



EXTENSION AFTERCARE

Daily Care

- 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 great to keep in your bag.
- Use a high quality oil on your hair twice a day. I love Matrix Food For Soft Oil, Ouai Oil, Kevin Murphy Young Again oil or the Unite U Oil.

Cleansing/Conditioning

- Use hydrating shampoo and conditioner that is moisturizing and/or formulated for extensions and free of harsh sulfates. My favorites shampoo and conditioner lines are Matrix Food for Soft and Kevin Murphy Hydrate-Me.
- 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.

Blow Drying

- Use a multipurpose detangler/heat protectant. My favorites are Unite 7 Seconds Detangler, and the IGK Good Behavior 4 in 1 prep spray.
- 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 mildew (!!!) 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.

Sleeping

- I suggest sleeping with your hair in a bun, braid or a satin bonnet. Initially, depending on the method used and the sensitivity of your scalp, you may feel tension when you pull your hair up into a high pony. If you do, that is normal for some methods. Rule of thumb, if it hurts, give it a little time to loosen up.
- Brush and oil your hair before bed. Use soft scrunchies or thick soft hair ties.
- Satin or silk pillowcases or bonnet are great for your hair and skin and are recommended.

Important Notes

- 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. Use mineral sunscreen on your body (avoid ingredients avobenzone and octocrylene).
- If you have hard water, I strongly suggest softening your water or getting a filter for your shower head or rinsing your extensions with bottled water.

To purchase products, click on the link below:

[Sarah Cooper Does Hair Retail Store](#)