



Wear A Swim Cap

Swimmers should wear a swim cap at all times to decrease the incidence of chlorine exposure which can dry the hair out. Though the hair may get slightly wet, the cap prevents it from soaking in the chlorine. For girls with longer hair, Long Hair Caps are available.

Put The Cap On Properly

The seam of your cap should be between your hands. Bend your head down and tuck your forehead into the cap. Stretch the cap over your head until it covers your hairline. Choosing a silicone cap over a latex one will minimize breaking.

Wash or Rinse Hair Immediately After Swimming

Washing or rinsing gets the majority of the chlorine out right away. If the hair is treated with a chemical process, it needs to be rinsed with water after each swim.



The Importance Of Conditioner

Consider putting in a leave in conditioner before you put on your cap to prevent hair from becoming dry and weak. Rinsing with conditioner after swimming will also keep the hair strong. Take the time to wash and deep condition the hair every one to two weeks.

Consider Braids

While it might not be right for everyone, getting your child's hair groomed with cornrows and plaits is very helpful. It allows you to maintain a neat, groomed style with very little daily maintenance. But the conditioning rules still apply. Rinse out the chlorine after swimming and continuously apply spray conditioners and oils.

RECOMMENDED PRODUCTS:

- Paul Mitchell The Conditioner
- Nexus Humectrus Leave In Conditioner
- Keracare Leave In Conditioner
- Carol's Daughter Hair Milk and Leave In Conditioners