Make a Splash: Hair Care for Black Girls Who Love to Swim

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You may love to jump into the pool, but chlorinated water can leave black hair dry and brittle. The quick solution? Wear a swim cap, but also immediately follow your swim and splash session with these hair-health safeguards from Livestrong.com.

Shampoo hair with an anti-chlorine or swim shampoo. Rinse hair until water runs clear.
Pour on a moisturizing shampoo; rinse and towel blot hair to remove excess water.
Next, slather on a reconstructive conditioner and cover hair with a plastic cap for 15 minutes. (Let the shower's heat activate the conditioner.) Rinse thoroughly.
Then, towel dry hair again and apply a leave-in conditioner.

Afraid to work up a sweat while exercising? Click here for workout hairstyle options.

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http://beta.docker.realhealthmag.com/article/swiming-black-hair-20066-3982