

SWIM CARE TIPS



STYLES4KIDZ™
HAIR CARE WITH HEART

RULE #1: ALWAYS!!! Wear a swim cap

Speedo Youth Brands Silicone Caps

Swimma Brands (requires swimmers to wear the cap over their ears)

HOW TO APPLY:

1. Place hair in the middle of the cap on the top of the head when you slide the cap on.
2. For Swimma brands, ensure the logo is in front when you put it on.
3. Make sure the ears are covered for Swimma brands.
4. Cover all the hair around the head.
5. Wetting the inside of the cap may help it seal better.

If the child's hair is submerged in pool/live water:

Loose Hairstyles (Hair that is styled daily)

- ▶ Shampoo twice with **CLARIFYING** Shampoo.
- ▶ Follow with a third shampoo using a **MOISTURIZING** Shampoo.
- ▶ Use a **MOISTURE RICH CONDITIONER** and let the hair sit in a cap for 10-15 mins, then rinse.
- ▶ **APPLY** moisturizing hair cream/lotion and **SEAL** with a natural oil.
- ▶ Style as desired.

Protective Hairstyles (Locs, Cornrows, Individual braids/twists with or without extensions)

- ▶ Shampoo twice with **CLARIFYING** Shampoo. Gently agitate the scalp area and slide the soap down the length of the style. **Take extra care in rinsing well.**
- ▶ Use a liquid leave-in conditioner or a heavily diluted leave-in cream conditioner (90% water to 10% cream) and spray on the scalp and length of the hair.
- ▶ Use a natural oil **to nourish the scalp.**

Please explain to your little swimmers the importance of wearing a swim cap. It prevents the hair from becoming damaged by the chemicals used in the pool and the natural mineral deposits in live bodies of water (rivers, lakes, oceans & seas). Every time your little swimmer submerges their hair when swimming, a wash day routine must occur the same day. Having to shampoo the hair too often may cause dryness and can contribute to hair breakage. Make wearing the cap a fun activity with an educational story about how wearing a swim cap protects your little swimmer's hair. Be willing also to wear a cap (if necessary) so that your child is not the only person swimming with a cap on.

