



SARAH COOPER

DOES HAIR

## Wash Day

When shampooing, make sure you clean under the wefts and between the rows and get to your scalp. Focus on your scalp area and mids.

Try not to shampoo more than 2 times a week. You can do a "mini wash" where you wash just the top section of your hair/head in between full shampoos.

When drying, rough dry 80% focusing on roots and mids. Then do a row at a time and use a brush and softly brush through until dry. Don't put the nozzle of the dryer directly on the hair.

Make sure to get the roots/top of weft completely dry. The wefts can get moldy at the top if you don't completely dry them. You can air dry your hair, just make sure your wefts get completely dry at the top.

When brushing, hold your hand against the top of the weft to stabilize it and then start at bottom and work your way up. Be gentle!!! Use a Wet brush or a boar bristle brush. Brush your hair multiple times a day. A mini Wet brush is a great thing to keep in your bag.

## Product Recommendations

Use shampoo and conditioner that is moisturizing and/or formulated for extensions and sulfate free. My favorites are Matrix Great Lengths, Olaplex and Brazilian Blowout B3.

Use a leave in conditioner or detangler that is also a heat protectant. My favorites are Olaplex no. 6 or Unite 7 Seconds Detangler and gently brush out your hair before drying.

Use an oil on your hair twice a day. I love Unite U Oil, Sexy Hair ReDew, Olaplex Oil and Verb Ghost Oil.

It is very important to use a heat protectant, especially before using hot tools. IGK Good Behavior is a good dry spray that can be applied on dry hair before curling.

## Sweet Dreams

For the first week, I suggest sleeping with your hair in a braid. After a week or so, you can wear it in a bun. Just give it some time to loosen up and grow out a little so it doesn't pull and cause too much tension.

Brush and oil your hair before you braid it. Use soft scrunchies or thick soft hair ties.

Satin or silk pillowcases are great for your hair and skin and are recommended.

NOTE: Chlorine, sunscreen, salt water and hard water are BAD for extension hair. If you're going to live your best life on a beach somewhere, coat your hair with conditioner and wear it in a braid or bun.

If you have hard water, I strongly suggest softening your water or getting a filter for your shower head.