

## SHEDDING FACTS

### SHEDDING

- A healthy head of hair sheds 100 -200 strands per day, whether you comb it or not.
- Typically we see this in the brush, on the floor or in the shower daily.
- When your hair is bound or braided, shedding still occurs. However, the shedded hair is trapped within the braid, until it is undone. Therefore, the longer your hair is bound, the more comb-out you will have.

For example if your hair is bound for 4 weeks you will have 4 weeks x 7 days x 200 strands per day or about 5,600 strands of hair to comb out for that period.

- If your hair is bound for 6 weeks roughly 8,400 strands shed at the end of that period.
- While this number seems alarming and will look even more alarming; you are not going bald. You have approximately 108,000 strands of hair on your head at any given time.
- Shedding is a normal phase of hair growth. What's important is not to break the hair doing the comb out process or to leave it in too long because it will start to dread or matte.

### PLEASE NOTE:

Shedding = Long Strands from the follicle  
Breakage = Short Strands from the ends

***Dreading can't be combed out, but cut off! For best results remove braids or hair extensions every 4—6 weeks, depending upon care.***

### SECURING HAIR IN FRONT

- As your hair grows the hair extension will remain secure to your braids. But the braids will grow away from your scalp. If this occurs you will pin it back down by doing the following:
  1. Push a hairpin through the crown.
  2. Push the pin forward then tuck.

### REMOVING BRAIDS

1. There are two braids on each side of your head. Locate one braid at a time on either side.
2. Remove the hair pin.
3. Remove the rubber band.
4. Unravel the braid all the way to the end. ***(Don't pick!)***
5. Each braid will lead you to another.
6. Take down all braids from side to side first. ***Don't remove braids going downward until the end.***
7. *Spray with unbraided spray or Instacure leave-in treatment.*
8. Comb braid thoroughly with a wide tooth comb to remove all shedding.

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*Flexi Strand*  
no-sew, no-glue hair extensions



### Customer Care and Maintenance Guide

*Because looking great doesn't have to take all day...*

### For more information, contact:

Name:

Address:

Phone:

## FLEXI STRAND FACT SHEET

### WHAT YOU WILL NEED?

- Paddle Brush
- Big Barrett with metal clip
- Designer Touch Scalp & Hairdress
- Bandana

### *Optional:*

- Blow Dryer
- Flat Iron (230° F or 100° C)
- Cream of Nature Shampoo

### MAINTENANCE

- At bedtime brush hair thoroughly each night with paddle brush to eliminate tangles.
- Pull hair up into a ponytail and secure with barrette. Ponytail should flow forward and barrette should be in backwards.
- Keep it moist! If dryness occurs put Designer Touch on finger tips, hold head down, put on ends of hair then brush with paddle brush.
- In the morning brush hair with paddle brush and style.
- **Soft Curl**—spray with water and roll with hard rollers.
- **Curly**—spray with water and roll with sponge rollers. Repeat until desired curl appears.

## FRIZZ INFORMATION

### CAUSES

- Friction is caused by friction on the collar, body perspiration and dryness.
- The longer the hair extension the more the frizz will occur.

### FRIZZ REMOVAL

- Blow dry with hot air. Then curl, flat-iron, roll or round brush hair to re-curl.
- Trimming the ends adds an additional week or so.
- Use Conair Steam Rollers. Leave in for 10 minutes.

### MINIMIZING FRIZZ

- Keep hair from drying out. Use Designer Touch regularly.
- Brush away tangles each day.
- Keep hair off the neck, collar and shoulders whenever possible (i.e. lounging around the house or exercising).



## SHAMPOOING

### *Shampooing Restores Your Hair!*

- Shampoo hair with “Cream of Nature Shampoo”
- On elliptical or natural hair, do not shampoo hair more than twice (during the recommended 4—6 week wear period) to minimize locking or matting.

### *Tips:*

- Shampoo in the shower with your back toward the nozzle.
- Shampoo hair straight
  1. Pulling hair down the strand “**Don’t Swirl!**”.
  2. Let hair air dry - curls will come back. Or, set hair on plastic or sponge rollers depending upon the desired curl.

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