



Frequently Asked Questions

These answers to often-asked Frequently Asked Questions are provided as a service to potential Mayalotus customers, in no particular order. We hope they help you in your research!

Please note that everyone's hair is unique, and not all answers may apply to all clients. The answers to these questions do not form a guarantee or contract for services that may be provided.

Doing your research...

Q: Would dreads suit me?

A: We get that question a lot! Generally, we find anyone can pull off dreads. It's all in how you feel. We believe you can do anything or pull off anything you put your mind to no matter your style or age. Do the thing! You'll love it!

Q: Should I start with natural dreads or synthetic / wool (fake) dreads?

A: If you're still exploring, try synthetics / wool dreads to start in a natural hair colour. This will give you a good idea if you like the look, the weight on your head, and the feel of sleeping with them. It will also help you see if there are any limitations you run into with work or hobbies that you hadn't planned on.

Q: I've never had natural dreads before... what can I expect?

A: Dreads are beautiful and can be great if you take really good care of them. They will go through changing periods which can result in questioning your decision, but in the end there are always more pros than cons! ☺ Remember not to make a permanent reaction from a temporary emotion and cut them off or brush them out without dwelling on it for a while first! Think of your new natural dreads as babies – if you had babies and didn't do anything to teach or train them they would be a mess, barely surviving, and would probably grow up pretty rough and hard to retrain. The same goes for your new dreads! If you take good care of them, keep them clean, palm roll them, pull them apart etc. as they mature, they will look amazing!

There can be some cultural stigmas associated with dreads (casual lifestyle, dirty, etc.). The nicer you can keep your dreads the more we can break these and show people that dreads are an amazing lifestyle choice. As long as you don't mind a bit of commitment... we say go for it!

Q: How long can temporary wool or synthetic dreads stay in for?



A: They can stay in anywhere between 2-6 weeks before they would need to be tightened. Some have left them in longer if their hair grows very slowly. We do not recommend leaving them in longer than the recommended duration since your own hair can start to dread and that can cause problems with removal .

Q: What method do you use to create natural dreadlocks?

A: The Mayalotus preferred method of dreadlock creation is backcomb and crochet. We find that method makes dreads look more mature from the beginning and holds together better than other methods.

Q: How much length will I lose with getting dreads?

A: About 2-4 inches after installation. Some clients will lose more length as their dreads mature and tighten.

Q: Do you use wax in your dreads?

A: No, we don't. We believe it does more bad than good, and can cause major problems down the road. We prefer a natural approach to dreads with little to no product. Any product we recommend washes out, is healthy and safe for dreads without causing buildup, and does not block moisture.

Q: Does getting natural dreads hurt?

A: There is a lot of pulling/combing/crocheting to get hair to dread and that can be uncomfortable for most but only a few find it hard to handle. Children generally do not have the pain tolerance for natural dreads, as their scalps can be more sensitive and the pain can be significant. We recommend synthetics for children until they are 15 or over.

Q: Are synthetic / wool dreads itchy?

A: We're not going to lie, the first week can be a little brutal trying to adjust to the new dreads and the itch can drive you crazy! ☺ Usually after the first 3 days it will start to subside. We make a really good cooling anti-itch spray that helps a lot – make sure to request some for a small additional investment. Surprisingly, wool dreads can be way less heavy and less itchy than synthetics. If you don't have a wool sensitivity, these can be easier to manage for those with sensitive scalps or those with thinner brittle hair.



Q: Are real dreads itchy?

A: The same applies for natural dreads. The first week is always the most difficult since your scalp is not used to the scratchiness of dreads, not to mention when they are being formed there is a lot of pulling and irritation which can also throw the scalp off. The anti-itch spray we make can help a lot to get you through these initial not-so-fun times.

Q: Can I have dreads if I have fine hair?

A: Yes, you can, as long as your hair is not brittle. Brittle hair or heavily damaged hair may not be able to support a dreadlock. If you're unsure, book a consultation appointment with us! 😊 The cost of the consultation goes towards your first service with Mayalotus. Book your consultation at <https://mayalotusdreadlocks.as.me/schedule.php> .

Q: How long does hair need to be to dread?

A: For real dreads we recommend that hair be at least 5-6 inches. (We have created dreads on as little as 3 inches, but as it doesn't hold well it's best to wait to ensure you see value for your investment.) Synthetic/wool (fake) dreads can be installed on as little as 2 inches but tend to come loose quickly. We recommend at least 4 inches length.

Q: Can I get really thick or thin dreads to start?

A: We recommend a happy middle ground for dread width. We don't recommend really thin dreads since they can break off quite easily as they mature. We also don't recommend getting really thick dreads to start – as they mature they will thicken on their own, and too-thick dreads to start can cause more breaking over time / can damage your follicle.

Q: Can I just get a couple of dreads, or a partial / half head?

A: Yes, definitely! You can always start with just a few to see how you like it. Just remember, though, you will need to keep them separate when washing your hair since they don't need to be washed as frequently. You'll also need to be careful with brushing so you don't catch your dreads, and to ensure the surrounding hairs are not combining with your new dreads.

Q: Can you make my dreads look mature right away?

A: With the backcomb and crochet method it can look more mature from the start. However, dreads take time! If you bring in a picture that features mature dreads and ask for this, we won't be able to help. These looks come over time with patience since dreads can take 1-2 years to fully mature.



Q: Do you provide other services like washing dreads or coloring?

A: At this time, we don't.

Once your appointment is booked...

Q: Can I bring a friend or my child to my appointment?

A: Due to health and safety restrictions, we cannot accommodate children or friends at your appointment. Of course, you may bring your child if the appointment is for your child! ☺

Q: How do I prepare for dreadlocks?

A: Do your research and talk to others with dreads if possible. Knowing the benefits and cautions of how dreads will work for your individual lifestyle is important! Do you anticipate any issues with work or your hobbies that having dreads may impact?

24 hours prior to dread installation, we recommend washing with a residue-free shampoo. Please discontinue the use of any conditioners, oils, and hair products the week prior.

Q: How long can I expect a new dreads creation session to be?

A: New natural dread installation can range anywhere from 2-8 hours depending on how many dreads you seek, the length, and the thickness of your hair. Synthetic / wool (fake) dreads take 2-3 hours to install, once your custom set is created.

Maintaining and upgrading my dreads...

Q: Why are my dreads getting loopy and bumpy?

A: The natural course of a dreadlock is to move upwards to create tighter knots, as it does it can tend to push other hairs up and out causing these loops and bumps. If you palm roll it can help manipulate these bumps back in and give your dread shape, allowing the hairs to move more freely again. Maintaining your dreads with professional support from Mayalotus will help keep those loops and bumps in check so they don't harden and stay that way.



Q: Does natural dread maintenance hurt?

A: For most people it can be quite uncomfortable; we recommend taking an over-the-counter painkiller before your appointment. Make sure you get a good nights' sleep the night before, minimize your caffeine intake, avoid alcohol the night before, and eat prior to your appointment.

Q: How long does it take to do dread maintenance?

A: Appointments can vary in time. Synthetic/wool dreads and natural dreads take 1-2 hours for small touch ups and root maintenance. Natural dreads take 3-4 hours for heavier maintenance. It also depends on the thickness of your dreads (harder thicker dreads take longer to maintain), length of your dreads and how many dreads you have. For example, a recent Mayalotus client had hair past her knees. She had roughly around 60 dreads. From top to bottom, maintenance for this hairstyle took 7 hours.

Q: How do I care for my natural dreads?

A: Keep them clean and dry (dreads left damp from washing can get musty , start to smell like clothes that have been left in the washer too long , and eventually start to rot...not good!). Make sure they are not growing together by using palm rolling to help keep their shape, and by getting regular maintenance.

Q: How do I care for synthetic/wools (fake or temporary) dreads?

A: Synthetic/wool dreads are fairly easy to care for. Some synthetics are heat sealed and cannot get wet or they will undo – it all depends on where you buy them. We don't recommend over washing synthetic dreads to help them last longer. Some clients tie/hold their dreads back and just wash their scalp in the sink or shower with a removable shower head, or using a clear dry shampoo for their scalp. If you do wash your synthetic/wool dreads make sure you dry them fully (don't bind them up) or else they can get musty / start to mold and will need to be thrown away.

Q: How often do I wash my real dreads?

A: After they have first been created we recommend waiting 2 weeks before your first wash to allow them to set. After that, we recommend once every 1-2 weeks. Clean dreads are healthy dreads! Remember, you don't need to wash more often than this (otherwise you can strip your



oils), but don't want your hair too oily either! Our favorite saying... "if you have 2 pieces of string, one in oily and one is dry, which string would knot up faster?" The dry one of course! 😊

Q: How often should I maintain natural dreads?

A: We generally recommend coming back within 6 weeks after your initial install for your first maintenance. After this, we recommend once a quarter / every 3 months. However, it's also based on personal preference. Some people don't like the "frizzy" or "unkempt" look and prefer 6 weeks between appointments, and others are more relaxed and wait 6 months.

Q: If I get dandruff when I have dreadlocks, how do I care for it?

A: Dandruff can be tricky once you get it with dreadlocks, so you will want to nip it right away or it can get out of hand and harder to treat. Our favorite recommendation is made with a base of Ginger Shampoo from The Body Shop. Make a concoction of baking soda, ginger shampoo, a couple drops of rosemary essential oil and water into a paste and put that on your scalp. Leave it on wet hair for 5 minutes, then rinse thoroughly, and follow with an apple cider vinegar rinse. Your dandruff will be gone after a couple of treatments. Some clients have also chosen to use a small amount of coconut oil dabbed on the scalp (but do not saturate the roots and hair with the oil). Others have put diluted rosemary essential oil on a cotton ball and dabbed that on the scalp, used tea tree shampoos followed with an apple cider vinegar rinse, or have made a diluted spray of apple cider vinegar and sprayed the scalp. If you'd like some advice, do book a consultation appointment with us and we can talk through options. Visit <https://mayalotusdreadlocks.as.me/> to book!

Q: Can I use synthetic hair for extending my dreadlocks?

A: Yes you can, but it may not be the best option. Some people choose to do this as a cheaper option but the results can vary significantly. Most synthetic fibres cannot be dyed, and tend to break down over a shorter period of time. This may mean you would need to replace your extensions sooner. Human hair extensions are dyable and will not break down, and are preferred by Mayalotus.

Q: Do you buy the hair for extensions or do I?

A: We buy the hair for you, unless you specifically request us not to and we have discussed another option during a phone or message consult.

Q: Can I bring my own hair for extending my dreads?



A: Yes, you can, as long as the hair is in good condition (preferably weft hair) and you have a sufficient amount to finish your extensions (otherwise we will need to buy additional human hair to complete the work). You would need to be able to deliver the hair to Mayalotus in advance to pre-make your extensions prior to your appointment.

Q: If my dread lengthening extensions fall out do you charge to put them back in?

A: If you lose 1 or 2 no, we won't, but more than that it would be a full appointment booking so we charge as per posted rates.

Q: When can I start to add beads, wraps, and charms to my dreads?

A: Anytime! However, with real dreads you will need to remove your dread wraps frequently so your dreads can mature and grow, as well as move your beads around on a regular basis. Since your dreads will be expanding as they mature, so your beads can get stuck and will cause an issue for your dreads.

Q: Can I dye my natural dreads?

A: Yes, we just don't recommend it immediately. Wait for your dreads to mature a bit, usually after a couple months is fine. Bleaching can be done as well but we do not recommend bleaching frequently since it can be very hard and damaging to your dreads.

Q: Can I use conditioner on my natural dreads?

A: We do not recommend it. It can create a buildup of residue, and long term it WILL lead to dread rot. It also creates a barrier stopping the hair from drying thoroughly which again can and will lead to dread rot. There are appropriate dreadlock conditioners on the market – for example, Knotty Boy Conditioning Spray – that are meant for your dreads.

When I'm Done With Dreads...

Q: Do I need to shave my head when I no longer want dreads?

A: Not at all! You can brush out your dreadlocks - it just takes conditioner and a lot of patience. I would recommend finding a friend to help you if you are going to do it on your own. Or, you can hire myself or another professional to remove your dreads.

Q: How long can it take to brush out dreads?



A: This depends on how long you've had your dreads, how thick they are, how hard they are, and how many you have. As an example, 60 dreads that were 6 years old and softer took roughly 19 hours to brush out. It's a commitment, but it saves cutting all your hair off!

Q: Will my hair be damaged after dreadlocks?

A: No, it should be in great condition and really only need a trim after removal. However, if you have been bleaching in between installations, this may cause damage as that can be quite hard on the hair.



PREPARING TO GET DREADS

Do your research!! I cannot stress this enough. Dreadlocks are a commitment and going into it with no knowledge can be a bit of a rude awakening. Now I'm not saying you need to learn everything about them but just read about them a bit to understand what it is that you can expect. Please read all the info on my website as well. It can help give you a good idea.

If your hair is not the minimum length to get dreadlocks (4" at the minimum, 6"-8" is the best starting length) build up your hair by eating a healthy diet including fruits and veggies and taking some supplements such as biotin or a gelatin capsules to speed hair growth. Biotin is also a good supplement to continue using with dreadlocks to help strengthen your hair from the inside out. *Always consult your doctor prior to taking any supplements.*

Make sure your workplace and school is aware of your decision. It would be very unfortunate if you decided to get dreads and spent the money and time only to be told you need to remove them!



A WEEK+ BEFORE YOUR APPOINTMENT

There's no need to use any specific dreadlock shampoo to prepare your hair for dreads, I would just use a good clarifying shampoo to remove any residue caused by drugstore shampoos. Just a heads up though if you have brightly colored hair, the clarifying shampoo can strip the color as well. In that case I would use a clarifying shampoo prior to dyeing your hair and use a residue free shampoo to wash your hair prior to your dreadlock appointment. I would start this regime the week before your appointment and make sure your hair is freshly washed right before you get your hair done. Greasy hair does not dread well.

Stop using conditioner prior to your appointment for at least a week or more if possible. Also discontinue any use of oils, waxes, hair gels, hairspray etc.

If you have bleached hair I would get your hair/roots done a week prior to your appointment, since I don't recommend bleaching freshly created dreadlocks.



TEMPORARY DREADS/EXTENSIONS: CARE

SPECIFIC TO EACH TYPE...

WOOL

Wool dreads are probably the easiest dreads to care for and also the lightest and most comfortable to wear. They wash very easily and dry well. Now with any set of dreads I do not recommend washing often. At the very most I would say every couple weeks and if you need to wash frequently no more than once per week. The more frequently you wash wools the more they can felt, shrink, lose their texture, and dyes can fade.

SYNTHETIC CROCHET DREADS

These dreads are definitely the most realistic dreads and look absolutely amazing but can be known for being heavier, scratchier, and harder to adjust to so keep that in mind when purchasing. Washing them should be very minimal as well to keep them lasting longer and to keep the frizz to a minimum. If your dreads get frizzy please avoid cutting the frizz or using gels or waxes, it can be very damaging to your dreads and minimize their life span drastically. I recommend washing the scalp more than washing the dreads. Washing should be done at the most every 1 to 2 weeks, focusing on washing the scalp more than the dreads. Wash with normally residue free shampoo, do not use dreadlock shampoos on your synthetics, you don't need it. Synthetics cannot be dyed so please don't try to color them, the plastic does not accept dye like natural hair. If your roots need redoing in the time you have your synthetics in please wait to remove them since adding bleach with synthetics can melt the fiber and can also be melted to the scalp causing big trouble and you don't want that.

SYNTHETIC TWIST DREADS

These dreads I don't recommend washing or extremely minimal if at all, since they are heat sealed and washing them can result in the seal coming lose and they can untwist . Once that happens they will need to be removed and retwisted. I can retwist them for you at a fee once that happens. So it is best to use clear dry shampoo with this type.

ADDITIONAL CARE NOTES FOR ALL TYPES of TEMPORARY DREADS...

With all temporary dreads, whether synthetic twist, crochet or wool, you will not notice your scalp being oily, so leaving your hair longer between washes won't bother you as much as you think it might.

Please do not use any conditioner, oils or products on your temporary dreads, it will permanently damage them.

When washing your scalp you can tie your dreads back and use a detachable shower head or wash in the sink. I recommend using your regular shampoo (preferably residue free). There's no need to use dreadlock products. When you wash, again, just focus on the scalp not the dreads themselves. You can also wash your hair in the shower as well, but when doing so it would be harder to wash just the scalp so I would leave the shower washes for when you want a full head and dread wash if need be.

Always make sure you dry the dreads thoroughly, because if you don't your dreads will start to smell like clothes left in the washer too long (musty). That smell is the first sign that your dreads are not dried properly, and if not resolved you will most likely end up with dread rot (they will need to be removed and thrown away). You can dry your dreads by leaving them in a towel for 15 mins and then blow drying or air drying while down. You can use a shower cap the remainder of the time when you shower so your dreads don't get wet. Make sure to buy a larger one since some of the standard size the dreads won't fit inside, or you can use a plastic bag as a cheaper option.

Another suggestion to washing of temporary dreads only is using a clear dry shampoo (make sure it says clear on the bottle or you will have white residue everywhere, it won't look good and can lead to build up) and spray it on the scalp not the dreads. (DO NOT use dry shampoo on real dreads!)

WHAT ABOUT ITCH?

You may find that your scalp gets quite itchy with temporary dreads so I recommend the Mayalotus Anti-itch cooling spray to help. It is all natural, non-damaging, and also great as a dread refresher if you are concerned about smells with less frequent washing.

If you find the itch persists beyond a week, is getting worse, and is matched with a red and or inflamed scalp I would be more concerned that you may have a wool/synthetic allergy. Make an appointment to see me if you are concerned and we can look at removing the dreads.

With temporary dreadlocks you may also be prone to tension bumps. Tension bumps are little red (rash or pimple like) bumps generally happening around the back of the neck or by the ears where finer baby hairs are located. They happen when hair is being pulled and the follicle gets

irritated. They are nothing to be overly concerned about, they are just irritating. If you get tension bumps and have been tying your hair up frequently, try keeping it down for a while. If that doesn't work here are some other options to consider:

- Dab a small amount of tea tree oil in the irritated zone.
- Find the hair that is attached to the bump and release it.
- Ask your installer to make the dreads looser (but keep in mind when choosing this option you will need to get more frequent retightenings)
- Consider an undercut or not installing dreads to the areas prone to tension bumps.

RETIGHTENING and REMOVAL

Generally, most clients have their temporary dreads re-braided every two – four weeks depending on your personal comfort level and how fast your hair grows.

I don't recommend leaving temporary dreads in for longer than 4-6 weeks without resetting / re-braiding them in your hair (some have carried it as far as 3 months if their hair grows slowly). If you do leave the dreads in longer without adjustment the roots can mat and start to become real dreads... I do NOT recommend that you begin natural dreads that way. Once the hair is matted the dreads become harder to remove and can be very time consuming.

Most temporary dreads can be removed yourself fairly easily since they are braided in. I can remove the dreads for you at your retightening appointment, but it can add an extra hour or so on to your appointment so keep that in mind for timing. When doing it yourself just remove the elastic and simply unbraided the hair.

When dreadlocks get removed you will find a lot of hair coming out when you take them out and when brushing after they have been removed. Do not be alarmed at the amount of hair! Humans naturally shed 50-100 hairs per day, but we don't notice them as they come out naturally over the course of a day as you move about. With dreads, those hairs are locked into a braid so they cannot shed. As a result, they will come out all at once when the braid is removed.

Your hair may feel thinner after removal, but that is bound to happen since you have been used to a bulkier feeling for the last few weeks/months. After removal a really good wash of your hair and scalp can feel amazing and get your hair ready for your reinstall.

If you have any further questions feel free to ask. I hope you enjoy your temporary dreadlocks!

Love
Jennifer Law
Mayalotus



NATURAL DREADS: CARE

Now that your natural dreadlocks have been crocheted into your hair, there is some care that goes with them if you want to keep them looking good. Dreadlocks can take a bit of time to mature and they will change and do some interesting things. You will have moments of love and hate I'm sure. They will unravel, loop up, shrink, expand, grow together and many other things.

After you first get your dreads, DO NOT wash your hair for two weeks, just to make sure you give them some time to lock.

When it is time to wash your hair, I recommend getting a residue free shampoo. Best to use only on scalp, no need to put on the dreadlocks since when you rinse your hair the shampoo washes over the dreads and cleans the remainder (getting too much shampoo in your dreads could not wash out properly and add to buildup and residue, even if it is a residue free shampoo) . Squeeze out your dreads in the water and make sure all the shampoo is out. Towel dry hair well and then palm roll your dreads from root to tip. (Palm rolling helps dreads keep their nice shape, helps encourage loose hairs to reintegrate back into the dread, keeps them soft, and helps get the remainder of water out.)

Leaving dreads wet for too long works the same as leaving your clothes wet for too long; they can smell musty and may cause dreads to start to mold. If this happens, you will probably need to cut them off – so ensure your hair dries! I recommend blow drying hair after wetting to make sure all moisture gets out. If you don't have a blow dryer or choose not to use one then try washing your hair early in the day to give your hair ample time to dry .

DO NOT tie up your dreads when they are wet or pile them in a hat; air must circulate freely. If you choose to use wax NEVER apply wax to wet dreads, even if it has been 8 hours and your hair feels dry it can still be wet inside your dread. This will trap moisture inside creating a stinky mess and possibly a rotting mess in the future.

Use a shower cap when showering but when not washing your hair.

I also recommend doing a good baking soda wash once a month. **See our YouTube channel for instructions: <https://www.youtube.com/watch?v=9yuNUs0nSyM>**

Doing a baking soda and apple cider vinegar wash every once in a while can be very beneficial to your dreadlocks; it helps remove any build up, smell, or dandruff from your hair and is also helpful if your scalp is very itchy. Using apple cider vinegar helps kill the bacteria that causes dandruff, balances Ph, and is also a great conditioning agent since you can't condition dreadlocks with traditional conditioners. (Conditioner will cause your dreads to become loose and frizzy and cause a build up on your dreads that can lead to moisture block and possibly another rotting mess).

You will also find that your dreadlocks may start growing together. This is a bad thing if it's not what you want. Dreads growing together can start happening immediately after you get dreads so keep watch; the more you check the less painful it will be (a few hairs to pull apart is much nicer than 50 hairs). Feel around at the base of your hair and pull apart any dreads growing together or any hairs that seem out of place. Make regular maintenance appointments with us! We can help you be careful of the weight and size of your dreads, since large or heavy dreads may create issues down the road by damaging your follicle and may cause excessive breakage, hair thinning, hair loss or alopecia).

As far as product goes that is completely up to you. I personally believe wax does more bad than good, but that's my own opinion. If you would like to use anything to help your dreads lock up I recommend a sea salt spray. You are welcome to make your own or I make one as well that you can purchase. Spray onto your dreads (try to avoid spraying scalp since the salt can burn on skin if sensitive). I recommend spraying once a day until you see the salt crystalize on your hair and then discontinue use until after you wash your hair. It will help lock up your hair nicely. You may also find that due to your new dreads your scalp becomes dry, itchy, and irritated; if so I also make a cooling anti- itch spray that helps immensely. The spray is NOT an alternative to washing your hair and should not be used to cover up bad smells.

If you do have bad smelling dreads I recommend deep cleaning them and then making sure you don't have a residue problem or a mildew problem. If you work in a dirty place where grease, grime, wood, bugs, etc. can get into your hair its best to cover your dreads up. If it does get in your hair it can prove difficult to remove or it can possibly get trapped in your dreads and cause problems in the future. I recommend avoiding tightening gels or sprays as well, since I find they make your dreads quite hard and that can cause them to be hard to maintain and more difficult to dry.

Don't panic if your dreads feel like they are coming apart, it is natural; some hair has a harder time than others locking up. Remember dreadlocks take 1-2 years to fully mature so patience with them is important.

Come back and see me for a tightening when you want them tighter. Most people tighten every 1-3 months, but you can come as frequent or non-frequent as you like. You can let them be or give them endless TLC; it's up to you.

We hope you enjoy clean, healthy, and neat dreads for years to come! If you have any questions or concerns please don't hesitate to contact me. Enjoy the dread journey that you are now embarking on, and happy locking my friends!!



DREADLOCK EXTENSION WAIVER

Although Jennifer Law/Mayalotus takes pride in ensuring high quality materials for her clients to the best of her ability; Mayalotus has no control over material being misrepresented.

I, _____ hereby sign that I have been informed about the possible effects of the human hair used for extensions at Mayalotus, and the lack of regulations on the product.

I, _____ understand and agree that my dreadlock extensions are an "as is" sale and that Jennifer Law/Mayalotus is not liable for any product defect due to deceptive claims by the supplier as to quality. NO REFUND will be processed for ANY human hair extensions that shrink, disintegrate, discolour, or otherwise fail due to manufacturing issues.

Client Signature: _____

Date: _____