

# YOUR COMPLETE MAINTENANCE GUIDE



**Jeffrey Paul**  
RESTORING BEAUTIFUL HAIR™

# PRODUCT LIST

## BEAUTIFUL HAIR PRODUCTS

- Moisturizing Shampoo
- Protein Treatment
- Moisturizing Conditioner
- Leave-In Protein
- Spray Conditioner

## HOW LONG WILL PRODUCTS LAST?\*

- 1 SHAMPOO PER WEEK = **5-6 MONTHS**
- 3 SHAMPOOS PER WEEK = **3-4 MONTHS**
- 7 SHAMPOOS PER WEEK = **1-2 MONTHS**

### NOTES:

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*\* Hair system warranty is based on these parameters. If products are not used as directed and repurchased based on the corresponding usage, hair system warranty will be null and void.*

## STYLE PRODUCTS

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### NOTES:

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## STYLE TOOLS

- Wet Brush
- Sectioning Clips
- Sectioning Comb
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### NOTES:

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## ACCESSORIES/OTHER

- Friction Free Towel
- Satin Pillowcase
- Shower Filter
- Brisk
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### NOTES:

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## ATTACHMENT/REMOVERS

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### NOTES:

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## ADDITIONAL NOTES:

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## STEP-BY-STEP GUIDE FOR DAILY-WEAR MAINTENANCE

This procedure should be followed as a weekly regimen, if worn every day, and depending on activity level. If your lifestyle is more active, with a lot of exercising or high-perspiration activities, then twice a week would be better.



### DETANGLE

Friction can often create tangling of the hair in your Hair Replacement. To minimize damage to the hair, it is very important to make sure the hair is detangled before washing it or getting it wet. The hair should be positioned on a mannequin head and fastened securely with T-pins and use an astringent to remove tape residue afterwards. Spray the Hair Replacement liberally with a **moisturizing and detangling spray conditioner**. Then, use a wide-tooth comb, your fingers or a Wet Brush to remove snarls, tangles and any buildup of product on the hair. Pay special attention to

the ends and the nape area where friction is greatest.

### PRE-CONDITION

Fill a basin or sink with lukewarm water. Hot water can dry hair out and strip it of needed nutrients and color. Add an appropriate amount of **moisturizing and detangling conditioner** to the water. In an up and down motion to avoid tangling, begin to wet the hair.



### RINSE

The next step is to take the Hair Replacement – positioned on the mannequin (preferably with a suction cup stand so it doesn't move around in the process) – and set it in the sink. Make sure the water has been drained from the sink prior to this step. Again, using lukewarm water with low pressure, rinse the hair in a waterfall-like motion. To avoid damaging the hair, do **NOT** let the water directly hit the hair where it's hand tied to the base material. All product must be rinsed from the hair. If not rinsed properly, any remaining product will dilute the cleansing process.

### CLEANSE

Fill the basin or sink with fresh lukewarm water. Hot water will fade the hair color on the Hair Replacement faster. Apply the appropriate amount of **moisturizing and detangling shampoo**, making sure to completely dissolve the product in the water. In an up and down motion, begin to work the shampoo into the hair. Do not let the hair get tangled.







### RINSE

Using lukewarm water, rinse the hair with a waterfall motion again, making sure to not allow the water to directly hit the Hair Replacement base where the hairs are hand-tied. Squeeze all excess water from hair before moving on to the next step. Rinsing with cooler water will help begin to seal the cuticle.

### REPAIR

Protein makes up 97% of your hair. When the hair is damaged, the “pot holes” that are left can only be repaired with protein. Not repairing damaged hair makes it drier and causes additional breakage. In this step, apply a **pre-conditioning protein treatment** to the hair, working the product from mid-strands to the ends. This should be a leave in product that you do NOT rinse, until after the next step is applied.



### REPAIR - CONTINUES

Once again fill a basin or sink with lukewarm water and add the appropriate amount of **moisturizing and detangling conditioner**, making sure product is completely dissolved in the water. In an up and down motion, make sure the hair is covered with the moisturizing and detangling conditioner over where the **protein treatment** was placed. The **moisturizing and detangling conditioner** acts like a softener for the hair, preparing it for the next steps. Allow treatment to remain on the hair for three minutes.

### RINSE

The next step is to rinse the hair with lukewarm water using the same up and down motion from previous steps. To avoid damage, **DO NOT** let the water directly hit where the hairs are hand-tied to the base. Make sure all of the conditioner is rinsed completely out of the hair.



### DRY

Squeeze out all excess water and use a **Friction Free Towel** to blot out the remaining excess water. Using a blotting technique, make sure to move the towel around the entire surface to absorb moisture. Then turn the mannequin upside down and shake out any remaining water to put body back into the knots that secure the hair to the base.

## HYDRATE

Spray a liberal amount of **leave-in protein** to “hydrate” the hair. Use your fingers to work the product through the hair.

## PROTECT

Spray a liberal amount of **moisturizing and detangling spray conditioner** on the hair and work through with your fingers. Comb the product through the hair with your fingers, a Wet Brush or a wide-toothed comb.

## REFRESH

To dry the inside of the base (and to re-tighten the knots), use an ionic blow dryer. Applying a sea-breeze-like toner or anti-bacterial spray to the inside of the base will also help re-tighten the knots and has a cooling effect on the scalp. This product can also be used daily to refresh the system and your scalp.



## the dirt on wig washing

**Myth** – Washing a Wig or Hair Replacement System less will make it last longer.

**Fact** – Not true; cleaning and conditioning with the proper products and procedure will increase the life span of a Wig or Hair System because it lifts the oils and grime that cause hair loss and that contribute to the unnatural, “wiggly” look.

### STEP BY STEP REPLACEMENT HAIR MAINTENANCE GUIDE FOR EXTENDED-WEAR SOLUTIONS



This procedure should be followed every other day. At the very least, it should be done once weekly, and you should follow up periodically with your Hair Restoration and Replacement professional.

## DETANGLE

It's important to remove any tangles from your Hair Replacement prior to washing it or even getting it wet. Begin by spraying a **moisturizing and detangling spray conditioner** throughout the hair. Then, using a wide-tooth comb, your fingers, or a Wet Brush, remove snarls, tangles and any product buildup from the hair. Pay special attention to the ends of the hair and the nape area where friction is greatest.



### PRE-CONDITION

Apply the appropriate amount of **moisturizing and detangling conditioner** and use your fingers as a “comb” to distribute product throughout the hair, making sure to not apply any product to the base/roots of the hair before getting hair wet. Then rinse the hair with lukewarm – not hot – water. Hot water can dry hair out and strip it of needed nutrients and color.

### RINSE

Rinsing is very important in the maintenance process. Again, using lukewarm water with low pressure, rinse the hair in a waterfall-like motion. To avoid damaging the hair, DO NOT let the water directly hit where the hairs are hand-tied to the base. All product must be rinsed from the hair. If not rinsed properly, it will dilute the cleansing process.



### CLEANSE

Again, use lukewarm, not hot, water. Hot water will fade hair color faster. Rub the appropriate amount of **moisturizing and detangling shampoo** onto your fingers and, using your fingers, comb the product through hair. Avoid getting the hair tangled.

### RINSE

Using lukewarm water, again rinse hair using a waterfall motion making sure to not allow the water to hit directly where the hairs are hand-tied to the base. Squeeze out all excess water from the hair before moving on to the next step. Remember – rinse with lukewarm, not hot water. Hot water lifts the cuticle of the hair, causing it to lighten and tangle.



### REPAIR

Protein makes up 97% of your hair. When the cuticle of the hair is damaged, the “pot holes” that are left can only be repaired with protein. Not repairing damaged hair makes it drier and causes additional breakage. In this step, apply a **protein treatment** to the hair, working the product from mid-stands to ends. DO NOT rinse it out until next step is applied.

### REPAIR - CONTINUES

Apply the appropriate amount of **moisturizing and detangling conditioner** to the hair (refer back to the daily-wear steps for recommended amounts) – over where the **protein treatment** was placed. Using your fingers as a comb, distribute the product throughout hair, making sure not to apply any product to the base/roots of the hair. Allow the treatment to remain on the hair for three minutes.



## RINSE

Using lukewarm water, rinse hair again using a waterfall motion, making sure to not allow the water to hit where the hairs are hand-tied to the base. Squeeze out all excess water from the hair before moving on to the next step. Remember – rinse with lukewarm, not hot, water. Hot water lifts the cuticle of the hair causing it to lighten and tangle. Make sure ALL of the conditioner is rinsed completely out of the hair.



## TOWEL DRY

With your hands, squeeze all excess water of the hair. Then use a **Friction Free Towel** (Shammy) to blot out any remaining excess water. Using a blotting technique, move the towel around the entire surface of the hair to absorb moisture. Turn your head upside down and shake out any remaining water. This will put body back into the knots that secure the hair to the base.

## RESECURE ATTACHMENT

At this point, press down around the outer parameter of the Hair Replacement or Extensions to re-secure the attachment after showering.

## HYDRATE

After blotting the excess water out of your hair with the **Friction Free Towel**, spray the recommended amount of **leave-in protein spray** to “hydrate” the hair. Use your fingers to work the product through the hair. Not only does this product hydrate your hair, it makes it easier to comb through.



## PROTECT

Spray a liberal amount of **moisturizing and detangling spray conditioner** on your hair and work through with your fingers. Comb the product through the hair with your fingers, a Wet Brush, Paddle

Brush or wide-toothed comb. **Moisturizing and detangling spray conditioner** can be used throughout the day to freshen your look with no fear of build-up.

## REFRESH

For the best result, use an anti-bacterial spray or toner daily to refresh both the base and your scalp. This also packs the side effect of retightening the knots in the base.

## OVERALL MAINTENANCE TIPS FOR REPLACEMENT HAIR SOLUTIONS

### *Making New Hair Feel At Home: Toss Out Tangles*

With human hair, certain treatments may be necessary. Some conditioners should be sprayed onto an Integration's or Duplication's replacement hair between washings too. For longer length Hair Replacements and Extensions, spray-on conditioners are crucial for warding off matting and tangling. Your specialist will let you know what works for your Hair Replacement System, but there are some that I have found to be real winners. Please visit [www.JefferyPaulSalon.com](http://www.JefferyPaulSalon.com) for a consistently updated list of products that, I believe, are most successful.



## EXTRA TIPS AND INFORMATION

### SLEEPING ON YOUR NEW HAIR



Friction causes tangling and unwanted damage to your hair/hair system. One of the biggest culprits of friction to hair is your pillowcase. During your sleeping hours your head tosses back and forth on the pillow causing

unwanted friction to hair. The satin pillowcase is a must as it helps prevent your hair from encountering friction while sleeping, by allowing your hair to slide against the pillow as opposed to rubbing, which leads to friction. Cotton or other rougher fabrics in pillowcases can cause damage, tangling, breakage and ultimately decrease the life of your hair system.

### WATER - ONE OF HAIR'S BIGGEST ENEMIES

Over 85% of the population in the U.S., according to the Water Quality Association, are bathing with hard water. While hard water is fine for drinking; it can cause many problems for your hair, scalp and skin. There are many elements found in hard water that can cause problems for your hair – The worst of these elements is Chlorine. Chlorine not only damages hair and skin but it also attracts other minerals onto the hair, causing the worst effects of those minerals. Among those minerals are Iron, which can cause blonde hair to turn orange and cause dark hair to turn a darker tint, and Copper, which can cause blonde hair to turn greenish and also causes dryness. One of the easiest and most cost-effective ways to combat the effects of hard water is to install a shower filtration system. A filtered shower can effectively filter out up to 99% of the chlorine and other harmful substances in the hard water and balance the PH level – leaving you with clean, fresh water to wash your hair and skin. Installing a shower filter is a wise and easy step to take in protecting and prolonging the life and beauty of your hair or hair system!

### BRUSHING, COMBING, DRYING, GUARDING – JUST PRETEND IT'S YOURS!

For all other care instructions regarding the new hair on your Hair Replacement, do as you would for your own growing hair. And, in terms of caring for your scalp or for the base of your system, get specific instruction from your specialist when you come in for maintenance and services.

### IT'S IN YOUR HANDS

What's important to remember is that you are accountable for the maintenance of your Hair Replacement System – you are most responsible for its beauty and resilience, and you will have all the tools you could possibly need to ensure its longevity and service. Why should you remember this? First, because you are as responsible for this new investment as you are for any other area of your body and mind. Second, because almost all manufacturers have a limited warranty if any at all, due to the intricate nature of the care that is necessary, as well as the unpredictable wearing habits and lifestyles of each person that purchases the product. In Extended-Wear, there are *no warranties* and manufacturer's documents carry disclaimers stating that, once the system is placed on a head, the manufacturer bears no responsibility for the product.

A hair system isn't just a purchase, it's an investment. You can make a difference in the life of your hair replacement system by consciously and carefully following a well-prescribed maintenance program including: the right attitude, products, tools and procedures. Doing so will add to the life of your replacement hair (whether extensions, and Integration, Duplication, Wigs or additions) and is the best insurance to getting the most use from your hair replacement system and having a beautiful, natural looking head of hair!



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