

COILY HAIR AND SKIN CARE

TIPS AND TRICKS
SWIM EDITION 



COACH T

HAIRSTYLES

PROTECTIVE
STYLES ALWAYS

- Cornrows
- Short box braids



- Hard to manage after the swim



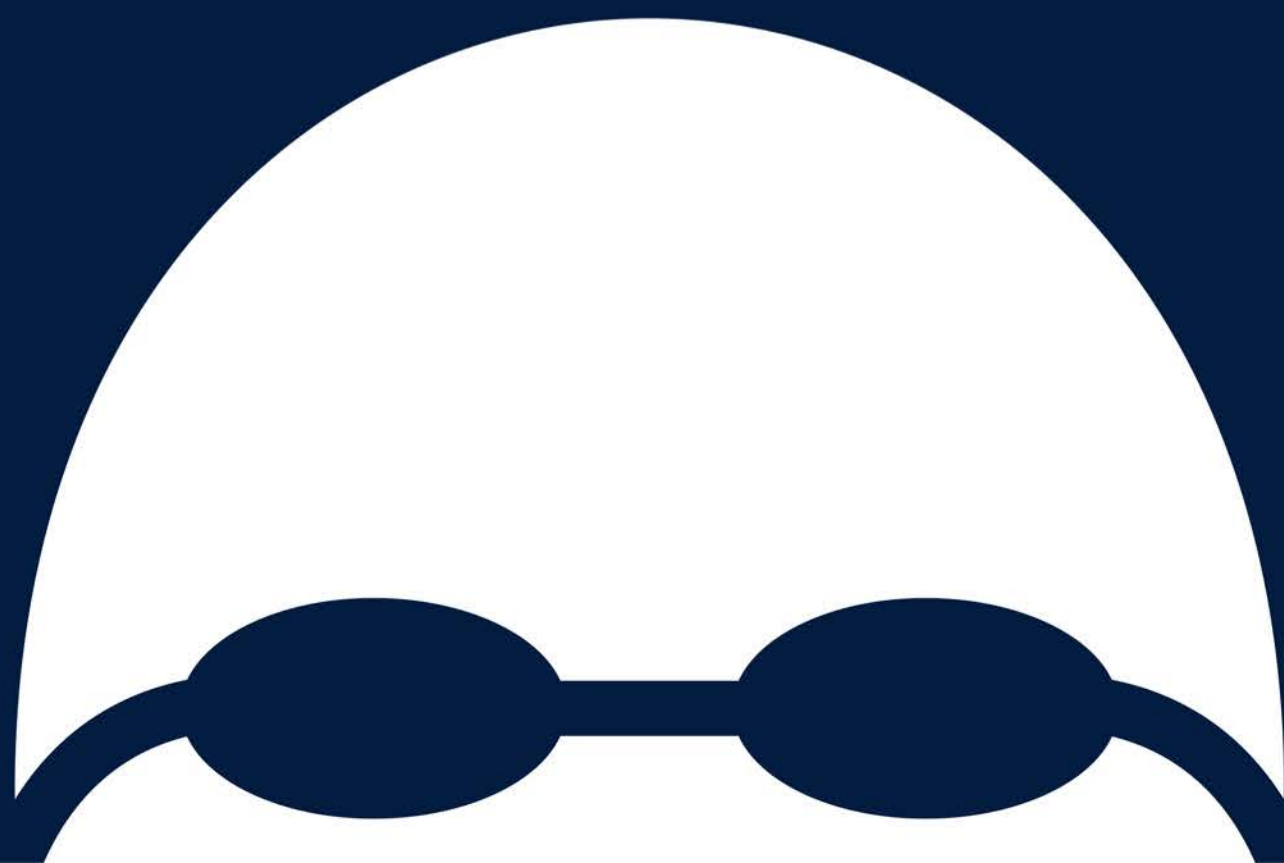
- Helps cap stay on
- Easy to manage

SWIM CAPS

TIP #1: DOUBLE CAPPING



It may feel tight in the beginning, but you get used to it quickly!



SWIM CAPS

TIP #2:

1 - LARGE CAP

2 - TEAM CAP



LARGE SWIM CAPS

SILICONE

- Soul Caps
- Large TYR Caps



HACK

- Wear a thin bandana under your cap to remove the cap easily and safely
- Nike thin hairband



LARGE SWIM CAPS

LATEX CAPS



- Stays on longer because it grips your head more tightly
- Speedo

WARNING



- Be careful when taking these off, it is very easy to rip your hair along with the cap

SKIN CARE

QUICK AND SIMPLE

1 Cetaphil

2 Vaseline

or

3 Bioderma

4 Vaseline

**"THE SIMPLER THE
BETTER"**

MY HAIR WASH ROUTINE

SWIMMING 8 TIMES A WEEK

AFTER PRACTICE

Rinse hair thoroughly with water

END OF THE WEEK

Sunday:
Full wash day
shampoo
+ conditioner
+ oil



Co-wash twice a week
(wash hair only with conditioner)



Note these are things that worked for me and as a swimmer you will have to experiment to create your own wash days schedule