

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

March 15, 2011

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>