



MAINTENANCE  
GUIDE

*Great Lengths*<sup>®</sup>

To enjoy and maintain the longevity of your new Great Lengths hair extensions, it is essential that you are aware of and follow these maintenance guidelines:

## **GENERAL**

- Do not wet your hair for 48 hours after your Great Lengths service, including initial and maintenance services. This will give enough time for the bonds to settle and ensure that your extensions will not slide out through premature contact with cleansing chemicals.
- Never colour or perform any chemical services to your Great Lengths extensions
- Do not use tinted shampoos and conditioners
- Expect to see small quantities of naturally released hair trapped in the bonds after some time. This is normal and should not be interpreted as hairs being pulled out of the scalp by the extensions themselves.
- Plan a check up with your salon two weeks after your extension application. It may be necessary to replace a few strands if they have not settled correctly.
- If you experience bond slippage or any discomfort, contact your Great Lengths Certified salon to determine the cause and remedy the situation.

## **SLEEPING**

Prior to bed pull your hair back into a soft loose ponytail to prevent tangling while sleeping. Use a silk or satin pillowcase to allow your hair to move freely while you sleep. Hair must be completely dry, brushed and in a pony or plait when going to bed.

## **SHOWERING**

Use recommended Great Lengths products that are especially designed to improve the condition of your hair extensions. (see below Recommended Products).

When showering, tilt your head back and cleanse from the top of the head downward. Avoid facing your head downward.

When using conditioners, detanglers and masks apply only from mid-lengths to end, avoiding the scalp/bond area. (see below Recommended Products).

After showering, apply the Great Lengths Anti-Tap Water remedy to restore your hair's natural pH balance. Dry your hair by wrapping it with a microfibre headwrap or a towel to remove moisture.

If using a blow dryer, use a medium to low heat and finish with a cool shot once the hair is completely dry.

## **STYLING**

Hot tools and hot rollers may be used on Great lengths hair extensions, but keep them at least 3cm to 4cm away from the hair bonds.

## **BRUSHING**

Brush your hair three times a day using a Great Lengths brush (twice a day for curly hair). This will stop matting from occurring.

Do not use hard brush strokes. Do not use hard bristle brushes which can cause the bonds to slip out.

To brush: Separate your applied strands using your fingers and slowly brush close to the scalp. Start brushing the section closest to the nape of your neck and work section by section until you have completed your whole head.

Use a wide toothed comb to gently remove tangles from mid-strands to hair ends. Do not use a comb near the scalp area and the Great Lengths bonds.

## **SWIMMING**

Activities that result in a constant, damp environment, especially swimming in sea water and chlorine, may lessen the longevity of your Great Lengths hair extensions.

Prior to swimming, wet the hair completely to prevent chlorine and salt water sticking to your hair.

Immediately after swimming, apply the Great lengths Anti-Tap Water remedy to eliminate damage from alkalinity in water and dry the base area as prescribed above.

## **RECOMMENDED PRODUCTS**

The La Biosthetique range offers luxurious professional hair care to cleanse, hydrate, repair and improve combability, perfect for all hair types and Great Lengths Hair Extensions.

Recommended Shampoos: Shampooing Beauté, Long Hair Protective Softening Shampoo, Long Hair Protective Volumising Shampoo, Botanique Intense Shampoo.

Recommended Conditioners: Beauté Conditionneur Douceur, Long Hair Protective Repair Mask, Botanique Intense Mask.

Visit [www.labiosthetique.com.au](http://www.labiosthetique.com.au) to find the recommended products that suit you.

