

Hair care for swimmers

Pool chemicals, salt and sun dry hair out. A simple routine, before and after every swim, keeps it healthy.



BEFORE & DURING YOUR SWIM



BEFORE SWIMMING

Wet hair with fresh water and add a little leave-in conditioner or oil, so it soaks up less chlorine.



LONG HAIR

Detangle, then tie in a loose braid, plait or low bun, never a tight ponytail.



WHILE SWIMMING

Wear a well-fitting cap to cut exposure to chlorine, salt and sun.



AFTER SWIMMING

Rinse at once, wash with a swimmer's shampoo, then condition.

DRYING & PROTECTING



BE GENTLE WHEN WET

Blot or wrap in a microfibre towel or soft T-shirt, never rub.



DETANGLE CAREFULLY

Use a wide-tooth comb, working from the ends upwards.



LIMIT HEAT

Air-dry when you can; low heat, kept moving, if you must.



AVOID BREAKAGE

Don't sleep with hair tied tight; use soft, covered ties.



COLOUR-TREATED HAIR

Colour, highlights and bleach need a cap, a quick rinse and a thorough condition.



WHY BLONDE TURNS GREEN

Copper in the water, not chlorine, tints light hair. A chelating shampoo lifts it.

THE SIMPLE ROUTINE Wet it. • Cap it. • Rinse it. • Condition it.