

The Secret

Achieve perfectly gelled hair with a sleek, polished, stay-put look when you use this practical, quick-'n-easy way to prepare your gel.

WHAT YOU NEED (covers 2 heads):

- ✓ Zip-loc "round" container approx 2" deep (not square – gel gets stuck in the corners);
- ✓ Nine (9) packets of Knox gel;
- ✓ 2/3 cup lukewarm water;
- ✓ Fork;
- ✓ 1½ inch paint brush (x 2).
- ✓ Slow cooker or access to microwave oven



GEL PREPARATION:

Empty 9 packets of Knox gel into round container and then add 2/3 cups lukewarm tap water; **SLOWLY** and very gently stir the water and gel powder.

(Stirring slow is key to avoid unwanted bubbles and foam from developing during the mixing process). Heat mixture **SLOWLY** to melt – again, to ensure unwanted foam and bubbles are avoided.

TIPS FOR HEATING SLOWLY:

Preferred Method: Place a small amount of water in the bottom of your slow cooker; place lid on your container of gel and put it in the slow cooker and cover - within approximately 15 minutes or so your gel is ready! (For multiple containers of gel, stack them one on top of the other)

- OR -

Place container of gel (without lid) in microwave and heat for 20 – 25 seconds; remove and gently stir. It may be necessary to repeat this process.

RECOMMENDATION:

Prepare your gel the day before – it keeps equally well if you cover and leave it on the counter overnight or toss it in the fridge.

When you are ready to do your hair, melt the gel slowly as indicated above – you will need about 15-20 minutes to melt the gel if you are taking it from the fridge and using the slow cooker.

The slow cooker is our preferred method for melting the gel because it produces no foam/bubbles and multiple containers can be stacked in the slow cooker for heating at the same time (the slow cooker is portable too – take it to the pool!)

Containers of gel may also be left in the slow cooker with their lids on. During application, should the gel start to cool and thicken, simply exchange the container for

one from the slow cooker and continue your application, rotating containers as necessary to ensure you are always using the best (most fluid) gel, until the job is done.

REMEMBER: One container will cover 2 heads - be sure to use lots!!

HAIR PREPARATION:

The ultimate secret to a successful gel job is the preparation of the swimmer's hair before the gel is applied. Ensure the hair is in a very smooth tight ponytail and then bun.

Hair should be wet or dampen - use a comb to very smoothly and firmly pull hair back into a ponytail; use bun pins to secure the bun and a hair net to cover. If hair has dried before applying the gel, simply use a paint brush to smooth and re-dampen hair with water.

Generously apply gel – starting from just past the hairline and apply towards the bun in smooth even strokes.