

HAIR

AND ELLA

THE ULTIMATE HAIR MAINTENANCE GUIDE

FOR WIGS AND HAIREXTENSIONS



How to make your hair last longer



How to properly wash and condition



Things no one tells you about hair maintenance



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You know that most hair and wigs look good in the beginning right? But it's **after** washing you can really tell how well your hair manages.

Hair extensions and wigs in good quality will look amazing when cared for properly but unfortunately there's where a lot of us fail. If you do not put in the work of maintaining your hair extensions and wigs, they will not last. They will matt, tangle and give you a hard time instead of making your hair-life easier.

I get tons of questions about how to best care for your hairs, so I've put together this FREE guide for you.

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Investing in high-quality wigs and hair extensions is a significant investment, and it's important to ensure that you take good care of them so that they last as long as possible. I've noticed that a lot of women think that when they get GOOD hair, it should “magically” care for itself and that they shouldn't have to put in so much work. The expectation for the hair to last is higher when purchasing more expensive hair. Well, hair extensions and wigs are exactly what it is, and it requires your manual care for it to perform the best.

Top Tier
hair tip

FINDING HAIR PRODUCTS THAT WORKS FOR YOUR SPECIFIC HAIR IS A TRIAL AND ERROR. WE LIKE THE TRESEMÉ MOISTURE RICH SERIE FOR OUR VIRGIN HAIRS.



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So the sooner we understand that we need a ROUTINE to care for our hairs, the easier it will be.

In many cases alot of us women have indeed bought GOOD hair but have ruled the hair out when it started matting and tangling not knowing that if we would of washed it with a clarifying schampoo and used a good conditioner and hair mask, we could of indeed reused it for years.

TopTier
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MAKE IT A HABIT TO DETANGLE YOUR HAIR EVERY DAY. FIRST USE YOUR FINGERS AND AFTER THAT USE A DETANGLING BRUSH.



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THINGS THEY DON'T TELL YOU ABOUT HAIR MAINTENANCE

There are certain things I've learned over the past years when it comes to hair maintenance for hair extensions and wigs that no one ever told me. I thought I'd share them with you as it can definitely help prolong the longevity of your hairs.

- **Not all shampoos are suitable for all types of hair extensions and wigs.**
- **If your hair extensions or wig has buildup from products it can react chemically with your shampoo or conditioner causing it to matt.**

HAIR KNOWLEDGE

Most of the hair on the market is advertised as virgin hair. But note that all these hair can't be bleached to a high blonde. Most times you'll end up damaging the integrity of the hair and it will become dry and brittle.

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- Your lace will last longer when you don't manipulate or touch it much, don't comb from the root or scratch it with your fingernails. Also don't hold the lace or the hairstrands when you are adjusting the lace.
- A thumb of rule is to wash your hair extensions and wigs a minimum of twice a month.
- The type of comb or brush you use affects the hair tremendously.
- Go for waterbased hairproducts before oilbased. If you use oil, prepare to wash within days.



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The one product I found to add moisture without weighing the hair down or causing buildup is Gliss-leave in conditioner. I LOVE this and there is a wide variety of different types.



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HOW TO WASH YOUR HAIR PROPERLY

My best tip for washing your hair extensions and wigs is to first try to detangle gently using your fingers. Then comb through the hair from tip to root to detangle. Make sure you take your time on this process as it's crucial to how your hair will behave once wet. The better you've detangled the easier the washing process will be.

I always start by holding the hair or the wig the same way the entire process. I wet it and add a bit of conditioner FIRST and brush through it. This ensures that the hair is more manageable and pre-preps for the actual hair wash.

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I use a CLEARIFYING schampo first to make sure that all the build-ups, grease and dirt is washed of the hair. When washing the hair let the water flow in ONE direction, downwards. I use my brush to make sure I get through all hairstrands.

Rinse with luke warm water and repeat the schampo process but this time with a MOISTURISING schampo. This adds moisture and slip to the hair. Rinse after you've done the above step. Use a MOISTURISING conditioner next. I add quite alot and work it into the hair and let the hair sit for 20-30 minutes before rinsing it out.

When rinsing out it's important to rinse several times as the conditioner can linger in the hair and take time to

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wash out properly. Unwashed product can cause the hair to feel sticky and not be fully cleansed thus making styling difficult.

A great tip is to fill your basin or a suitable container with cold water and make a final rinse in that water. You'll see the residues of products in the water and this last step will ensure that the hair gets squeaky clean. The cold water also closes the cuticles.

Gently squeeze out any excess water and lay the hair/wig flat on a towel to air-dry or hang them upright and let the water drip.

Top Tier
hair tip

WATCH OUR STEP BY STEP VIDEO:

https://www.instagram.com/p/CG2yKl7gaHu/?utm_source=ig_web_copy_link

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MY TOP THREE TIPS ON HOW TO MAKE YOUR HAIR EXTENSION/WIG LAST LONGER:

1. Use a detangler brush everyday to brush through your hair.
2. Do not use oil based products in your hair. If you need to, wash the hair within 1 week after adding the product to your hair.
3. Let your hair AIR DRY after wash. This makes a ton of difference. If you must use a hair dryer, dry the wefts with hot air and the rest of the hair on a cooler setting until 70% dry and let the air dry rest of time near (not on) a radiator to speed up the process.

BONUS TIP FOR HAIR WEFTS

Never go through the weft with the needle when doing a sew-in. Always go under to prevent weft damage and shedding.

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TWO main things I see that can cause shedding on wigs and hair extensions are:

- **CUTTING YOUR WEFTS** and not sealing them. If you can, avoid cutting your weft as much as possible, if you must, use a weft sealer or a clear nailpolish on the ends. Make sure you manually pull out the loose strands at the ends before you add the sealer/nailpolish.
- **NOT USING HEAT PROTECTOR** when using heat appliances. Hair will break off due to the dryness the heat causes. Protecting your hair with heat protector is imperative to making your hair last long. The kind of heat tools you use are also important. Ceramic plates, heat control and how you section your hair is important as well.

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HERE ARE 9 TIPS ON HAIR MAINTENANCE FOR WIGS AND HAIR EXTENSIONS:

- 1. If you sleep with your wig or hair extensions,** you'll need to protect them by using something that reduces friction and prevents stripping your hair from moisture. Eg. A silk bonnet or a satin pillowcase. Wrap your hair at night.
- 2. Use a mild sulfate-free shampoo** and preferable one that is moisturizing to wash your wigs or hair extensions. Avoid using products that contain harsh chemicals as they can strip the hair of its natural oils and cause damage.

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3. **Wash gently:** When washing your wig or hair extensions, be gentle. Use your fingers to massage the shampoo into the hair, and avoid rubbing, brushing or scrubbing vigorously.

4. **Rinse thoroughly:** After shampooing, make sure to rinse your wig or hair extensions thoroughly. Any residual shampoo can cause damage and lead to tangling.

5. **Condition:** Conditioning your wig or hair extensions is essential to keep them soft, smooth, and shiny. Use a high-quality conditioner and leave it on for a while before rinsing thoroughly.

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6. Avoid hot water: Hot water can damage the hair and also open up the cuticles, so it's best to use lukewarm water when washing your wig or hair extensions and lastly use cold water to close the cuticle to make the hair silky.

7. Storage: Proper storage is essential for maintaining the quality of your wig or hair extensions. Store them in a cool, dry place, away from direct sunlight, and avoid placing anything heavy on top of them. Put them away, washed, detangled and fresh in a satin bag or a specific hair storage item. This will help them maintain their shape and prevent

BONUS TIP

Although bleaching your knots will have a more natural looking result it does affect the longevity of your lace. If you use glue or other products to adhere your lace you must always be mindful of not pulling the hairstrands.

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tangling and ensure minimum work when you are ready to wear them again.

8. Protect from heat: If you do use heat tools on your wig or hair extensions, be sure to use a heat protectant spray to prevent damage. Additionally, avoid using heat tools too often, as this can cause the hair to dry out and become brittle.

9. Trim the ends if they are looking damaged or if split ends occur. This will help the appearance and maintenance overall.



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In summary, taking proper care of your wig or hair extensions is essential to keeping them looking beautiful and lasting longer. Follow these tips on hair maintenance, and you'll be sure to get the most out of your investment.

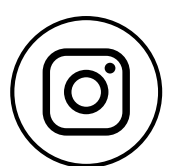
Hope you found this e-book helpful, if you have any questions please reach out to us:

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