

- wash with sulfate free shampoo & conditioner
- sleep in a loose braid or ponytail
- •sleep on a silkor satin pillowcase
- •salt water & chlorine water should be avoided, if possible. If not, make sure to coat the hair with a leave in conditioner and wear in a braid
  - •do not cut the wefts, this can cause unraveling and premature shedding
    - •brush hair 2-3 times per day
    - ·always brush before washhing
  - •always use protective product when heat styling
  - •use of a weekly masque is recommended
- •use of hair oil is recommended from mids to ends