

## How to Achieve Perfectly Gelled Hair

Follow these directions and tips to achieve perfectly gelled hair with a sleek, polished, stay-put look that won't dissolve while the swimmer is in and out of chlorinated pools all day.

### Good Hair Preparation is the Secret to Successful Gelling

The ultimate secret to a successful gel job is the preparation of the swimmer's hair before the gel is applied. Ensure the hair is in a very smooth tight ponytail and then bun. Hair should be wet or dampened. Use a comb to smoothly and firmly pull hair back into a ponytail. Bun pins should be used to secure the bun and a hair net to cover the bun to prevent any hairs or pins from pulling out of the knot.

If hair has dried before applying the gel, warm water can be misted onto the hair from a spray bottle or a paint brush dipped in water can be used to smooth and re-dampen hair.

### What You Need (Covers 2 Heads)

- Deep, round, microwaveable plastic container (Round container is preferred because gel will get stuck in corner of square containers)
- Spray bottle filled with warm water to keep swimmer's hair damp (if necessary)
- 9 packets of Knox *unflavoured* gelatin
- 2/3 c. boiling water
- Fork or whisk
- 1 ½ inch paint brush (silicon is preferable) (Need 2 brushes per head. Make sure bristles are not loose and falling out.)
- Slow cooker or microwave oven (to keep gelatin mixture hot)
- Plastic cape to cover swimmer
- Warm face clothes or rags to wipe up gelatin drips
- Pineapple juice or vinegar to wash out the gelatin mixture before shampooing



**REMEMBER: One container will cover 2 heads - be sure to use a lot!**

### Gelling Directions

1. Make sure swimmer's hair has been prepared for gelling and all pins are inserted into bun tightly.
2. Cover the swimmer's shoulders with plastic cape.
3. Empty 9 packets of Knox gelatin into round container and add 2/3 cups boiling water.
4. Using fork or whisk, gently mix boiled water and gelatin powder until all gelatin is dissolved and mixture has thickened. (Stirring slow prevents unwanted bubbles and foam from developing.)
5. Dip paintbrush into gelatin mixture and generously but carefully "paint" on gel to swimmer's hair starting from just past the hairline. Apply towards the bun in smooth even strokes. **REMEMBER IT'S HOT** so try not to splash any of the hot

- liquid onto swimmer's skin. Keep reapplying gelatin to paintbrush and cover entire head and bun with gelatin.
6. Keep gelatin mixture hot in slow cooker or in microwave so that it doesn't solidify before finishing swimmer's hair.
  7. Gelatin will continue to harden as it cools.
  8. Make sure that there are no clumps of gelatin on hair, skin or bun.
  9. Too much water in gelatin mixture will cause gelatin to dissolve in chlorinated pool.

## Tips & Suggestions

### Gelatin Mixture

Gelatin mixture can be prepared the day before use.

Gel can be left covered and unrefrigerated overnight or refrigerated.

When ready to use, melt the gel slowly using either microwave or slow cooker methods.

Slow cooker may take 15-20 minutes to melt the refrigerated gel.

### Methods for Slow Heating

Slow cooker is more preferable method for melting gel because it produces no foam/bubbles and multiple containers can be stacked in the slow cooker for heating simultaneously.

The portability of a slow cooker makes it easy to take to the pool.

Containers of gel may also be left in the slow cooker with their lids on.

During application, should the gel start to cool and thicken, exchange the container for one from the slow cooker and continue your application, rotating containers as necessary to ensure you are always using the most fluid gel until the job is done.

### Method 1

- Place a small amount of water in the bottom of slow cooker.
- Place lid on container of gelatin mixture and put in the slow cooker and cover.
- Within approximately 15 minutes gel is ready for painting.
- For multiple containers of gel, stack them one on top of the other.

### Method 2

- Place container of gelatin (without lid) in microwave and heat for 20 – 25 seconds.
- Carefully remove from microwave and gently stir.
- May be necessary to repeat this process.

## How to Wash Gel Out of Hair

Before shampooing, rinse hair with **pineapple juice** or **white vinegar**. The acid in the juice will begin to break down the gelatin making it easier to wash out. It may require a few washes before all of the gelatin is out of the hair.