

# 5 Common Myths & Misconceptions of Hair Extensions

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Want to know more information about [hair extensions](#)? Now, here are 5 common misconceptions to help you know more details.

## 1. Hair Extensions Will Leave Your Hair Damaged, Broken, And Extremely Thin

In general, clip-in hair extensions cause absolutely no damage to your hair. You take them out at night. You only need to wear them when you want to enhance the length and thickness of your hair. Make a thorough research about different hair extension application methods before committing. In a word, micro-linking, tape-ins or keratin fusion – clip-in hair extensions are safest and fastest way to get longer, thicker hair. Permanent hair extensions may cause some damage to your hair. However, you can try temporary methods. For instance, you can wear clip-ins on a selective basis, thus your hair can ‘breathe’ and rest when the extensions aren’t being worn. We strongly recommend that you consult your healthcare professional for advice on whether wearing hair extensions if you are experiencing alopecia.

## 2. Hair Extension Tracks Will Show

Hair extensions will not be visible at all even if you move around a lot, as long as they are clipped in properly. It is recommended to clip them in your ‘safe’ zone, below your eyebrow line.

## 3. Hair Extensions Won’t Blend In

In general, the extensions will blend in seamlessly with your hair, if you choose the right set of hair extensions for your hair type and practice clipping them.

- People who have thin hair can select the 120g sets.
- People who have an average amount of hair but are looking to add more length and volume while still maintaining a natural look can select the 160g sets.

- People who have lots of hair of their own and want length can try 220g sets.
- People who want a more dramatic voluminous effect can try 220g sets.

For an ideal and seamless blend, you have to choose the set according to your hair.

#### **4. Hair Extensions Will Weigh You Down And Give You Headaches**

As you are clipping something into your hair, it will feel a bit heavier than normal. For instance, it will feel exactly 220 grams heavier if you clip in 220 grams of hair extensions. You get used to how hair extensions feel in your head and you start not even noticing them after a little while if you are a first time extensions wearer. Some people who have super sensitive scalps may get headaches. Some people may also get headaches from even tying a regular ponytail too tight. If you want to get rid of the headaches problems when wearing clip-in hair extensions, you can clip them in slightly lower on your hair, rather than right at the scalp. Thus, you will find that there is more lenience on your scalp. Some extensions have a silicone grip on every single clip. Thus, they won't slide down further and will securely stay in your hair. In general, you can tease the hair a little bit below of where you want to clip in the weft for extra support.

#### **5. Hair Extensions Tangle And Are High Maintenance**

You can take good care of your clip-in hair extensions, just as you would with your own hair, for this type of extensions don't need professional salon care! You don't need to wash hair extensions frequently since they aren't attached to your scalp, they don't get oily. It is recommended to wash hair extension every 15-20 wears or when there is a lot of product buildup of hairspray or other hair products. But we have to accept that all hair extensions are prone to some tangling, and the extent to which the hair tangles depends on the quality of the hair extensions and how well you take care of them. There should be minimal tangling that occurs naturally if the extensions are made of Remy human hair and are of Chinese origin. Besides, if your own hair is prone to tangling, it may naturally cause the extensions to tangle with it. Fortunately, this should not be an issue at all as long as you brush the hair out periodically.

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