails, avoid pulling the hair up too tightly, as this can put unnecessary strain on the extensions.

### WASH AND REFRESH AFTER WORKOUT

After intense exercise, gently wash extensions to remove sweat and oil buildup, or use a dry shampoo to refresh the roots if washing isn't possible.

### DRY EXTENSIONS THOROUGHLY POST-WORKOUT

If your extensions get damp from sweat, let them air dry completely or gently blow-dry with a cool setting to prevent tangling.

### SECURE IN A LOW PONYTAIL OR BRAID

Keep extensions in a low ponytail or braid to reduce friction and prevent tangling during movement.



# EXERCISING



#### SCHEDULE REGULAR REFRESH APPOINTMENTS

Beaded row extensions grow out with your natural hair, so regular maintenance every 6-8 weeks is essential to keep them secure and looking fresh.

#### CHECK FOR LOOSE OR SLIPPING BEADS

Between appointments, monitor your beads for any signs of slipping or loosening. If you notice any, contact your stylist to have them adjusted before they cause discomfort or damage.

#### AVOID EXCESSIVE TENSION ON THE BEADS

Be mindful when styling to avoid pulling or tugging on the extensions, especially at the roots, as this can strain the beads and natural hair. This includes: helmets, purses, seatbelts, sunglasses on the head, personal time

#### DETANGLE CAREFULLY

Brush extensions gently from the ends up to the roots. Use a soft-bristle or extension-friendly brush to prevent unnecessary strain on the beads.

#### 1-3 DAY DIRTY HAIR

For your maintenance appointment, come in with 1-3 day-old hair. A bit of natural oil helps protect the scalp, but hair that's too dirty can prevent proper color absorption.

# MAINTENANCE APPOINTMENTS



#### APPOINTMENT 1: NEW INSTALL

Your first appointment includes a full consultation, extension installation, color blending, and a customized cut to create a seamless look.

#### EVERY 6-8 WEEKS: REGULAR MAINTENANCE APPOINTMENTS

Regular touch-ups to keep extensions secure and in place. Repositioning, bead tightening, and color refresh or blending are done to maintain the look.

#### EVERY 6 MONTHS: EXTENSION CHECK-UP

At this point, assess if any extensions need to be replaced due to normal wear and tear. Your stylist may recommend replacing a wefts to maintain fullness and blend.

#### 9-12: FULL REPLACEMENT (OPTIONAL)

Depending on the condition and type of extensions, you may opt for a new set if the extensions have lost their original integrity or if you'd like a fresh look.

# HAIR APPT *timeline*



Thank you for taking the time to explore our extension care guide. We hope it provided you with helpful insights and tips to keep your extensions looking beautiful and feeling great.

Your trust and confidence mean the world to us, and we're here to support you every step of the way in your hair journey.

If you have any questions or need further assistance, don't hesitate to reach out. Here's to happy, healthy hair days ahead!

*Monica Taylor*  
Hair Extension Specialist