

FREE RESOURCE

@TORITREZ

[A HOW TO GUIDE]

# **EXTENSIONS 101:** At Home Maintenance & Care Guide

ALL RIGHTS RESERVED

TORITREZONA.COM



YOU'VE INVESTED IN YOURSELF (WE LOVE TO SEE IT)

# Let's Keep Those Extensions Flawless

You're looking gorgeous, queen! Caring for your extensions is JUST as important, if not more important, than the quality of your initial install - which of course, was perf. In this guide, I'll go over my top advice for caring for your hair so you can have the most gorgeous, long-lasting results.

# 01. Brush

Brushing your extensions properly is key to longevity of extension hair and health of your natural hair. Brush hair at least every morning and evening with a Wet Brush. Start at the ends and work your way up to the base of the wefts, bracing as you go. Try not to brush directly over the top of the seam of the wefts as excessive friction will deteriorate the wefts quicker.

# 02. Wash

Brush hair thoroughly before showering to prevent tangling or matting. Use a sulfate-free salon quality shampoo and conditioner. Shampoo entire scalp, making sure to get in between the rows of extensions. I suggest shampooing twice to ensure scalp is clean. Condition through mid lengths and ends. After showering, use a leave-in conditioner on wet hair and brush ends with a Wet Brush, making sure to BRACE extensions. This is especially important when hair is wet. For easier brushing, section out rows of extensions.

# 03. Style

Always use a heat protectant before styling. Rough dry hair with fingers until 80% dry, sectioning out rows as you go. Once hair is at least 80% dry, gently use a brush to smooth and style hair. Use an oil or serum on non-wash days to moisturize and protect extension hair, and as a heat protectant for dry styling. I recommend always blowdrying at least the base of the wefts to prevent premature deterioration of the wefts from prolonged moisture.

# 04. Sleep

Brush thoroughly and make sure you're going to bed with DRY hair. Braid hair in one or two loose braids or wear a high or low loose pony or bun.

# 05. Swim

Wet hair with tap water and spray with leave-in conditioner prior to swimming in pool or ocean. Braid hair or wear in a tight bun to prevent matting. Brush as soon as possible after swimming.

# Additional Notes:

- If a bead slips or a part of the extensions become detached, let me know ASAP and I will get you in for a bead-fix. Do not ignore this if it happens as it can cause damage to your natural hair and scalp.
- Regular chemical sunscreen, specifically the ingredient avobenzene, will turn blonde extension hair a peach color that is nearly impossible to correct. Use mineral sunscreen on any areas that your extension hair may touch.
- Keep dry shampoo away from the base of the extension wefts to avoid excessive buildup and dryness.
- Do not use Olaplex products with your extensions! It is too much protein for the extension hair and will cause excessive dryness.

[SHOP MY RECOMMENDED PRODUCTS](#)



**GOT ANY QUESTIONS?**  
hello@toritrezona.com