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The Do's and Don'ts of Hair Extensions



Hair extensions could be the key to creating your dream wedding hairstyle. Find out how they can work for you.

by Chelsea Tromans

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It has to be said that hair extensions used to have the reputation of looking unnatural. But fortunately for brides, with all the advances that have been made in this area and correct application, hair extensions are now a great asset for those wanting to create their dream hairstyle for the wedding day.

We spoke to the leading hair extension experts, Great Lengths, to find out what you should do, along with what to avoid when using hair extensions, to achieve your ultimate look for your wedding day.

The benefits of hair extensions

Hair extensions are becoming an increasingly popular trend amongst brides. While you may have found the perfect updo for your wedding day, your hair might be too fine or not long enough to pull it off. Hair extensions can help add volume, length, texture and/or chemical-free colour to any style. You can personalise your application to meet all your needs.

Volume

If your hair is fine or lifeless then volume is exactly what you need. Your technician will add extra 'layers' of hair in between your locks to achieve great thickness.

Length

Many women find their hair only grows to a set length before starting to look unhealthy and ratty with split ends. With hair extensions you can achieve any length you desire. This will come in handy for achieving certain looks, such as a curly downstyle or a thick ballerina bun. Hair must be at least 10cm in length for hair extensions to be applied.

Texture

Hair extensions are easy to work with. They are also infused with keratin (the protein found in hair, skin and nails, which keeps them strong and healthy) for a smooth, frizz free finish.

Chemical-free Colour

The hair colour choices are endless with hair extensions. Great Lengths, a worldwide leader in hair extensions, have over 50 colours available so you're sure to find the perfect shade for a natural transformation.

How they are applied

Your hair extensions are usually pre-bonded with a keratin protein and attached to your natural hair strands via a thermal or ultrasonic method. Three shades of extensions are usually applied for a blended, undetectable look: your natural colour (account for 70% of the strands added), highlights (15%), and lowlights (15%).

When to get them

Application for the big day should be approximately a week before. If you're having colour done, book in two weeks before to ensure the colour remains fresh. Once you have your extensions in, book a trial run with your style within a few days and photograph it from all angles for references.

The cost for hair extensions

Hair extensions vary greatly in price depending on where you go, the length required, and how many you need. Not all hair extensions are created equal so do your research and ask friends for recommendations. A one-on-one consultation is necessary to determine the right mix of length and thickness for your needs. For extra length, you will need between 100 and 150 strands of longer length strands; so you will be looking at investing around \$1200. For extra volume you may only require 40-60 strands of a shorter length, which will cost approximately \$400.

The biggest mistakes brides make

Michael Mesiti, Resident Master Stylist (and Extension specialist) at Bauhaus Hair (bauhoushair.com.au), shares his tips for getting it right:

- Don't try hair extensions for the first time on your wedding day. It's advisable that you get at least 40 strands in four months before your wedding so that you can see what it's like to have hair extensions in. It will give you a better idea of how many you need for your wedding.
- Avoid experimenting with unusual colours. Your hair should still look like you.
- As with any wedding hairstyle, you need to consider your dress and the overall look of the wedding. Is it formal and chic or relaxed and romantic? Your chosen hairstyle should complement this.
- Steer clear of outrageous, over the top styles if your usual look is simple and no fuss.
- It is imperative that the hair stylist that is doing your wedding hair knows how to work with hair extensions and has experience styling them.

Maintenance requirements

When cared for properly, hair extension should last up to six months. If you choose a reputable company like Great Lengths who bond the hair gently to your natural hair, the care process is similar to your regular routine.

Extra care tips:

- Do not shampoo hair for 48 hours after your application.
- Brush your hair in the morning and before bed using a specially designed hair brush for extensions.
- Before bed, pull your hair back into a soft plait to prevent tangling.
- Return to your salon two weeks after your extensions have been applied for a check-up appointment.
- After swimming, apply Great Lengths Anti-Tap Water* remedy to eliminate damage from alkalinity in water.

*For Great Lengths hair extension and product stockist, call 1300 138 452 or visit greatlengths.com.au, or find a supplier in our [local directory](#)

--- Chelsea Tromans



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