

ATLANTA, GA, September 26, 2013 /24-7PressRelease/ -- The experience of adding [virgin hair extensions](#) to your beauty regimen can be life-changing. However, Sunny's Hair & Wigs recommends that you occasionally give your hair extensions a break to ensure that your natural hair is able to stay at its healthiest.

Properly placed [human hair extensions](#) will not damage your natural hair, but they do put a very mild strain on the hair thanks to their weight. Your hair needs a recovery period between extensions to ensure that it is at its healthiest.

As time passes, your hair extensions will naturally begin to need replacement, and the experts at Sunny's Hair & Wigs believe that this is the time to remove your existing extensions and allow your natural hair a week or two of recovery time. During this break period, you should care for your natural hair's needs, including getting it trimmed, colored and conditioned.

"We have found that our clients are happiest with their overall hair quality when they take a week or so off from using hair extensions when it is time to replace them," says Dafina Smith, CEO of Sunny's Hair & Wigs. "Taking this time off gives them a chance to care for their natural hair, which in turn makes that hair a better candidate for using extensions."

If you simply can't live without your extensions during this break period, Sunny's Hair & Wigs recommends either using [clip-in hair extensions](#) or investing in a quality wig. Learn more at <http://www.sunnyshair.com>

About Sunny's Hair & Wigs: Sunny's Hair & Wigs is committed to changing the way you think about hair extensions and therefore, the way you think about yourself. With endless opportunities for changing up your look, you can be assured you will always look and feel your best.

Sunny's operates a comprehensive online store as well as retail locations around the country, making it easy for our customers to find exactly what they need.

Learn more at <http://www.sunnyshair.com> .