



Your DREAM Hair Starts Here

Hair extension 101





HEY, I'M LAURA!

Whether you have been dreaming of longer, fuller hair for years, fed up with fine/limp hair, sick of buying heat tools for hair that doesn't hold a style, or you are just starting to explore your options, this guide is made with YOU in mind.

I know how much your hair can affect your confidence, your style and even how you feel day to day - and I am here to make you fall in love with your hair again!

With 10+ years experience, award winning expertise and a true passion for healthy hair and creating natural, flawless transformations, I have helped hundreds of women feel the best version of themselves.

Inside you'll find everything you need to know about starting your hair journey, methods and why choosing the right specialist makes all the difference.

Laura xxx

LET'S DO IT!



Bella Dolls BREAKDOWN

01

WHY CHOOSE BELLA DOLLS?

Discover what sets Bella Dolls apart
- award winning expertise, 1-1 luxury
& flawless results every time!

02

METHODS I OFFER EXPLAINED

A run through of the methods I
offer at Bella Dolls

03

PROS & CONS OF EACH METHOD

Why not all methods will suit
everyone!

04

HOW EXTENSIONS WILL CHANGE YOUR LIFE!

From instant confidence to effortless
styling, discover how extensions WILL
help you

05

WON'T EXTENSIONS DAMAGE MY HAIR?

Busting the hair myths and showing you
how extensions will only enhance your
hair!

06

FAQS - ANSWERED BY AN EXPERT

My most frequently asked questions at
consultation



Why Choose **BELLA DOLLS**

01

EXPERIENCE

I have over 13 years experience within the hair industry, starting off in hairdressing in 2013 and the solely moving into hair extensions.

02

AWARD WINNING SPECIALIST

I have won Extensionist of the Year for Remi Cachet 23/24, Best Extensions - National Beauty Awards 2025, Finalist for Salon Business Awards 2025, Remi Cachet Extensionist 22/23.

03

REMI CACHET SUPER STYLIST

I am a Remi Cachet Super Stylist which means I am apart of an elite group of extension specialists recognised for our talent & expertise within hair extensions.

04

1-1 PRIVATE APPOINTMENTS

Prefer a quieter setting for your appointments? I offer 1-1 service within my private home salon, with snacks, drinks, tv, free wifi and whatever shows you need to catch up on. Need a silent appointment? No problem, just let me know when you book!

05

PREMIUM HAIR

I only work with the highest quality hair brands, carefully chosen for their longevity, softness and natural feeling. You can feel confident knowing your hair will feel amazing and blend flawlessly

Methods **I OFFER**



LA WEAVE

The weave is the most popular method at Bella Dolls. It is the method that offers you the most volume/length without lots of connections on the scalp. Using the flattest wefts available to give you the most discreet fitting.



TAPES

Tapes get bad coverage due to bad fittings/removals but they are such a brilliant method if used correctly. Tapes lay completely flat to the head, great for adding in volume and perfect if you need lots of shades mixing.

Tapes are suited to most hair types except super fine hair.



ULTRA TIPS

Remi Cachet Ultra Tips are one of a kind tip that is paper thin, heat & product resistant. They are the flattest individual method available and lay flat to the head. They have a fan design which means they offer more coverage than a nano/mini tip.



NANO TIPS

Another individual method, fitted strand by strand. These use the smallest bead on the market and come with either a metal, thread or silicone tip depending which supplier is used.

Pros & Cons **OF EACH METHOD**



LA WEAVE

Pros : Adds maximum length/thickness, no braids, flat and discreet, easy aftercare, reusable, comfortable.

Cons : Not suitable for metal allergies or super fine hair

Best Suited : Those who want max volume/length with a low fuss method.



TAPES

Pros : Flat fitting, comfortable, great for mixing shades or adding in with a weave, easy aftercare, lightweight and reusable, quicker fittings, great for filling out short/blunt styles. Available in invisible rooted.

Cons : Not suited to very fine hair.

Best Suited : Those who want a discreet, lightweight method and a faster transformation.



ULTRA TIPS

Pros : Feels more natural as single stranded, ultra flat, lightweight, great for mixing shades, adding in to weaves, good side fillers, discreet, great for all hair types.

Cons : Not suitable for metal allergies, more suited for vol-full head fittings, longer refits.

Best Suited : Those who want a more natural finish



NANO TIPS

Pros : Small & discreet, great for all hair types, flexible and natural fittings.

Cons : Not suitable for metal allergies, more suited for vol-full head fittings, Longer refits compared to weft/tapes

Best Suited : Those who want a more natural finish

How Extensions **WILL CHANGE YOUR LIFE!**

Hair extensions aren't just about longer hair, they are about confidence, self expression and feeling like the best version of yourself every single day!

Whether you are looking for extra volume, dreamy length or simply want to feel more polished without spending hours styling and your hair still falling flat, the right extensions can completely transform your daily routine and how YOU feel about yourself.

Imagine waking up with your hair already looking full, healthy and styled – giving you that effortless “put-together” feeling even on your busiest morning. No more struggling with the thin, flat or lifeless hair or bad hair days that knock your confidence.

Extensions will give you :

Instant Confidence Boost – you will notice the difference as soon as you leave the salon, swishing your new locks everywhere you go.

More Styling Options – from thicker pony tails and bouncy waves to sleek straight styles, your hair becomes more versatile and holds a curl for days!

A Healthier Head – your natural hair looks and feels thicker, more glossier, you start to look after your natural hair too so your extensions stay at their best!

Adding In Colour – want a colour change? Want to change to a vivid shade? You can add colour within your extensions without the needs for a colour process on your hair

The right hair extensions don't just enhance your appearance – they give you so much confidence & allow your natural hair to grow.

With the right expert fitting, match and blend your extensions will feel just as beautiful and natural as your own hair – only better!

Your Extensions

JOURNEY

01

BOOK YOUR CONSULTATION

Book in your consultation on the booking app. Fill in your consultation form, get your questions ready and any inspo pics you have!

02

ATTEND YOUR CONSULTATION

During your consultation I will colour match you, show you the different lengths, methods, hair types and answer any questions you have. I will price up the best options for you.

03

BOOK YOUR FITTING

Once you are happy to go ahead with your fitting then you will be booked in on your chosen date. You will receive a full aftercare PDF

04

ATTEND YOUR FITTING

New Hair Day! You attend your fitting and have your extensions installed, expertly blended and finished sleek, flicky, waved or curled! Aftercare is available to purchase to get the best out of your extensions!

05

REFITS!

You will be back at the salon every 8 weeks depending on your natural hair growth for your refits. This means your extensions are removed, shedding removed and refitting giving you another 8 weeks wear and keeping your natural hair at its best!

FAQS

HOW LONG DOES THE HAIR LAST?

Depending on the brand fitted you should expect 6-12 months of wear before considering having new hair fitted. This is down to brand and aftercare but a lot of clients will go 18-24 months with their extensions.

CAN I BRING MY OWN HAIR?

I only fit hair extensions I supply myself. I know the brands I work with, how the hair acts, sits and styles.

WILL EXTENSIONS DAMAGE MY HAIR?

Yes and no!

Extensions are amazing for allowing your natural hair to grow but if you do not follow aftercare or have your refits done at the required time you may damage your hair. As long as extensions are fitted by an experienced, qualified extension specialist and they are fitted correctly, extensions should allow your hair to grow.

HOW LONG DOES MY HAIR HAVE TO BE?

Ideally for the best blend your hair should be jaw-shoulder length with no very short layers.

CAN I WEAR MY HAIR UP?

I would only advise mid-low ponies/styles whilst wearing extensions as to not cause tension at the root.

CAN I WASH MY HAIR LIKE NORMAL?

Yes you would wash your hair the same as you would natural hair but using the right products to protect your extensions.

CAN I COLOUR MY HAIR WITH EXTENSIONS IN?

I would advise t-section and hairline and then full colour when you need your extensions removed/refitted.