

THE COMPLETE GUIDE TO CARING
FOR AND LOVING YOUR
***GREAT
LENGTHS***
HAIR EXTENSIONS

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EXTENSIONS BY KRISTIN.COM

BRUSHING

THOROUGHLY

Brushing your hair and separating the strands are the most important things you can do to protect your natural hair + extensions.

Brushing directly over the attachments is essential to keeping your extensions from any matting or knotting around the attachment.

OFTEN: 2-3 X PER DAY

curlies: brush 1-2 x per day prior to styling

WHEN TO BRUSH

before cleansing or wetting your hair, before and after sleeping on your hair, and before putting your hair up or back

HOW TO BRUSH

work in sections, and always hold your hair close to the bonds while brushing.

start at the ends of your hair and work your way towards the scalp; removing any tangles..

After removing any tangling throughout the lengths of your hair, brush directly over each row of attachments with the Great Lengths brush.

DON'T

Do not rip through your hair while brushing, do not brush your hair while it is wet, and never use a comb near the bonds

BRUSHES WE LIKE

the brush you will use for daily brushing is your Great Lengths boar-bristle brush.

BRUSHES WE AVOID

the wet brush or any brush with ball-tipped bristles, and firm bristled, ceramic brushes



STRAND CARE

WHY TANGLING HAPPENS

While wearing any method of hair extensions, your hair will continue to shed through its normal cycle.

Most people naturally shed 50-150 hairs per day. Shed hair remains inside the extension attachments until your extensions are removed.

The goal of brushing is to control your naturally shed hair, while it remains inside of the extension attachments.

Tangling and matting are the result of failing to brush over the extension bonds on a frequent and regular basis.

YOU MUST BRUSH DIRECTLY OVER THE BONDS OF YOUR EXTENSIONS!

Proper brushing helps your naturally shed hairs to lay on the outside of the attachment, preventing the shed hairs from tangling with your natural hair.

The only way to prevent tangling is by brushing over the extension bonds on a frequent and daily basis.

DURING YOUR WEAR TIME

Over time, some strand loss is normal and to be expected.

While wearing Great Lengths, you can expect to see a small quantity of naturally released hair trapped in the extensions. This is normal, and should not be interpreted as hairs pulled out by the extensions.

EXTENSION REMOVAL

Always follow the recommended timeline for having your extensions removed.

Wearing hair extensions past the recommended wear time increases risk of tangling, matting, and excessive strand loss. Allowing extensions to remain in the hair past their intended lifespan can absolutely cause damage to your natural hair.



AND SEPARATION

HOW TO KEEP EXTENSION STRANDS SEPARATED

As your hair and extensions grow out, you will regularly practice separating the strands with your fingers.

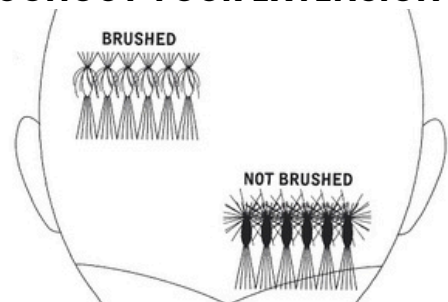
Feel through each of your extension bonds on a regular basis. Using a hair clip to isolate sections of your hair can help ensure that you are thorough.

If you find strands that are stuck together, isolate the strands and gently pull them apart with your fingers.

If the strands do not easily separate: using light tension; gently pull any loose hairs back towards the scalp, and then separate.

After separating the strands, brush directly over the attachments.

YOU SHOULD BE ABLE TO TOUCH AND FREELY MOVE EVERY ATTACHMENT THROUGHOUT YOUR EXTENSION WEAR!



WE INSIST THAT YOU REACH OUT SHOULD YOU HAVE DIFFICULTY WITH TANGLING OR BRUSHING AT ANY POINT WHILE WEARING EXTENSIONS

CONTACT KRISTIN FOR ASSISTANCE VIA EMAIL AT HELLO@HAIRBYKRISTIN.COM



STYLING

LATHER, RINSE, REPEAT

Before washing, brush your hair thoroughly, removing any tangling.

When washing, tilt your head backwards and be gentle, avoiding vigorous scrubbing. Wash your hair in a gentle, massaging motion, working in a circular pattern with your fingers, never piling wet hair on top of your head.

Lather, rinse, repeat; concentrating the cleanser at your scalp.

Apply conditioner to your mid-lengths and ends, avoiding the root and bonds. Rinse thoroughly. After cleansing, gently squeeze excess water with a towel.

DRYING YOUR HAIR

Your hair is in its most fragile state when wet. You must always blow dry the attachments after they are wet. Do not remove tangles or brush your extensions while your hair is wet.

If you feel that you must brush while your hair is wet, you must hold your hair near the bonds to reduce tension.

It is not necessary to completely detangle your hair before you start to blow dry. You will be amazed to see that your extensions untangle themselves as you blow dry.

Do not ever sleep with wet hair. You may sleep with slightly damp hair **ONLY** if the bonds are dry, and your hair is tied in a braid.

HOW TO BLOW DRY

Your blowdryer must have a nozzle and should be used on medium heat. Never concentrate the highest heat at the attachments.

When blowdrying extensions, your goal is to remove 75% of the water from the hair before styling with a round-brush.

Start drying by focusing at the root and bonds. After the moisture is removed from the hair, you may finish styling your hair with a round brush. We recommend using a boar bristled round brush, or a Great Lengths round brush. You may also finish your styling with your Great Lengths bristle brush.

YOUR CARE PRODUCTS

Use your Anti-Tap spray liberally throughout the bonds of your hair after your hair is wet. This balancing spray strengthens the hair while neutralizing the pH of your extension bonds.

WE DON'T DO THESE THINGS WITH OUR HAIR ANYMORE:

we don't leave our hair wet and in a towel for hours and definitely not overnight. we **never** sleep with wet hair extensions, we don't wash our hair every single day, and we don't wash our hair upside down. instead, we wash our hair while upright because gravity is our friend.

WE LOVE HOT TOOLS

Keep your irons and hot tools at least 2" away from the scalp to avoid accidentally melting the attachments of your extensions. Be mindful of this distance, especially as your extensions grow out.

Always keep your irons below 380°F to protect both your natural hair and extensions. Higher temperatures can cause excessive stress and damage.

USING A BLOWDRYER BRUSH STYLING TOOL

You may use these with caution while wearing hair extensions. note the following:

Your blow-dry brush must have adjustable temperature settings and combination boar bristles to use with extensions. Avoid tool styles with ball-tipped bristles and a single heat setting.

Prior to use, make sure your hair is 75% dry. This hot tool is best for finishing or refreshing your blowout, not for starting. Never use this tool on hair that is soaking wet.

LIFESTYLE

WE LIKE

being kind to ourselves and to our hair
soft, stretchy hair ties without metal
scrunchies and satin pillowcases
hair wraps / scarves and sleeping caps

WE AVOID

creating unnecessary friction in life and in our hair, any hair accessories or tools that can snag the bonds or rip at your hair, using a comb anywhere near the bonds, pulling or tugging on your hair, putting glasses with nose pads on top of the head without caution, and we are careful to not let the ends of our hair snag on zippers and bag straps

ARBITRARY PRODUCT USE IS NOT WORTH THE RISK. REFRAIN FROM USING THE FOLLOWING:

never ever use anything with mentholated properties (ie mint/tea tree). These products **always** contain oils that are incompatible with the hair extension attachments.

never ever use OTC sulfur or dandruff shampoos on hair extensions. these will significantly reduce the lifespan of your extensions. instead, seek recommendations from your specialist.

non-professional / drugstore products contain excess alcohol and silicones that create buildup on the hair, causing tangling and ensuring a difficult extension removal service.

never use products purchased outside of a salon (from Marshalls, etc) *even if it has a salon label.*

never use coconut oil or any other DIY cleansers / conditioners on hair extensions. (good for cooking, not for hair)

THE GOAL: MINIMIZE TANGLING + REDUCE TENSION

TIE YOUR HAIR BACK

Keep your hair tied back during physical activity, when sleeping, while swimming and boating, or any other activity involving water and wind.

Avoid tension and pulling when tying your hair to reduce stress on your hair and the attachments.

Constant exposure to heat and moisture may decrease the longevity of your hair extension wear. After the hair becomes wet, always dry the bonds of your extensions.

LIFESTYLE

swimming with hair extensions: wet your hair down before submerging to swim in sea, pool, or lake water. You may also consider applying conditioner to the ends of your hair before swimming. This minimizes the absorption of any minerals or chemicals in the water, which can be drying for your hair + hair extensions.

after swimming cleanse and condition, apply your anti-tap spray, and dry attachments as soon as possible. use a demineralizing or swimmer's shampoo when frequently exposed to salt + chlorinated water to prevent bond breakdown. if you are not able to shampoo your hair after swimming, rinse your hair thoroughly.

tanning + sun exposure: sunscreens, tanning lotion, and other tinted oils may discolor your extensions. some discoloration can be removed with a clarifying shampoo. self-tanning and indoor tanning lotions may also stain lighter colors of hair. keep hair away from the skin while applying these products. should discoloration happen, reach out to Kristin directly for assistance.



PLEASE REACH OUT TO KRISTIN DIRECTLY IF YOU HAVE QUESTIONS ON USING ANY HAIR PRODUCT!



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BOOKING + LINK RESOURCES

