

JESSTENSIONS

THE LEADING BRAND IN QUALITY
AND HAIR INTEGRITY



Welcome to your hair extensions guide.

JESSTENSIONS

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jessstensions.com*

JESSTENSIONS Hair Extensions By Jessica Tesar

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PRODUCTS

With JESSTENSIONS methods you can use any product recommended by your stylist. For swimmers, toners can be washed out, so it will be tempting to buy a purple shampoo. Be careful to use purple shampoos. Blond hair can turn drab fast so careful with purple shampoos and conditioners. Especially if you want to remain platinum. Purple conditioners are typically preferred.

Removing chlorine: Please use a sulfite free shampoo for chlorine as this will keep any color or toners in if you have a color service.

DIRECTIONS

When shampooing, be sure to carefully shampoo scalp between beads or weft and, in a downward motion for ends. Use a gentle sulfate free shampoo.

When conditioning your hair, leave on and apply a fair amount of conditioner/mask from your mid-shaft to ends in a downward motion only. Please be sure to use the product recommended by the stylist to make sure hair is covered under warranty. **Never process color on bonds, and never use heat or conditioner on bond areas.

Do not rough cuticles as this can promote tangling. Keep conditioner on hair from 5 - 10 minutes if you can. Rinse out.

SWIMMING TIPS

I swim in triathlons and swim across the lake as well as the pool. What I do is put a lot of deep conditioning mask before braiding and fitting into a cap.

The swimmer shampoo is used only on occasionally as build up doesn't happen after a few laps in the pool.

SHAMPOO HACKS:

1. Limit shampoo use on extensions as it may dry them out.

2. Some of us are quite active and wish you to wash away each and every day. Once again, I recommend trying to not wash hair extensions more than two times a week as it can dry extensions. If you must, please use a sulfate free, low or no glycerin shampoo. It is wise to use one with low emulsification as well. Even it has less bubbles, it still does the job. Olaplex is a great product for your hair.

You may use a dry shampoo spray if you wish to delay shampoo rinses but I don't recommend it as it is a bit drying.

Mostly all real hair extensions no matter where they originate, come coated in silicone. It is a protective shield that keeps natural hair feeling silky and looking shiny. You want to maintain this silicone layer as much as possible. Too much shampoo with a lot of that sudsing action will strip it away over time. But with JESSTENSIONS, all cuticles are in tact and in one direction with a very long processing so hair is in great condition under the silicone, too:)

To shampoo scalp area:

Using a scissoring finger placement with our fingers, give yourself a double peace sign and

make them point into each other back and forth between and around extensions, if that makes sense. Then move downwards down the hair should you want to wash extensions. Never going up the cuticle. The cuticle goes down naturally in hair so that's why we wash them in a downward motion with the cuticle.

Here is a more in-depth version of the above:
Begin by putting the shampoo on your fingertips and scrubbing your scalp area on the crown of the head.

Next, more shampoo on your fingertips, and scrub in between the extensions horizontally and then rinse all out.

Whatever shampoo drips onto the extension from here is fine. Next, take your deep conditioner and

fully saturate your natural and extension hair from mid-strand to the very ends.

Leave-in for 10 minutes for maximum results, then rinse out all at once.

This will allow the shampoo to gently cleanse the extensions without you roughing the cuticles and removing moisture. The conditioner will act as a barrier.

DRYING

It is recommended to air dry for 5 minutes or so then dry a bit with blow dryer then let it dry more naturally.

When 10% dry it is recommend to brush and blow dry or use a round brush to completion to smooth hair out.

When drying with blow dryer, hold the extensions at the base of the scalp so you do not cause excess tension on your natural hair.

BRUSHING

JESSTENSIONS are held into place using 2mm beads therefore, so always support the bonded area by holding on to the bonded area of hair extensions while brushing. This goes for most all types of hair extensions. I like to brush and add serum during the day. Add in a light leave-in conditioner or serum. I prefer wet brush or hair extension brush with handle. Never use a brush with stiff bristles.

If boating in wind, please wear a low braid or bun.

STYLING

Hair extensions go through a lengthy process. We recommend if curling it, use a heat activating and holding spray.

JESTENSIONS look wonderful in a high bun, too. IT is helpful to use a boar bristle brush to smooth hair into a bun.

SLEEPING TIPS

1. Wear a low loose braid or high pony/bun when sleeping for minimal tension. I actually don't put my hair up and just leave it be but you have to get use to sleeping this way. When I move my head to side, I might bring my hair over with me always keeping in place or down. The hair is such high quality, it never seems to tangle. Try to lie in

a way where you don't feel tension on the bonds when you first have them done. But if you do them on others, (it is pretty hard and not advisable to do on your self as all sections need to be clear of any cross hairs), be sure to allow for some slack on the bead and not too tight. If you see that your extensions is sort of, 'pony tailing out', that is a sure sign it has too much tension.

******When adding hair in your bead when applying hair extensions, be sure it is tight with hair. You need enough hair in the bead from the clients hair. If it is very easy to bring hair through the bead it isn't enough hair and beads may slip. Silicone beads are recommended and what I use.

2. Never sleep with wet or damp hair.

3. Using a high quality pillow case.

TANGLES

1. Add some oil to ends and gentle brush ends with a *Wet Brush bought from a retailer on the salon.

2. Keep brushing and add some curl if you like. If you added heat spray the previous day you should be good!

3. Place coconut oil to tangles or dreaded areas. This should not happen with 6-8 week touch ups and if using the correct brush. Then hair by hair careful separate hair. Client may do this prior to appointment or night before and I charge \$100/hr for removal.

The odd client just doesn't care for extensions and they are not the client for extensions unless they take proper care of them. It is not too much work but proper sleep and wear care should be taken into consideration and acted on.

Q & A

QUESTION 1:

Q: How often should I be applying an oil serum/leave in dry cream?

A: Please add oil or Kenra Luxe Leave in up to 4-5 times a day depending on how thick the oil you are using is. Sometimes, you might feel just once is good enough.

The hair doesn't get sebum from your hair follicle so that is why it is important, otherwise hair can

become dry and you will need more hair cuts more frequently.

QUESTION 2:

Q: Why shouldn't I shampoo the ends of my extensions?

A: When shampooing the ends, when you feel the need to, (and I do as well wash ends sometimes as I work out all the time), wash in a down moving motion WITH the cuticle only. If the shampoo you are using suds up a lot, it is too harsh and please use a gentler one for the extensions.

QUESTION 3: A: Is it mandatory to come back once a month and can I reschedule?

A: The reason we have this mandatory policy in place is to make sure hair integrity is in utmost health. Additionally, the manufacturer where we buy our hair from has this policy so we don't have a choice over this matter. We thank you for your understanding. If it a week over it should be OK. Please ask your stylist.

QUESTION 4:

Q: Travel Tips?

A: Wear a UV spray for hair and hat if you can. Braid hair or put in nice bun away if going on a boat or swimming is recommended. Brush from ends first, gently. Brush after exercise, boating or swimming specifically.

Final Reminders.

I VOW TO:

1. Only shampoos recommended by stylist. Do not use sulphate shampoo based on hair extensions.
2. Thou shalt not wash before brushing hair thoroughly and gently.
3. Hold tracks or root of hair extensions while brushing and brush ends first.
4. Remain calm if hair becomes tangles. Use detangling spray.
5. Not to sleep with wet hair.

6. Tie hair up when working out or braid when boating/ snowboarding., etc..

7. Pre-book and come in for touch ups every 6-8 weeks. Trim regularly.

THANK YOU

Thank you. I hope you enjoy your high quality 100% real Indian full cuticle hair as much as my clients and I do.

Have fun and enjoy your lovely hair!

Jessica Tesar. B.Ed., Red Seal.

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