Taking care of your hair extensions will not give you a lot of extra work. Here are just a few tips that will help to keep your extensions and your hair in a better condition.

**First of all follow the instructions given to you by your stylist.**

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| **Washing:**  Keep your hair clean. Hair tangles when dirt and sweat build up, wash your hair after exercise, swimming etc. Brush your hair and remove all tangles before washing it. Wash your hair going in a downward motion. Use a good quality shampoo, your stylist can advise you what product is best for your hair. When lots of water is added at once to very dry hair, hair can swell up and tangle. Gradually wet the hair and brush gently before you completely wash it. This is more common with less expensive extension hair.  **Styling:**  When brushing use a soft bristle brush, start at the ends of your hair and gently work your way up. Always brush in a downward motion. Do not brush harshly. Brush your hair 2 or 3 times a day. Heat is your one of your hair's biggest enemy, the more you use it, the shorter your hair extensions will last. Be careful with the use of blowdryers and curling irons. It is best to let your hair dry naturally.  **Exercise:**  Wear a cap when swimming or keep your hair out of the water. Chlorine and salt water can cause the hair to tangle and mat up. It is recommended to wear your hair up or in a ponytail when you swim or exercise  **Sleeping:**  Never sleep on wet hair, make sure your hair is completely dry before you go to bed. It is also recommended to wrap your hair together or gently tie it up to prevent tangling. |  |

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| **Products** Use a good (leave-in) conditioner to keep your hair soft. Don't over do it. To much conditioner or any other hair care product can cause a build up and tangling. Avoid hair products that contain alcohol. Alcohol makes hair dry. Ask your stylist what would be the best products for your hair. |  |

**Treatments:**   
Don't perm, color or any other chemical process to your own hair extensions. Let your stylist take care of that.

In general it is better not to brush synthetic hair and keep this hair away from all sources of excessive heat.  
ProHair synthetic hair extensions can be brushed in exactly the same way as one would brush the natural hair but it is essential that the correct type of soft bristle brush is used and ProHair Daily Conditioning Spray.

**Your stylist knows your hair type, ask him what is best for you  
and how to take care of your hair extensions.**