

PROTECT YOUR CROWN



*Making
Synthetic Hair
Extensions
Safer*

*it's not just
hair, IT'S
YOUR
HEALTH*

The Facts

- 1 in 3 people report irritation or discomfort from synthetic braiding hair.
- A 2021 study found that popular brands contain VOCs (volatile organic compounds) that off-gas when heated.
- Black women are disproportionately exposed to EDCs through hair products and synthetic hair (Silent Spring Institute, 2020).
- Phthalates and flame retardants in hair fibers can interfere with estrogen and testosterone levels.



*PROTECT
YOUR SCALP*

Why It Matters

Synthetic hair is a staple in protective styles like braids, twists, and locs—but many popular brands are made from plastic fibers coated with toxic chemicals like flame retardants and phthalates (known endocrine disruptors).

These can:

- Irritate your scalp and skin
- Trigger allergic reactions
- Disrupt your hormones
- Cause headaches or dizziness during wear

How to Protect Yourself

1. Pre-Rinse Your Hair

- Soak synthetic hair in apple cider vinegar and water (1 cup vinegar to 1 basin of water).
- Leave for 15–30 minutes, then rinse until no white film appears.
- This removes alkaline coatings and reduces scalp irritation.

2. Choose Better Brands

- Look for low-tox or flame-retardant-free synthetic hair (e.g., RastAfri Pre-Stretched, Rebundle).
- If possible, switch to human hair or plant-based fiber alternatives.

3. Limit Heat Exposure

- Don't curl or dip synthetic hair with very hot water—it can release fumes.
- Air dry where possible.

4. Protect Your Scalp

- Use a light oil barrier before installing.
- Keep scalp clean and moisturized to reduce absorption of chemicals.



1. Apple Cider Vinegar Soak (most common)

- Why it works: ACV breaks down the alkaline coating used in manufacturing.
- How: Mix 1 cup of ACV in a basin of warm water, soak for 15–30 minutes, then rinse thoroughly.

2. White Vinegar Soak

- Works similarly to ACV and is a good odor-free alternative.
- Use 1 part white vinegar to 3 parts water.

3. Baking Soda Rinse (more gentle)

- Why: Helps neutralize odors and reduce scalp irritation from synthetic fibers.
- How: Mix 1–2 tablespoons of baking soda in a basin of warm water. Soak for 30 minutes. Rinse well.

Alternative Pre-Rinse Methods for Synthetic Hair



4. Castile Soap + Vinegar Combo (deep clean)

- Great for removing buildup and softening the texture.
- Soak hair in warm water with 1 tablespoon castile soap (like Dr. Bronner's), then follow with a vinegar rinse.

5. Tea Tree Oil or Peppermint Oil Rinse (antimicrobial option)

- Add 5–10 drops of tea tree or peppermint essential oil to the rinse water.
- Helps prevent scalp irritation and has a soothing effect.
- Combine with ACV or baking soda for added benefits.

Contact Us

Melanin in Balance Tip:

Your hair is your crown—but your health is your throne. Be informed, protect your scalp, and share with your sisters!

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