

**How to care for your hair extensions**

**Clip In Extensions**

1. Wash and Condition with Nourishing shampoo and Conditioner.
2. Comb with either a comb or a brush, make sure all knots and tangles are gone.
3. Wash extensions once a week, dry shampoo can be used if necessary.
4. Heat protection is needed before blow drying

**Tape in Hair Extensions**

Hair extensions require work as they are not like your own hair. The better you take care of your tape in hair extensions the longer they will last.

5. Keep clean and untangled.
6. Never sleep with wet hair extensions
7. Every 6-10 weeks, your hair extensions will need to re-applied to move the bonds closer to the roots and to keep your hair healthy.
8. You need to use clarifying shampoo, no conditioner should be used during application of hair.
9. Brush the hair with a hair extension brush several times a day.
10. When using serums or oils avoid contact with the tape.

**Testimonials from the past month**

- “Friendly staff and i always receive great service”
- “Awesome friendly service! Olga is te best therapist!”
- “Very friendly staff. Treatments are heavenly!!”
- “Love the experience”
- “Time is the best”
- “Stunning personnel”
- “I felt like a queen and all the ladies are really professional”
- | Excellent service! Very good cuality”
- “Friendly, kind ladies. And know how to make you feel comfortable. Teboho is a good nail technician, with a beautiful smile.”
- “Yes I would return to Posh Lab. Great and satisfactory service.”
- “Yes They have amazing facilities! They have the most wonderful therapists who are so happy to help en so friendly and enthusiastic I Love POSH LAB ♥♥”
- “Good and friendly service”
- “Yes she is excellent” **Well done Annamari!**
- “For sure. Olga is a very pleasant and friendly person. I enjoyed my visit”
- “Tisetso is just awesome... her services just makes me wanna do ny brows every week”

**Crazy Deals for January 2019**

Here are our Crazy Deals for January 2019, but please remember there are also exciting Instant and Flash Specials offered on an ongoing basis. Please monitor or Facebook pages and website for more info.

	Normal Price	Redeem your Pamper Points instantly and only pay
Intimate & Underarm Wax	R 299.98	R 229.99
Foot Peel WITH Gel Overlay for Toes	R 419.98	R 319.99
Eyebrow Shape & Tint AND Gel Overlay (Toes)	R 264.97	R 199.99
Mani and Pedi Combo (with Nail Polish)	R 509.99	R 389.99

**BACK TO SCHOOL CUTS\*\*:**  
**10% off on Boys and Girls Hair Cuts (Ages 7 - 18)**

**ETHNIC HAIR\*:**  
**15% off on Straight Back and Straight Up Hair Styles**

**RELAXING SUNDAYS at Westdene\*:**

Two 30min Back & Neck Massages	R 319.99
Two Fish Pedicures	R 559.99

\* Applicable to Westdene ONLY      \*\* Applicable to Dan Pienaar ONLY

**Pregnancy Massage**

Pregnancy massage are therapeutic to improve overall health, reduce stress and relieve muscle tension. Pregnancy massage can reduce anxiety, decrease symptom of depression and improve labour outcomes and new-born health. Pregnancy massage help to stimulate the soft tissues to reduce collection of fluids in swollen Joints, this also improves the removal of tissue waste carried by the body’s lymph system. Both the Posh Lab Westdene and Dan Pienaar salons offer this service.