

# Gelling Hair

## Lesson 101

1) In a small container, mix 4 packages of gelatin (Knox unflavored) and 3/4 cup boiling water. Stir until smooth, with no lumps. It should have a jam like texture. Add a small amount of water if needed.

2) As gel cools (slightly), completely wet swimmer's hair and brush into a tight ponytail in line with your ears at the back of the head (unless coach has instructed differently).

3) Braid the ponytail into two or three small braids and secure with small elastics and twist them into a bun. Secure with bun pins.

4) If you have loose hair (bangs or short pieces that do not fit into the ponytail) you should use a spider comb or several bobby pins to secure these hairs.

5) Apply gelatin to hair with a paint or pastry brush. Gel is difficult to get out of clothing and can be a little bit messy. Make sure you have a towel on your shoulders.

6) Gelatin needs time to completely dry before entering the water. Approximately a ½ hour. You can use a hair dryer on cool to speed the drying process.

7) To get the gel out of your hair – in a shower use lots of hot water and soap. Your hair will feel extra smooth after the gel is washed out.