

**Hair System Bible**

**Hello and thanks for booking in for your hair loss system. I’m sure you’re very excited but also wondering what it’s going to be like looking after your new hair on a daily basis. This is why I have created The Hair System Bible to help you out with all things hair and this guide will be your best friend to refer back to if you’re ever unsure.**

**You can always contact directly me if you have any concerns on**

**07900934134**

**What Happens Before the Fitting Appointment?**

So by now you would have had a consultation. We would have discussed in detail the look you are trying to achieve and established the length, thickness, color and method you’re going for. Now this has been decided, it’s locked in. Please do not change your natural hair in any way before your fitting or changing your mind on your new hair color/style as the hair would have been ordered & custom colored by now.

**It’s Appointment Day!!**

Squeaky clean hair please!! I advise you do 2 x shampoos and no conditioner before your integration fitting.

Please also have your payment method ready to go. Your bill will be taken before you have your hair system fitted. This is to ensure clients are able to pay there and then as I’ve unfortunately had clients promise to bank transfer and have never received payment. Better to be safe than sorry! I accept fresha pay, card and bank transfer (must be cleared by the time you leave). If you know there will be a delay in transferring the money, please ask for bank details in advance.

Please ensure you are happy with the length, color and thickness of the hair system and/or extensions BEFORE they go in. Once they are fitted they are yours. It’s a non-returnable product due to hygiene reasons so by giving me the all clear to have them done this is you agreeing you are happy with every aspect.

**What to Expect After Your Appointment**

The hair system is in and looking fab-u-lous!! It may feel a bit strange and a bit tight. Don’t worry as this is completely normal. You’ve just had extra weight added to your head after all. You can expect the tightness to last for the first week before it starts to ease as your natural hair grows.

When you go to bed tonight you’ll probably feel it. Some people don’t feel a thing (lucky them) while others find it uncomfortable. Don’t panic if this is you. Discomfort isn’t a sign of a problem. In a few days you’ll be so used to it you won’t remember life without it!

Your hair never stops growing so day by day your hair system is getting a tiny bit looser which is why it feels more comfortable.

You may experience itchiness. Again, completely normal and to be expected. Try tapping the itchy area with your fingers rather than scratching as your new hair is very delicate and you don’t want to be damaging your own hair underneath.

**Caring For Your Hair**

I recommend you attend maintenance appointments at 4/5 weeks (for your pinch forward £40) and 8/10 weeks for a full refit. When sleeping it is advised that you wear a hair kings silk bonnet £10 to bed to avoid tangling and to keep your hair in tip top condition. Ask me for more info on the additional benefits of wearing a bonnet to bed.

**Brushing**

It is advised you use the hair extension brush provided when brushing your hair and hair loss integration system.

Always hold and support your weave/hair system when brushing to ensure no additional stress is put on your natural hair. Start from the bottoms of your extensions and work your way up the hair towards the top. When brushing the closure (parting area), put one hand on top to protect the lace from pulling.

Always brush your extensions and hair piece before washing.

**Washing**

You can wash your hair as soon as you’d like to after the fitting, but washing your extensions/hair system every day would be advised against as this will cause your hair system to loosen quicker and will shorten the lifespan of the hair.

It is recommended to wash your hair once a week.

Gently cleanse your hair by smoothing over the shampoo and using strokes going down the hair system. Do not scrub as this will damage the lace closure. I advise you to shampoo your hair twice. Once to get rid of the dirt and second to properly cleanse the hair.

Condition your hair but avoid the root area.

Give your hair system a longer rinse than you would your natural hair to ensure all products have been removed from your hair and the underneath

Wash your extensions using the products advised by your stylist at your appointment.

DO NOT UNDER ANY CIRCUMSTANCES USE A SUPERMARKET SHAMPOO!!!

I cannot stress this enough!! Why pay so much for your hair not to invest in the products to look after it? If you need help or advice on which products to use, please message me and I will get back to you as soon as I can.

NEVER wash your hair upside down as this will cause serious matting!!

Always wash your hair with your head up right or back eg in the shower or backwards in the bath.

Avoid scrubbing the extensions. Be as gentle as you can with them. After all, the better care you take of them, the longer they will last.

Always condition your extensions but avoid the root area around your mesh/wefts as this can cause your micro rings to slip.

**Drying**

Never rub your extensions with a towel to avoid matting and knotting. Pat and squeeze them gently with a towel.

Before brushing your extensions, blast them off a little or let them dry for a little while on their own. This is because your hair is at its most fragile when wet. You can then brush your hair and arrange the parting and either allow it to air dry 80% or blow dry.

Before blow drying, spray your hair with heat defence spray and use a pump of my Rebecca Banham Argan oil down the mid lengths and ends of your extensions. You are welcome to let your extensions dry naturally but you must be aware that the hair will look frizzy if it has not been tamed with heat for the last 20% dampness.

Always dry the tops of your wefts/mesh thoroughly.

If blow drying your hair, it is recommended to use the detangling brush recommended to get a smooth finish.

**Styling**

Always use heat protectors before using heat on your hair system and the extensions EVERY SINGLE TIME. You have invested a lot of money into your hair, so the better care you take of it, the longer it will last.

Hair spray can be used sparingly as long as it is washed out correctly to avoid product build up. You will no longer have to back comb or spray your hair so much to keep it in place. I recommend wella performance hairspray as this can be brushed out more easily than other products. Use my recommended oil every other day/or when needed.

I stock all the required aftercare needed to care for your system

**Going on Holiday**

Vacay with your extensions hair system is always at your own risk. However, if you’re going away whilst wearing your hair integration system (like millions of women do) then read on. Avoid getting your hair wet by both the sea and pool water as these can discolour and dry out your hair.

Do not, I repeat DO NOT go into the pool/sea with your hair down or in a bun and get them wet. This will definitely lead to extreme matting.

Due to some countries having excessive hard water in their showers, your extensions may discolor to a peachy/orange tone. If this occurs, use the MALIBU C hard water wellness sachets. They are great at removing the discolouration. If you youtube additional lengths- Malibu c hard water wellness sachets, you will see how to use the product.

**Important Information**

I do not recommend coloring, tinting or perming your extensions/hair system as these kinds of products contain elements that will damage the extensions and even though they are 100% human hair doing so will mean that the faulty goods returns policy would be void. This means if the hair was faulty-(matting/excessively knotty/bushy/shedding) the brand would do nothing about it as they’d pin it on the colour/toner you’ve used.

The more heat you use on your extensions/hair system through straightening and curling the hair, the shorter the lifespan of the hair. So try to keep heat styling to a minimum.

Always cover your hair extensions with your silk bonnet when using a sunbed to prevent UV damage and dryness.

Avoid spraying perfume onto the extensions as this can cause dryness and discolouration.

Lighter shades may have a slightly shorter lifespan than darker shades on average. The lighter shades will require more care and less heat styling to increase the lifespan. Colors can fade over time and just like your natural hair, the more heat styling/excessive washing the quicker the color will fade.

Use silver shampoos at your own risk as they can grab and turn blue very quickly! Dilute them with water and be extra careful. Silver shampoos can dry out the hair over time.

**If you have made it this far, WOW I’m impressed!! Thank you for reading and if you are unsure of anything then drop me a message and I’ll be more than happy to help.**

**I look forward to fitting your fabulous new hair!!**

**Rebecca banham 07900934134**

**xxx**