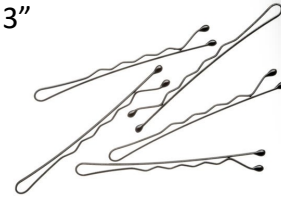


Synchro Hair!



SUPPLIES NEEDED:

1. Unflavoured Knox Gelatin - box of 12 packets
2. Round plastic container at least 3" deep
3. Pastry brush
4. Kettle to boil water
5. Fork or spoon to mix with
6. Bobby pins & straight hair pins
7. Hair net
8. Elastics—large and small
9. Brush & comb
10. 1 or 2 old towels to catch drips

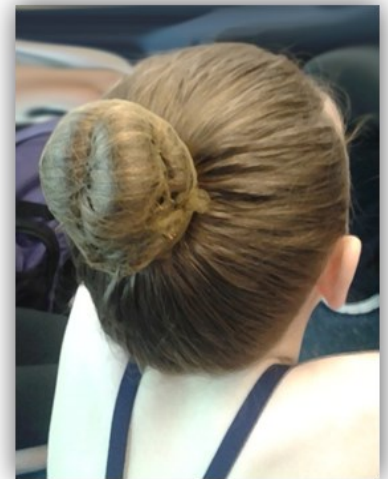


STEP 1: Ponytail

- A smooth and tightly pulled-back ponytail will make the job easier, so get your hair wet before you start.
- Confirm with your coach if your team needs a high or low bun— they all need to match!
- First use the brush and then a comb to make hair go as smoothly into the ponytail as possible.
- Secure with a hair band.

STEP 2: Bun

- start by dividing your ponytail into three sections, then braid each one and secure it with a smaller hair elastic
- Wrap one braid around the base of your ponytail to make the first part of your bun. Hold it in place with hair or bobby pins (hair pins are easier). Wrap the remaining braids around to form the bun and secure with pins.
- Take your hair net and wrap the hair net around your bun, just like you would a hair band, as many times as possible, so that it fits tightly.
- Secure the edge of it to the base of your bun with pins all around the bottom to hold the edge of the net down.



For Short or Thin Hair:



- If your hair is too short or fine, you can use a bun form. If you do skip the braids!
- Pull your pony tail through the center hole of the bun form and spread evenly around the form.
- Place a hair elastic over the bun securing the hair around it and tuck the remaining ends around and under the bun, form
- Secure with straight pins.



STEP 3: Gel

- If you're making gel for one, empty three packages of gelatin into plastic container
- Add hot water very slowly, using just a few tablespoons at first and then in teaspoon size increments after the first pour.
- Stir with fork or other utensil. (don't stir too fast – don't want bubbles)
- You will know you've achieved the perfect, slimy consistency if you lift your stirring tool out of the gel and a smooth stream runs back down into the bowl. If it falls into the bowl in blobs or runs very slowly, add a little more water. If it makes individual drips, then it's too watery.
- This is the point of no return! You can always add more water to gel, but adding gel to water causes globs that no amount of stirring can remedy. In an emergency it will still serve its purpose, but the result just looks unprofessional.



STEP 4: Painting it on

- wrap a small towel around your neck and paint the gel on from the center front hairline back to the bun.
- Cover the whole top portion of your hair, repeat process for each side of your head ending in the back. Gel the bun too!
- Once hardened do another coat, this time a little thinner, 2 packages instead of 3, apply same way

STEP 5: Putting bun cover on

Put bun cover over bun and use hair pins through lace portion to secure it firmly.

STEP 5: Getting the Gel out

- Stand in the shower using the warmest water possible. Combing helps remove as well as a bit of baking soda in the shampoo.
- Last but not least... **PICK UP ALL HAIRPINS AND LEAVE THE AREA CLEAN AND TIDY!!!!!!**

