

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.



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.



Hairbrush and Comb

- 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.

Optional Items



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.