

YOUR HAIR EXTENSIONS GUIDE
By Jessica Tesar
CEO of Jesstensions Hair Extensions

Never Dull Your Light

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SHAMPOOING + WASHING

SHAMPOO DIRECTIONS

When shampooing, be sure to carefully shampoo scalp between bonds and, in a downward motion for ends.

Use a gentle sulfate free shampoo.

When conditioning your, leave on and apply a fair amount of conditioner/mask from your mid shaft to ends in a downward motion only.

Please be sure to use the product recommended by the stylist to make sure hair is covered under warranty.

Do not rough cuticles as this can promote tangling. Keep conditioner on hair from 5 - 10 minutes if you can. Rinse out.

DRYING

A few ways. If hair is thin, I like to dry naturally completely if possible.

Or, air dry for 5 minutes or so then dry a bit with a blow dryer then let it dry more naturally.

Bonds just must be dried and not left to be damp for a long period of time.

Hot tubs and super hot tools on bonds can melt the bonds and make them a bit rough. So using extremely hot air with the blow dryer isn't recommended on bonds or the hair. If hot hair is used, as always, be sure to use a heat protectant. Keune is a great product as ALL Keune products have heat protectants in them.

If hair is thick, be sure all the roots and bonds are dried completely otherwise a bit of a greenish almost gluey mouldyiness can occur within the nano bead and makes it harder to pull apart the knot like matting that may occur during the take out touch up.

When 10% dry it is recommended to brush and blow dry or use a round brush to completion to smooth hair out.

I love using the Davines All In One Milk as a detangler light cream serum to the hair prior to brushing and blow drying. I also like the one by Unite.

When drying with a blow dryer, hold the extensions at the base so you do not cause excess tension on your natural hair.

Try to make certain to dry the bonds especially if they are silicone based as they tend to turn green and go a bit mildewy and can also create matted hair at times or more knotting. Potentially, this could add time and money to the touchup service, especially if you or the clients goes over 7-8 weeks for the service.

SWIMMING TIPS

From time to time, I swim in triathlons and swim across the lake as well as swim in the pool as many of us do one or a few of these. Something I find helpful to keep my hair color as close to the tone as when I bought them is that I douse my hair heavily in a deep conditioning mask or thick conditioner before braiding, fitting into a cap and hitting the H2O of choice.

The swimmer shampoo by Maliby is used only occasionally as build up doesn't happen after a few laps in the pool.

Removing chlorine: Please use a sulfite free shampoo for chlorine as this will keep any color or toners in if you have a color service.

Malibu brand has a nice little packet you can use to remove chlorine.

SHAMPOO HACKS

1. Be sure to wash your hair extensions. However, there is no need to emulsion and make a mess. You can simply bring your hands and lather white moving the hair between your hands moving down the cuticles and hair.

2. Some of us are quite active and wish you to wash away each and every day. Once again, I recommend trying to not wash hair extensions more than two-three times a week as it can dry extensions.

I don't love using dry shampoo. However, there may be newer options coming available. I think to keep hair clear, it is best to wash and shampoo and add shine and luster with a great conditioner. Currently, I am in love with the Naturaltech Nourishing one by Davines.

Most but not all, hair extensions no matter where they originate, come coated in silicone. It is a protective shield that keeps natural hair feeling silky and looking shiny. Good quality hair like Jesstensions maintains its luxury quality even after silicone as gone away but it is still nice to try to keep in tact.

You want to maintain this silicone layer as much as possible. Too much shampoo with a lot of that sudsing action will strip it away over time.

With Jesstensions, all cuticles are intact and in one direction which takes a very long time to process in manufacturing so hair is in super luxurious condition.

To shampoo scalp area:

Using a scissoring finger placement with our fingers, give yourself a double peace sign and make them point into each other back and forth between and around extensions, if that makes sense. Continuing from that, I move downwards down the hair should you want to wash extensions. Never going up the cuticle.

The cuticles are directed down with the natural alignment of the cuticle so that's why we wash them in a downward motion.

Unpacking this method here is a more in-depth version of the above:

- Begin by putting the shampoo on your fingertips and scrubbing your scalp area on the crown of the head.
- Next, more shampoo on your fingertips, and scrub in between the extensions horizontally and then rinse all out. Whatever shampoo drips onto the extension from here is fine.
- Then, take your deep conditioner and fully saturate your natural and extension hair from mid-strand to the very ends.
- Lastly, leave-in for 10 minutes for maximum results, then rinse out all at once.

This will allow the shampoo to gently cleanse the extensions without you roughing the cuticles and removing moisture.

The conditioner will act as a barrier.



STYLING

I recommend if you want your hair to remain healthy to apply a heat protectant when styling with any type of hot styling tool such as a Dyson, flat iron or any hot iron.

Jesstensions look wonderful in a high ponytail or bun, too.

It is helpful to use a boar bristle brush to smooth hair into a bun. I love the Isinis paddle brush. It isn't ball tipped but the bristles move with a lot of flex.

When brushing hair though typically, a soft wet brush with ball tipped ends is recommended as the stiff bristles can plow through bonds and cause hair loss.

Should you be experiencing hair loss in general, Rogain actually does work. Please make sure to check with your doctor if you are concerned about using it. It is an over the counter product typically.

Be sure to keep your scalp healthy with scalp treatments. A salon that uses Davines will have a plethora of options that are tailored for you specifically.

At home, you may add a few drops of extra virgin olive oil if you have dry scalp and use a scalp brush to exfoliate dead skin cells on your scalp.

If you have someone not using super concise clean subsections to apply your extensions or is rough when doing your touch up, you could be a risk to hair loss that can be difficult to reverse.

PRODUCTS

It is safe to use any product recommended by your licensed extensionist stylist. For swimmers, toners can be washed out, so it will be tempting to buy a purple shampoo.

Blond hair can turn drab fast with strong purple shampoos, so use with caution.

It may be wiser to remove chlorine prior to toning. Oribe has wonderful purple shampoos in subtle to stronger variations.

At times ones such as Silverati may be out of stock. High quality subtler purple shampoos are great for every wash for the most part but to be careful possibly use only once every few washes.

The silver shine shampoo by the brand, "milk_shake," is one of the strongest yellow neutralizing products.

Removing chlorine from water sources: Similar to removing chlorine from the pool. Please use a sulfite free shampoo for chlorine as this will keep any color or toners in if you have a color service.

Malibu brand has a nice little packet you can use to remove chlorine.

I used to use this one at Vidal Sassoon prior to every coloring service.

It has to be washed out and the hair has to be blow dried prior to the coloring treatment. So make sure to charge for your time.



BRUSHING

Jesstensions are held into place using 2.5mm beads therefore, so always support the bonded area by holding on to the bonded area of hair extensions while brushing.

This goes for most all types of hair extensions. I like to brush and add serum during the day. Add in a light leave-in conditioner or serum.

The Keune serum light oil is to die for as well. It is very nice and light, almost like a watery lightness. But it works great.

If boating in the wind, please wear a low braid or bun.

SLEEPING TIPS

1. Wear a low loose braid or low side pony tail when sleeping for minimal tension. Not up in a bun.

When I move my head to side to side, I might bring my hair over with me, always keeping it in place or down. But the general way to sleep with extensions is in a low loose braid.

2. Never sleep with wet or damp****

3. Using a silk or satin pillow case or hair cap is suggested or high thread quantity cotton or smooth bamboo.

TROUBLESHOOTING

Q & A

QUESTION 1:

How often should I be applying an oil serum/leave in dry cream?

A: Please add Gold Lust Serum by Oribe or serum of your choice on the ends of your hair 1-3 times a day. Sometimes, you might feel just once is good enough.

The hair doesn't get sebum from your hair follicle so that is why it is important, otherwise hair can become dry and you will need more hair cuts more frequently.

Some hair like afro hair may need a different type of product as oil doesn't always respond well to some hair types.

QUESTION 2

Why shouldn't I shampoo the ends of my extensions in a rough motion to really suds it up, ya know?

A: When shampooing the ends, when you feel the need to really rough it up..refrain from doing so as it can really dry the hair.

Instead, wash in a down moving motion with the cuticle only. It is fine to use a shampoo that suds up, though.

QUESTION 3

Is it mandatory to re-book your tightening for weeks post installation.

A: 100%. I would even rebook a few appointments to make sure it works for your schedule and that you don't go over the time as it will add too much stress on the scalp when taking the hair out.

This way you are feeling and looking your most beautiful self.

It also usually costs more money to go over the time as it takes more time undue matting that should not be there.

QUESTION 4

What happens if I miss my 6-8 week maintenance touch up?

A: The reason we have this mandatory policy in place is to make your scalp and the integrity of the hair is in utmost health.

You will be at risk for hair loss if you are over 6-8 weeks.

Each type of hair extensions service comes with specific maintenance instructions.

It is the duty of your stylist to let you know of all of them during your consultation and service.

QUESTION 5

Are there any travel tips I should be aware of?

Wear a UV spray for hair and hat if you can.

Braid hair or put in a nice bun away if going on a boat or swimming is recommended.

Brush from the ends first, gently.

Brush after exercise, boating or swimming specifically.



With Christy Stewart and Nicole Bencurik from Refinery 208 Salon.
After training with Danielle K.White Natural Beaded Row Method back in 2011, Hanging with beaded row Refinery Method specialists in Phoenix, Arizona, at their Refinery Salon! These ladies are sooo amazing and beautiful and kind. If I was to get beaded row, I would for sure trust their work and impeccable customer service. They have so much passion ad dedication and are just such a kind team. If you are in Phoenix, for sure check them out!





Before and After Jesstensions Nano.



My daughter and I.



Jolene Mackie Artist, Kelowna, B.C

My early days pushed my hair cutting techniques far. This is one of the hardest cuts I learned with Vidal Sassoon Mastery courses in Santa Monica, California before being asked to be head of color education for all Canada when I was 21 in Toronto. I declined at the time due to wanting a small town country lifestyle. This cut is called, The Vamp, by Sassoon.

I VOW TO

Each type of hair extensions comes with a set of rules to abide by.

1. Use products only recommended by your licensed stylist. Do not use heavily sulfated based shampoos on hair extensions as it can dry them out.

Dry thoroughly before heat styling and be sure to use heat styling products before blow drying, curling or flat ironing. The recommended temperature setting when using hot tools should not exceed 350 degrees fahrenheit. To make sure certain high end brands such as Jesstensions lasts the longest, it is recommended to never use heat. It is still fine to use heat and, if you use hot tools the hair will still last as it's such high quality.

Go light with products. All of the Keune products have heat protectants built in so I recommend a conditioner and light serum by this brand as well as the gloss spray.

You can use the gloss spray as a heat styling product. Also, it is very light which is nice. Shiny hair suggests a very youthful look which most clients seem to love. Letting hair dry naturally is always best. Similarly, leaving it to dry 90% of the way and proceeding to round brush the remaining dampness out is a great way to achieve extra shine and smoothness.

Using a low bristle plastic brush is my favorite as highly bristled can be not as ergonomic on the wrists for long time use. It is worth mentioning that boar bristles produce the highest shine and smoothness.

2. Thou shalt not wash before brushing hair thoroughly and gently. Brush hair and smooth cuticles everyday. If your hair feels dirty, shampoo once or twice until you feel the hair is really clean. Even better, see your amazing stylist for a really great shampoo, brightening and conditioning treatment and style. It is always so fun to hang out at the salon! And if it isn't, find a new one or let your stylist know what you would love to see to give your stylist a chance to remedy what's missing for you.

You can do this gently and ask if it's something the salon is open to. Maybe a certain beverage, or comfy blankets or some gentle hair pulling for more tension release during your scalp massage. I hope you get a great scalp massage.

In simpler words, brush hair before washing with the correct soft bristled nubbed ends brush prior to lightly emulsifying with shampoo.

3. Hold tracks of the bonds of hair extensions while brushing. Brush the ends first. Always brush gently. But not when the hair is completely wet.

It is best to brush when hair has dried naturally quite a bit. But in a hot minute when you have to, apply a detangler to help you out like the Davine All In One Milk for example.

4. Remain calm if hair becomes tangled. Use detangling spray. Brush small sections first.

5. Never sleep with wet hair. Braid hair loosely when sleeping. Use a silk pillowcase if you can.

6. Tie hair up when working out or braid when boating/ snowboarding, etc. If hitting the slopes, tuck hair in your tuque.

7. Pre-book and come in for touch ups every 6-8 weeks. Trim regularly.

8. Shampoo hair every few days if you can.

There is no need to use clarifying shampoo. If you accidentally over purple shampoo or chlorinate your hair from swimming in pools, Un-Do Goo by Malibu C is a gentle option.

Typically purple shampoos can dull the brightness of blonds and a light purple conditioner is recommended. Sometimes, the purple shampoo dulling is irreversible. Clarifying shampoo is for extra cleansing if you never ever really wash your hair.

Extensions are high maintenance in a way and should be washed to keep hair clean, and any debris from bonds cleared away.

9. Extensions should be done by a licensed hair stylist and in most jurisdictions it is not allowed to perform such a skillset without proper training.

Most people who do not have training do not give a proper hair cut or don't know how to custom cut proper layers utilizing different strategies learned at college or through a lengthy program.

10. Let your stylist know if there is any tightness. Do not perform removal on your own or without a licensed professional.

MATTING

1. Add some coconut oil to matted areas and carefully separate hair. If serious matting occurred with almost dread like pieces and a client hasn't returned in like five months, you may need to be a little stronger in separating the large matted area into 4 matted subsections.

Then separate slowly. This can take an hour or two to happen.

If a client has not come back in a long time, it is advised to let the client know if you want to take her on as a client and that you may have to book a different day to add extensions back in with a non-refundable deposit for rebooking in.

You can show her the contract that she may have signed stating clients need to come back in for touch ups every 6-8 weeks or whatever you have for your time limit. Some clients could possibly go 10 weeks.

It just takes more time and effort on your part to take them out. If you have your set prices in place then you can do this.

But 6-8 weeks is advised to be sure the client's scalp is in good health for sure. This is to ensure she comes back for the touch up in time so her hair and scalp are not compromised. Be sure to go over this guide with your client and possibly also send your client home with this guide along with a proper hair extensions brush.







I used to be the go to person for funky cuts, colors, weddings and mens cuts in Prince Albert, Saskatchewan and in Kelowna, B.C. I would do 6-7 long thick hair weddings and travel as well in 5 hours. Then I settled into more classic colors, cuts and extensions.



Trying to come up with a name was very difficult. At first JEsstensions was called Boheme, which was cool. As I am Czech. Some of my hair is Czech. Czech. is where the Bohemians are from.

Then it was Godlilocks, then I had a sub brand called Xtender when I settled on Jesstensions. Jessica. Extensions. Why not?

8:40



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Before I found nano I invented my own method but my prototypes failed each time. My manufacturing team worked hard to try to make it work. It was an extra small graphite mixed bead ready looped with many on a bundle for quick application but the small bead could not support the built in looper. After about a year of this one manufacturer suggested nano and I was like, OH! Well, that will work for now!



Before going the hair extensions route, I first learned how to source reverse osmosis machines, had an eBay store with someone which made 30K a month and helped someone not file for bankruptcy and learned more about this at the World Water Trade Show in Amsterdam, Germany.

Then, I wanted to make a big impact on the planet and really felt that recycling plastic bottles wasn't enough. A client and friend Dani T. was using cloth diapers and it just lit me up! Isn't that great when that happens. So I embarked on that journey for about 5 years. Researching the best products for about a year and a half. Had the best bamboo diapers ever and sold out like hot cakes at all the trades shows. It was called Kelown Pandy Baby then it was Panda Baby. I had meetings with a few Dragon Den members and Lance Prieb was going to buy it for his son from me for about 10K. I felt that my girl was older and I could do something more cool. So I started researching hair. I used to make my own tape

extensions and took a course in that, took courses early on for fusion, worked at The Extensionist, etc.



JESSTENSIONS
CZECH
PROFESIONÁLNÍ

My Logo.



Grew up in a hotel developing and owning company. We won many awards and had one in the marina in Los Cabos. This is for the best service award For Motel 6 in Canada, in Arizona.



On the side, I am a shop teacher and resource teacher. The goal was to teach cosmetology. But hey. Sometimes you gotta make something out of sweet custard.

HEALTHY HAIR

VITAMINS

Vitamins are vital for the health of our scalps. Ones to consider are lutein, biotin and zinc. But always check in with your health care provider or doctor for verification.

A product to help with your scalp is the Serene Scalp line by Oribe.

Be sure to drink plenty of water and eat plenty of nutrient filled foods. My doctor, and also a client, was going through a stressful time and lost a lot of hair.

She didn't have hair extensions. But everytime a member of the family came to visit, it caused stress.

She did a few things to control stress for the short time she needed to and also detoxed and cleansed with celery shakes so I made up a recipe and my ten year old daughter also approves!

HAIR THICKENING CHOCOLATE SHAKE

Sweetened or Unsweetened Almond Chocolate Milk

6 Cubes of Ice or to your liking

3 Celery Sticks(Washed)

Cup of Plain Greek Yogurt (Zinc)

Option to add chocolate Stevia drops if using unsweetened almond milk but it tastes too bland

Option to add chocolate protein powder

Add some water or more milk to meet your consistency standards:)

Enjoy!

My daughter and I drink it using a metal straw and like it with a milkshake consistency.

THANK YOU!

I hope you enjoyed this hair extensions guide.

My big book on confidence, business, authenticity, mental health and my personal life hacks is almost ready! Stay up to date for its release on Instagram: jesstensions

Sincerely,

Jessica Tesar. B.Ed., Red Seal.

www.jesstensions.com

You can also email for custom orders, branding and quantities. I am a merchant and importer.

I hope you enjoy my hair also on my Etsy shop at Babebusinessacademy. Where my hair is all ethically sourced with love and quality manufacturing and sourcing.