



Hair Care During Your Workout





I

Before The Workout *Preparing Your Hair And Scalp*

Understanding Sweat And Its Effects

What Sweat is Made of: Sweat contains water, salts, and trace elements that can dry out your hair and lead to scalp build-up if not properly managed.

Effects on Hair and Scalp: Sweat left to sit on the scalp can:

- **Dry Out the Hair:** The salt in sweat can strip natural moisture from the hair, leaving it brittle.

- **Cause Build-up:** Sweat mixed with oils and products can clog pores, leading to an unhealthy scalp environment, which may result in irritation or dandruff.

Benefits of Having a Physical Lifestyle!

- **Improved Blood Circulation:** Exercise increases blood flow throughout the body, including the scalp. Better circulation helps deliver essential nutrients and oxygen to hair follicles, which can support healthy hair growth.
- **Stress Reduction:** Physical activity helps reduce stress, which is a known factor in hair loss. Lower stress levels can minimize hair shedding and promote a healthier hair growth cycle.
- **Hormonal Balance:** Regular exercise can help balance hormones, reducing the risk of conditions like androgenic alopecia, which is influenced by hormonal imbalances.
- **Boosted Nutrient Absorption:** A healthy metabolism aids in the absorption of nutrients essential for hair health, like biotin, iron, and vitamins, although this effect is indirect.

I say this to say, we have to learn to allow our hair to live for our lifestyle and not our lifestyle living for our hair. So many of us grew up not swimming because of our hair, so many of us had or have a period of not working out because of our hair.

Let's come to a space where we seek health first in all areas of life and our hair just happens to accessorize that.

II

Pre-Workout *Hair Tips*

Keep the Scalp Open and Free: It's important to allow your scalp to breathe and sweat to evaporate naturally. Avoid tight hairstyles that can trap moisture.

Protective Styles:

- Pull long hair into two loose pigtails or a pineapple to keep it off your neck and scalp. This works well with two strand twists, plaits and Washngo's.
- For short hair, minimal styling is necessary; just ensure your scalp can breathe.

Avoid Wigs and Glue-ins or anything that blankets your scalp:

Working out with wigs, glue-ins, or other styles that trap moisture can create a breeding ground for mold, yeast, and fungus due to the sweat and heat buildup.

III

During The Workout

Protecting Your Hair

Avoid Hair Pressing On The Neck Or Scalp

- Ensure your hair is not pressed against your scalp or neck to avoid trapping moisture, which can cause reversion and frizz, particularly if your hair is heat-treated or stretched.
- **Protective Hairstyles:** Keep your hair in pigtails, twists, or a loose bun to prevent it from getting too wet with sweat and reduce reversion.
- If your hair is short and able to easily maneuver, you can mist your hair with a light leave-in before working out so the sweat doesn't absorb into your strands.
- If your hair isn't in a style that you think will mess up, you can mist prior to working out to stop the sweat from absorbing.

IV

After The Workout

Drying And Refreshing Your Hair

Allow The Scalp To Dry

Let your scalp air dry completely after exercising. If your scalp sweats excessively, allow your hair to dry before undoing any protective styles.

Use Sea Breeze Astringent: For styles like braids, where the scalp is exposed, use a cotton swab with Sea Breeze astringent to gently absorb excess sweat and reduce the risk of scalp build-up.

Undo Protective Styles

After drying, undo your protective styles to avoid matting and prevent the hair from developing odor.

Cleansing Your Hair Regularly

Weekly Shampoo Routine: Shampoo, condition, and moisturize your hair at least once a week to remove sweat, dirt, and product build-up, focusing on cleansing the scalp.

Daily Cleansing for Short Hair: For shorter hair, daily washing and conditioning can keep your hair fresh after workouts. Make sure to follow up with moisturizing products.



Final Thoughts

By following these steps, you can maintain healthy natural hair while staying active. Prioritize scalp health, avoid wigs or glue ins during workouts, and cleanse your hair regularly to prevent build-up and dryness.

Flourish naturally!

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