

How to gel your hair for synchro competitions

You will need:

- Gelatine **powder** (3-4 sachets per application) **NOT VEGETARIAN/ NOT LEAF**
- Flask just-off boiling water
- Bowl
- Paint brush (tinting or pastry!)
- Comb/brush
- Hair bands/ponytail holders
- Grips and pins
- Bun net (that matches hair!)
- Small bun ring if really necessary
- Towel



Buy the Dr Oetkers Gelatine which is with the baking section in most supermarkets. It comes in boxes of 5 sachets.

Grips, tinting brushes etc can be bought from the hair accessories section in big chemists.



Instructions



Tie hair into a high pony tail. Make sure you get all stray bits tied in!



Twist hair round into a bun shape , almost on the top of the head. Use grips to secure in place. If the hair is short, you may need to use a small bun ring. Cover with the bun net.



Mix 2 sachets of gelatine with some hot water (you may need more later). You need a thick, slightly runny paste.



Cover the head with the paste, making sure that you get into all the bits of bun and that you capture stray ends. You need to be quite quick so the paste doesn't dry in the bowl. You will probably need more than one coat—the hair needs to be almost cement-like!



When finished, the hair should be sticky to touch, but not wet! Try and pull out any lumps of gel when still wet, and if any drips on the skin, wash off when still wet otherwise it dries hard on the skin and hurts to pull off!

Some parents find it easier to start with wet hair, especially if the hair is shorter. If you are then able to blow dry the hair between coats, then it sets hard quicker.