

StylespeakTM

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**Summer Spa
Treatments**

Poolside Glam
**WATERPROOF
MAKEUP
ESSENTIALS**

**Get the
Wet Hair Look**
**THE LATEST
RED CARPET
PHENOMENON**

**The
Hair
Issue**

Hair Extensions

Hair extensions are handy to enhance the overall look and appearance of an individual – whether to up the glamour or to camouflage thinning hair

Words | Bindu Gopal Rao



Hair extensions are basically a form of real or synthetic hair that can be attached to your scalp to make your hair look fuller and more voluminous. As an easy way to add length and bounce to your hair, extensions are getting increasingly popular. However, there is more to it than what meets the eye as far as hair extensions are concerned.

Variants and More

Gone are the days when only celebrities could use hair extensions to complement their looks. Although women largely use extensions to give their hair that extra volume and to cover up bald spots if any, extensions are also being used to style hair in different ways. There is also a focus on the usability aspect along with ensuring that there is no damage



caused to the user's natural hair.

**Dr. Swapna Priya Consultant
Dermatologist CARE Hospitals HiTec
City Hyderabad**, says, "We have

witnessed a rapid growth in the hair extension market, there are multiple brands that have come up which in turn

has made hair extensions accessible to all. There is a shift from synthetic hair to 100% premium quality human hair extensions. These are not just limited to wigs and toppers, as various styling pieces have been introduced and are trending in the market. These include clip in bangs, colourful streaks, hair buns, setting pieces and many more. Brands are also increasingly striving to make their extensions more inclusive and coming up with various hair textures for their extensions

to suit all hair types such as curly, wavy, straight along with different shades of hair colours as well."

Do it Right

To make effective use of hair extensions, firstly, ensure that you get extensions that match the hair colour and texture to give it a more natural feel and effect. These extensions should not weigh down on your scalp and hair either.



"Make sure to follow instructions on how to use the extensions. Maintain your extensions well by washing and conditioning them regularly like your natural hair to increase its durability. Make sure to take all necessary precautions while styling extensions such as detangling, applying heat protectants etc. Avoid using extensions on dirty or greasy scalps as it can make your hair prone to breakage and thinning," adds Dr. Priya. Extensions should not be worn for longer durations as they can make the scalp itchy due to sweating. Similarly, avoid to use excessive heat while styling the hair with different tools.

While hair extensions can be a boon, there are a few challenges too. At times, it becomes difficult to find the right texture or colour of hair extensions that suits you, because there's a high chance of it not being a perfect match despite its claims of being the same texture or colour as your hair. Secondly, maintaining hair extensions is a task, especially the ones made from natural hair. Certain individuals may



experience allergies to the materials used in hair extensions, resulting in scalp irritation, redness, and itching.



Charu Sharma, Co-founder, and Director of Dermatology at Cureskin explains,

"Improper attachment methods or excessive tension on the natural hair can cause breakage, thinning, or even hair loss. Tight braiding or weaving techniques utilized to attach extensions can lead to

traction alopecia, characterized by hair loss due to excessive pulling on the hair follicles. Proper care and maintenance of hair extensions are crucial to prevent tangling, matting, and hygiene issues, which may contribute to scalp infections and discomfort."

Using hair extensions in the right way is imperative for it to make a difference. So do it right and twirl in style. **SS**

Tips

- Do opt for high-quality, natural hair extensions that match your hair texture and colour for a seamless blend.
- Ensure proper attachment techniques to minimize the risk of damage.
- Do maintain a regular hair care routine, including gentle washing and conditioning of both natural hair and extensions to keep them clean and healthy.
- Do not sleep with wet hair extensions, as this can lead to tangling and scalp irritation.
- Do not wear hair extensions continuously; give your natural hair a break to rest and recover from the added weight and tension.
- Invest in silk pillowcases and hair wraps to reduce friction and minimize the risk of tangling and breakage while sleeping.
- Do schedule regular maintenance appointments with your stylist to assess the condition of your extensions and make any necessary adjustments or replacements to ensure their longevity and comfort.