

HAIR EXTENSIONS

WITH AMY

Care Guide



Always blow dry your hair .
Always use a thermal spray before
blow drying or using hot tools, as
excessive heat will damage the
extensions & shorten the life time of
the extensions.



Use an oil on your mids and ends at
least 1-2 times per day, extensions do
not produce oil like natural hair.
Always use a sulfate free professional
shampoo and conditioner, wash once or
twice a week



Do not brush at the scalp! start at the
ends and work your way up.
Brush daily to prevent matting



Use mineral free sunscreen as normal
sunscreen will cause your extensions to
turn orange. Stay away from chlorine,
wet the hair & put in a leave-in & avoid
getting it wet with chlorine water!



Do not sleep with wet hair. Also put
your hair in a low loose pony or braid
but avoid tight buns or pony's for
sleeping.



Book your move ups every 6-8 weeks!
<https://tonichaircultureandbeauty.co.nz/>

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