

## **Gelling Supply List**

Artistic Swimmers use gelatine in their hair so that they look polished. The gelatine sets so their hair stays off their face while performing their routine. (Making ponytail, bun & gelling will take 30-60 mins.)



## Knox Original Gelatine

- Boxes can be purchased at Walmart, any grocery store or bulk @ Bulk Barn
- You will probably need 2 packages of gel to get a good hold. If your child's hair is thick, you may need 3-4 packs.

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### **Mixing Bowl**

- Can be an old margarine container, Tupperware
- Bianca Amor's Liquidation Supercentre (Avenue
  C) often has the bowl/whisk/comb/dye brush kit



#### Brush

- This is to apply the gel to the hair.
- Can be a small paint brush or dye brush



## Whisk

- To mix the Gelatine in bowl.
- The gel gets clumpy, so you won't want to mix using the brush. The clumps get stuck in the bristles.



# Small Plug-in Kettle

- Kettle does not need to be large. You don't need much water.
- Boil water to add to Gelatine in bowl.





- To brush hair to achieve that smooth bun.
- You do not want bumps against your swimmer's head. The bumps are amplified once you put gel in. You are trying to achieve a smooth/wet look with the gel.

## One large hair tie and many small plastic hair ties

- Large is to make a ponytail for your bun.
- Small ties are for the braids to make your bun.
- You will be making 3-6 braids coming out of the ponytail, depending on the thickness of your swimmer's hair.



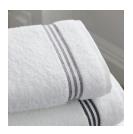
## Hair Pins or Bobby Pins (MANY)

• Your swimmer will thank you for ensuring that the ends have ball tips (so you aren't digging into their scalp)



## Bun Cover

• Your coach will give this to you for the first competition. It will match your suit.



### One towel

• Swimmer will put it near the hairline to stop the gel from running down their face/neck.

# <u>Optional Items</u>



### Spray bottle

- Some people find it easier to make a ponytail & bun with damp hair.
- You can also just run your comb/brush under a tap.



## Mousse or Hairspray

• Swimmers with frizzy hair sometimes put mousse or hairspray on hair closer to the hairline to help stick the frizzies down before gelling.



## Essential Oil (Peppermint or whatever scent you prefer)

• One drop in the Knox gel to mask the smell.

#### **Removing Gelatine**



## Pineapple juice

- Take off the bun cover. Take out the bobby pins, braids and ponytail holders.
- Pour or spray Pineapple juice over the gel.
- Massage juice into gel.
- Juice helps to break up the gel.

## Shampoo & Conditioner

- You'll probably need to shampoo hair more than once.
- Comb conditioner through hair.