

# FAQ

**How long does it take to have hair extensions?** It can take anywhere from 1 hour to 5 hours. It depends on the method that is being used, and how many extensions you are having attached. We recommend you bring some lunch or a snack and a good book to keep you occupied during the application procedure.

**How long can you wear hair extensions?** No more than 3 months without maintenance; the reason being that we normally lose anywhere from 50-150 hairs everyday but, if you are wearing hair extensions, these hairs cannot fall out because they are attached to the hair extension. So, these fallen hairs will accumulate, leaving the hair extensions with less and less hair holding it in place. With regular maintenance you can wear them up to 12 months.

**Does it hurt to get hair extensions?** It should not hurt to get hair extensions, however, during the first week or so of wearing hair extensions you may experience some discomfort and irritation, this will settle as you get use to them and after your first shampoo.

**How long does it take to remove them?** Approx 1 – 1½ hrs using a remover gun and dissolvent gel for comfortable, quick removal. Removal of the extensions is the most critical part of the hair extension process. Improper removal results in damage to your natural hair.

**How long does it take to style hair extensions?** Styling your hair on a day-to-day basis will take longer while wearing hair extensions. You must follow the aftercare and styling instructions given to you by Absolute Fitness. Extensions will not prevent you from continuing to with your own daily hair routine and work well with all styling tools. Overheating is one of your hair's biggest enemies, always use a cool setting.

**Are there maintenance costs?** Absolutely! During maintenance visits, we replace any extensions that have shed (thinned out) and re-attach new hair extensions to accommodate new hair growth. Maintenance is recommended every 8-10 weeks, re-placing approx 25-50 extensions this keeps your style looking fresh and full.

**Do hair extensions damage my natural hair?** No damage will occur to your own hair, the extensions are skillfully applied under your hair, allowing hair to breathe and grow naturally.

**Can I still colour or perm my hair?** In most cases you will be able to colour your roots while wearing hair extensions. A complete colour change or perm may not be possible, without completely removing the hair extensions before doing this. Colour change must be done before you have hair extensions fitted.

**Can I swim or go in the sea?** You can go swimming we recommended you tie your hair up or wear it in a braid. It is best to spray your hair with the leave-in conditioner before you go swimming and to wash hair right after swimming. (Avoid getting hair in salt water as the salt can take all the moisture out of the hair and it tangle).

**Will I need to use special hair care products?** Yes, we recommend X-10 Hair Extension Care; this is a range of unique products that protect hair extensions and restores the health of your own hair. Do not use products for oily hair or anything with alcohol in (alcohol will dry out the hair) only use styling products that are zero or low alcohol content.

# Hair Extensions

*Are you are thinking of getting hair extensions?*

*This booklet contains everything you need to know about the available methods, costs and issues concerning hair extensions.*

**Hair Extensions** are a fantastic way to add volume and additional length to your hair, extensions provides the fastest route to the hair you have always wanted! Whatever your reason for choosing hair extensions; you need to be prepared to look after them properly, using the recommended products and following the after care instructions. Absolute Fitness offers Human and Fibre/Synthetic Hair Extensions.

**Human hair** originates mainly from India. Indian women traditionally cut off their long plait either at their wedding as a symbol of starting their new life or for offer thanks to a deity at a religious temple. Indian woman rarely visit hair salons for chemical treatments so the cuticle layer of the hair is perfectly healthy and intact. This is called Remi Hair. It can be used to add volume, thickness, texture and length to your own natural hair and comes in a large variety of colours and lengths in: straight, natural wave and deep wave.

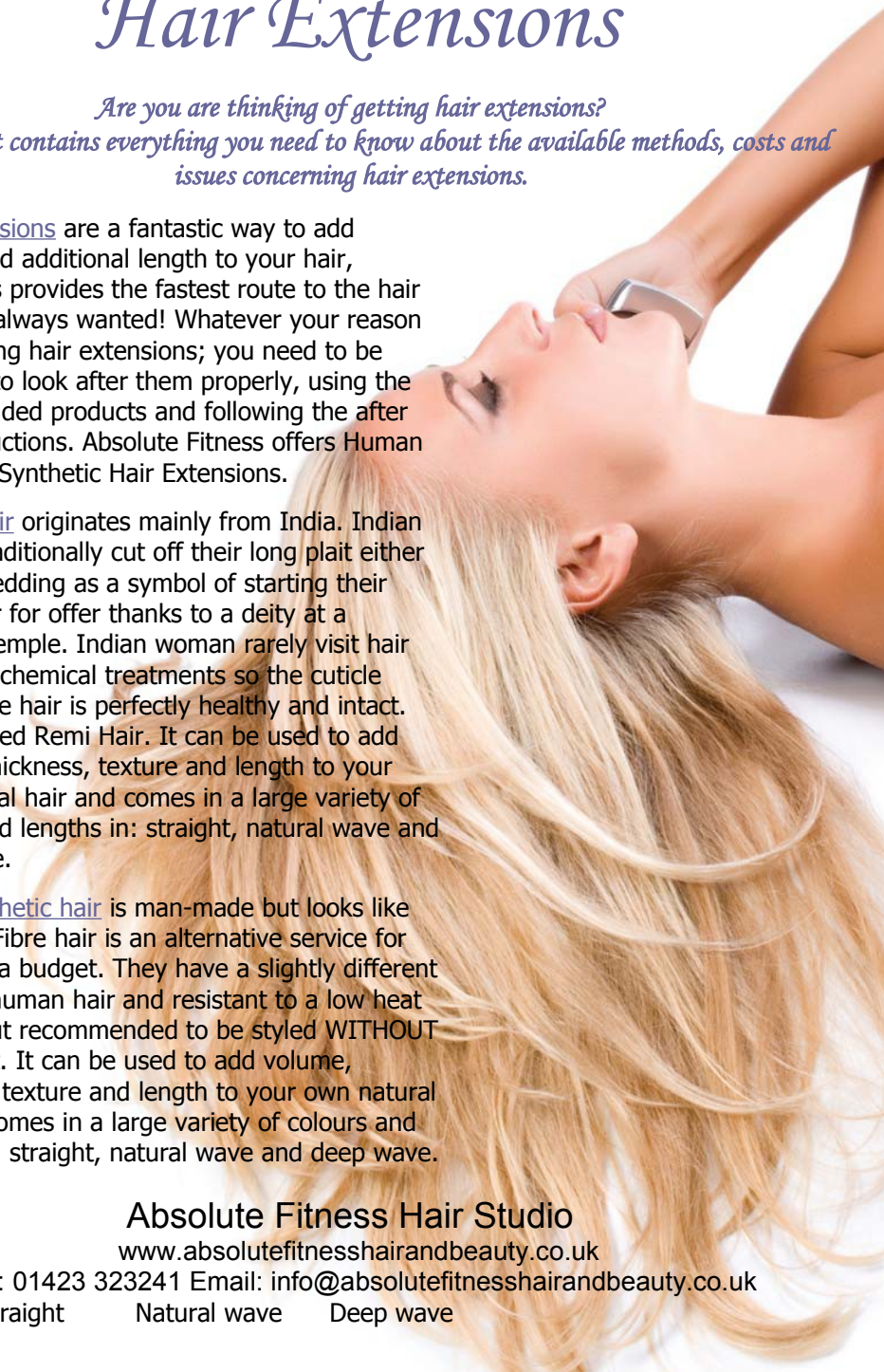
**Fibre/Synthetic hair** is man-made but looks like real hair. Fibre hair is an alternative service for clients on a budget. They have a slightly different sheen to human hair and resistant to a low heat setting, but recommended to be styled WITHOUT using heat. It can be used to add volume, thickness, texture and length to your own natural hair and comes in a large variety of colours and lengths in: straight, natural wave and deep wave.

**Absolute Fitness Hair Studio**

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Straight      Natural wave      Deep wave



# Hair Extension Services & Prices



Absolute fitness hair studio offers two different application techniques to attach extensions to your own hair.

## Weft-track technique:

This temporary method lasts up to 2 weeks and is a great way to quickly add volume and length to your natural hair; perfect for weddings or weekends out. It is ideal for fine to medium hair, not recommended for thick hair. This application technique involves attaching a human hair weft with a quick drying, cold bonding glue. A weft is a track of several inches long on which the hair is already attached; the extensions are then applied by using one row (track) at a time, with the bonding glue and micro rings to stop the track from slipping down. Approx 1-1½ hrs service time. The weft-track extensions can be removed in the salon (there is a small charge for this service) or we can provide you with the glue remover and instructions to enable you to remove the extensions at home.

Hair weft-track



Weft-track attached



## Pre-tipped strand by strand fusion technique:

Fusion is a more permanent extension technique than the weft-track and is attached with a heated glue bond. This method is suitable for more types of hair, using single strands of extension hair. This is considered the best method of hair fusion as it uses a calculated amount of glue, which leads to better bonding of hair and prevents glue cracks. With proper care, strand bonded extensions can be worn 3-12 months. Each hair extension strand is attached by using a special heated hair connector tool, which fuses the pre-tipped glue bond onto the strand of natural hair. Each extension strand has approx 20-30 hairs attached and is pre-tipped with keratin, protein glue bond (keratin, protein is similar to the molecular structure of hair). Approx 1-3½ hrs service time.

Pre-tipped hair



Pre-tipped hair attached



Our extension services include cutting and styling the extensions and aftercare instructions. Extension products, brushes or any styling products are NOT included in the price.

## Weft-track Hair Extension:

Length: 16-18 inch £80.00  
Length: Over 18 inch £120  
Removal: £25 (no wash, cut or finish included)  
Glue Remover: £6.50 (to take home)  
Bonding Glue: £6.50 (to take home)

## Pre-tipped Hair Extension:

Human hair: £1.60 per strand Or £40 per 25  
Fibre Hair: £1.10 per strand Or £27.50 per 25  
Lengths over 18 inch £2.20 per strand Or £55 per 25  
Removal: £45.00 (no wash, cut or finish included) Or free with a cut and colour.  
Maintenance: Approx £40-£80 (every 8-10 wks)

## Part and Quarter Head:

40-80 strands - Adding volume and thickness  
Approx 1-1½ hrs service time

## Half/ and Full Head:

100 -250 strands - Adding volume, thickness and length  
Approx 1½-3½ hrs service time

## X10 Hair Extension Care:

Shampoo £8.95  
Conditioner £8.95  
Leave-in daily spray £9.95  
Shine spray £7.50  
Small extensions brush £5.50  
Large extensions brush £8.50

A free 15 minute consultation is needed to assess every individual's needs. This enables us to show you the hair colours and textures and how it is applied, leaving you no doubt that your own hair will remain in tip top condition whilst the extensions are worn. We can match up your hair colour to the nearest perfect match so much so that the colour match has amazed our clients. (Quotes cannot be given over the phone or by email)

Hair Extensions are NOT recommended to anyone who finds it hard styling their normal hair or if you are suffering from, Alopecia, Dermatitis, Psoriasis or other scalp problems. If your hair is very thick and coarse or excessively greasy.

Hair extensions will NOT last forever; this is due to the glue deteriorating over time and to the growth of your own hair. Extensions connected to your hair will become looser as your hair grows (approximately 0.4" per month) Maintenance/refill is recommended every 8-10 weeks to ensure you get the very best from your new style. Before you have hair extension done, you must be a 100% sure before trying them.

We cannot guarantee that every individual extension will stay intact for the full recommended term, if all aftercare instructions are not followed. Clients are asked to sign an agreement form, this is to make sure all the information has been received has been understood. A free consultation is required for all hair extension salon services and a deposit of £50 on booking a full/half head of hair extensions.