After-Swim Hair and Skin Routine

Hair

- [ ] 1) Rinse right away with fresh water.
- [ ] 2) Shampoo as needed, mostly on the scalp.
- [ ] 3) Condition (ends for fine hair, full length for dry or curly hair).
- [ ] 4) Detangle gently with a wide-tooth comb, starting at the ends.
- [ ] 5) Blot with a towel, don't rub.

Skin

- [ ] 1) Rinse in a warm, not hot, shower.
- [ ] 2) Gentle cleanser only where needed.
- [ ] 3) Pat dry.
- [ ] 4) Moisturize within a few minutes while skin is still slightly damp.

Swim bag basics

- [ ] Towel
- [ ] Swim cap
- [ ] Wide-tooth comb
- [ ] Travel-size shampoo and conditioner
- [ ] Small moisturizer
- [ ] Wet bag

Ongoing redness, itching, pain or broken skin? Check with a doctor or pharmacist.

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