

# Gelling Hair

## Lesson 101

**1) In a small container, mix 4 packages of gelatin (knox or unflavored) and 1/4 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 and twist it into a bun. Secure with bobby 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 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 1/2 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 hot water and soap. Your hair will feel extra smooth after the gel is washed out.**