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Washing Extensions

For an optimal routine, wash your extensions with a professional hydrating shampoo only, and do so 2 to 3 times a week at most. Limiting the frequency of washing helps preserve the texture and vitality of your extensions. Additionally, feel free to use dry shampoos, a safe option that refreshes your extensions between washes, thus extending their lifespan.

The key to successful maintenance lies in the use of quality products.

Opt for our professional hydrating shampoos, free of sulfates, parabens, and ideally without sodium. We recommend avoiding products containing keratin and protein supplements, thus favoring a gentle and moisturizing formula for your extensions. It is crucial to recognize that hair extensions, at their core, are composed of dead hair, devoid of the essential hair bulb. This fundamental characteristic limits their ability to absorb beneficial nutrients, such as keratin and proteins found in many professional shampoos. Without connection to a hair bulb, these nutrients remain on the surface, prone to accumulation. The result is a delicate hair dilemma: hair that tangles more easily and undergoes an overload of nutrients, which can even lead to deterioration of the extension hair fiber. Understanding this dynamic is essential for maintaining the health and longevity of your hair extensions. In this perspective, let's explore together the crucial maintenance practices to preserve the beauty and vitality of your extended hair. Vitaly's shampoos and conditioners are essential for ensuring the health of your extensions. At the heart of our commitment to quality, the Vitaly line embodies the excellence of Quebec manufacturing. Each product is meticulously crafted to ensure optimal care, preserving the beauty and longevity of your hair extensions. Explore our Vitaly range for personalized advice and products tailored to your extension type. We are here to accompany you at every step of your hair journey, offering customized solutions to enhance your natural beauty.





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At Bedtime: Preserve the Beauty of Your Extensions

Taking care of your hair extensions is crucial, even while you sleep. Adopting good bedtime habits not only helps prevent tangling but also maintains the overall health of your extensions.

Braiding or Ponytail: A Protective Ritual

Before you drift off to sleep, take a few moments to prepare your extensions. It is recommended to create a loose braid or tie your hair into a ponytail. This simple yet crucial step helps prevent tangling and reduces the risk of knot formation during the night. By choosing between a delicate braid and a ponytail, you can tailor your routine to the specific texture and length of your extensions.

Avoiding Moisture at Bedtime: A Fundamental Principle

A golden rule to never forget: never sleep with wet or damp hair. Excessive moisture significantly weakens the hair fiber, making it more prone to breakage during detangling. When your extensions are wet, they become more fragile, which can compromise their longevity. Ensure that your hair, along with your extensions, is completely dry before going to sleep.

Additional Care for Wet Hair

If your hair needs drying before bedtime, use a gentle method. Opt for a microfiber towel to absorb excess water, avoiding rubbing motions that could cause unwanted friction. If you use a hairdryer, set it to a low or medium temperature to prevent heat damage. Gentle and delicate drying is essential to maintain the integrity of your hair extensions.

Additional Tip: Use Vitaly Leave-In

Before bedtime, apply a good leave-in conditioner specifically designed for daily protection and hydration. The Vitaly range leave-in can be used on both dry and wet hair and offers extensive protection. It includes heat and UV protectants, as well as shielding your hair from external aggressors throughout the day.

By following these simple yet crucial bedtime tips, you invest in the longevity and continuous beauty of your hair extensions. An appropriate nighttime routine not only ensures tangle-free hair upon waking but also maintains resilient hair fibers for each new day.

Styling: Create Elegant Curls While Protecting Your Extensions

Styling your hair extensions requires a delicate approach to ensure the beauty and longevity of each strand. Follow these expert tips to achieve stunning results while maintaining the health of your extensions.





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Tool Choice: Curling Iron vs. Flat Iron

When styling your extensions, it's preferable to choose a curling iron over a flat iron. Curling irons are designed to create defined curls without exerting excessive pressure on the extensions. This reduces the risk of damage and tension, preserving the integrity of each strand.

Tips for Using a Flat Iron

If you decide to use a flat iron, follow these crucial guidelines to avoid negative impacts on your extensions:

Avoid Pulling the Extensions: When using a flat iron, it's imperative not to pull on the extensions. This action could not only cause tangling but also uproot the extensions from your scalp. Gentle and controlled movements are key.

Hold Them Firmly at the Root: To minimize tension, ensure you hold the extensions firmly at the root while moving the flat iron. This ensures that heat is applied evenly and that the extensions remain in place without excessive stress.

Maximum Protection with Vitaly Products

For optimal protection during styling, use products from the Vitaly range. Our line offers products specifically formulated to maintain the health of your extensions even during thermal styling processes. Choose our heat and UV protection spray for an extra layer of defense against external aggressors.

By following these wise tips, you can create spectacular looks while preserving the quality of your hair extensions. Make sure to take the necessary time for each movement, providing your extended hair with the delicacy it deserves.

Daily Hydration: The Key to Radiant Extensions

Hair extensions, though beautiful, require special attention in terms of hydration. Understanding the nature of these strands is essential: being non-living hair, they do not benefit from the natural vitamins from our scalp. This underscores the crucial importance of regular hydration to maintain the suppleness and health of your extensions.

Extensions and Hydration: A Necessity

Since extensions lack the nutrients that natural hair receives from the scalp, they rely entirely on the care we provide. Hydration thus becomes an essential aspect of their maintenance, compensating for the lack of natural nutrients. Intensive hydrating masks prove to be perfect allies for infusing deep, restorative moisture.





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Personalized Advice from Your Technician

Your hair technician is the best person to advise you on which specific products to use. With her expertise, she can recommend formulations tailored to your type of extension and individual needs. Don't hesitate to seek her advice to develop a personalized hydration routine that will maximize the lifespan and beauty of your extensions.

By taking care of the daily hydration of your hair extensions, you are investing in their longevity and continued shine. Adopt these recommended practices and give your extended hair the attention it deserves, keeping it soft, silky, and radiant day after day.

Precautions When Traveling to Sunny Destinations: Protect Your Extensions

Going on a sunny vacation is a wonderful experience, but to ensure the continued beauty of your hair extensions, it's essential to take specific precautions. Here are some tips to protect your precious strands throughout your stay.

Avoid Prolonged Exposure to Sea and Pool Water

While refreshing, seawater can have harmful effects on your hair extensions. The salts in seawater can dry out the hair, making it more prone to tangling and fragility. Similarly, the chlorine in pool water can alter the texture and color of extensions, especially with prolonged exposure. It is recommended to avoid prolonged exposure to these types of water to preserve the quality of your extensions.

Protect Your Extensions from Prolonged Sun Exposure

Prolonged sun exposure can also affect the health of your hair extensions. UV rays can dry out the hair, leading to a loss of hydration and shine. Additionally, certain extension colors, especially those with "flash" shades, can be altered by excessive sun exposure. Use accessories such as hats or scarves to protect your extensions from direct sunlight, especially during the most intense hours.

Take Your Essentials on the Go

To ensure maximum protection, take your essential care products when traveling under the sun. Shampoos, conditioners, and specific treatments from the Vitaly range are designed to maintain the health of your extensions even in challenging conditions. Consult your hair technician for specific product recommendations to take along based on your type of extension and individual needs.

By following these simple precautions, you ensure that your hair extensions remain radiant, even during your sunny getaways. Protect your extended hair with care, and fully enjoy your vacation without compromising the beauty of your strands.