

By Robert Moran Doctor Glam



The Pros and Cons of Hair Extensions

Celebrities and mere mortals alike surprise us with different hair color, style and length within days. This hair magic is made possible with help from hair extensions, and a talented stylist. Some realize their “inner hottie” has longer, thicker hair than they were born with. With hair extensions it’s possible to give your hair a lift, and achieve any style you desire.

FACTS ABOUT HAIR EXTENSIONS

Extensions don’t just add length, but volume to fine, limp or thinning hair. Even if hair is 3 inches long extensions work, but the extent of your transformation is limited the shorter the hair. Extensions are braided in, glued in, woven in, or for a follicular boost for a special event they can be clipped in. You can add highlights, or color with shades ranging from mild to wild, and the process is painless.

HOW MUCH \$\$\$\$

Extensions are not cheap. Depending on how much hair you want, how they are attached, and the type/grade of hair you use, the cost can range from hundreds to thousands of dollars. And... that's just the hair... not cost of maintenance every 6-8 weeks! Extensions are an investment of time (4-6 hours for the initial setup); money, and require regular hair appointments to keep your investment spectacular.

The specialist who applies your extensions (hair designer, extensionist, hairdresser) must be experienced with photos to prove it. Ask questions: How are extensions applied, removed and about any damage to your natural hair (should be minimal if the stylist knows what he/she is doing). Stars including Kate Beckinsale and Victoria Beckham among others have had problems with bald spots after extensions were removed. Questions to ask when getting extensions:

1. **What are they made from — synthetic, or 100% natural human hair? Human hair is more expensive than synthetic counterparts.**
2. **Can you choose from a variety of weights?**
3. **How are the extensions applied and removed?**
4. **What is better a cluster or individual strands? Individual strands allow a more natural look. You can play with color, length, and fill in spots needing more hair than others. Individual strands offer a more accurate way to get a desired look.**

I’m a fan of a method of extensions called Thermo Plastique which involves a gentle process that can be removed without damage to your hair. Micro bonding points for this method are barely visible. Older methods (glue) are damaging. Tracks (sewing) can be too heavy. Metal clips wear out and are hard to brush through. You want the most natural look possible.



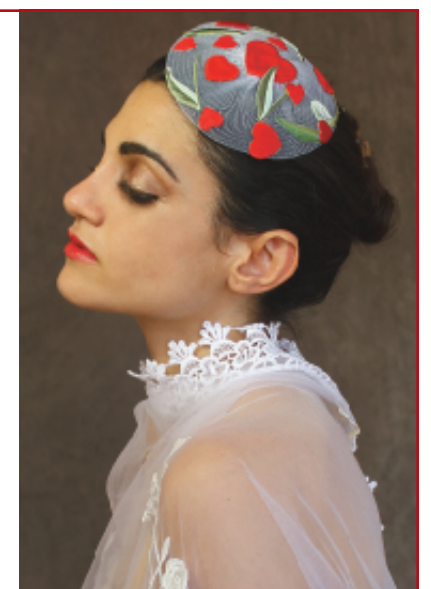
Synthetic types are plentiful, but human hair is superior in its viability. Synthetic hair cannot typically be heated, so styling options are limited — forget the blow dryer and curling iron. Human hair extensions can be treated as real hair, but be gentle. Use a special brush (loop brush) made for extensions, so you don’t damage new hair or the bond. A gentle shampoo is recommended, cool water minimizes tangles, and an excellent conditioner is a necessity. Sleep with hair in a ponytail, or braid to avoid bed-head and knots.

STAY AWAY FROM

Extensions or pieces heavier than your own hair. If extensions are too heavy, they damage and break off your existing hair. Hair needs to be healthy to withstand the pressure of extensions. Ask about a variety of hair weights and remember... extensions that don’t match your hair are likely to give you problems. ■ Reach Robert: mariahsrobert@yahoo.com 559-308-6780

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