



Swim All Summer Without Wrecking Your Natural Hair

Your Guide To Staying Moisturized Throughout Swimming And Summer Heat!





Swimming and Natural Hair

When it comes to swimming, one of the biggest concerns we hear is, “What is this going to do to my hair?” Swimming can dry out and damage natural hair due to chlorine, salt, and mineral buildup but with a consistent routine and a few simple steps, you can enjoy swimming while keeping your hair healthy.

I

Know Your Water, Know Your Hair

The truth is, all water is not created equal. Pool water contains chlorine, which strips the hair of its natural oils and even begins to break down the protein structure of the strand. That's what leaves the hair feeling dry, weak, and more prone to breakage after swimming. Lake water brings a different set of challenges. It is filled with minerals like calcium, iron, and magnesium that can sit on the hair and create a barrier, making it harder for moisture to get in and harder for shampoo and conditioner to do their job.

On top of that, there can be bacteria and contaminants that affect both the hair and the scalp. Ocean water can enhance the curl pattern and give beautiful volume, but over time, the salt combined with sun exposure can still lead to dryness and depletion. So no matter where you are swimming, the goal is the same. Protect the hair from absorbing what it does not need, and support it with what it does.

The biggest mistake you can make is getting into any body of water with your hair dry, loose, and unprepared. Your hair acts like a sponge. If it is dry, it is going to absorb whatever it touches first. That means chlorine, minerals, salt, and debris are going straight into the hair strand. But if the hair is already full of clean water, there is less room for anything else to enter. That one shift alone can make a major difference in how your hair responds.

II

Prep & Protect Before You Swim

Preparing your hair before swimming is key to preventing dryness, tangling, and breakage. By properly saturating, protecting, and securing your hair, you can minimize damage and maintain healthy strands.

Step 1: Fully Saturate Your Hair

Before you get into the water, you want to fully saturate your hair with clean water. Take your time with this. You don't want the surface wet, you want the hair fully soaked so the strand is filled. If you are unable to soak the hair completely, just bring a spray bottle with water mixed with leave in conditioner and spray the hair down!

Step 2: Add Light Protection

Once your hair is saturated, you can apply a light leave-in spray or a light oil to give the hair some slip and a small layer of protection. Something like [Mizani Miracle Milk](#) or [Flourish Cream Oil](#) works well here because it is light, hydrating, and not going to weigh the hair down.

Step 3: Prioritize Containment

After that, your next priority is containment. Your hair should not be free in the water. The more loose and open the hair is, the more opportunity it has to tangle, swell, shed, and break.

Step 4: Choose a Secure Style

Instead, you want your hair in a style that keeps it controlled. This can look like a braided bun, a french braid, plait braids, or any style that keeps the hair gathered and secure. Braids using your natural hair are one of the best options because they hold the hair together more firmly and reduce movement in the water.

If you choose to wear two strand twists, you need to be more mindful. Twists are softer by nature, which means they can swell, frizz, and even begin to loc if left too long without proper care. If you are wearing twists while swimming, it is best to pull them into a tight bun so they are not loose and shifting in the water. The goal is always to reduce how much the hair is moving and interacting with the water.

It is also important to stay away from styles that use synthetic hair if you are going to be swimming regularly. Synthetic hair can hold onto water, minerals, and buildup in a way that makes it harder to properly cleanse and maintain your scalp and natural hair underneath. Synthetic hair is also plastic and has no give. It will wrap around your hair that swells, and cut through your cuticle, causing breakage and porous strands. During swim seasons, keeping your hair in simple, natural styles will make your life much easier.

Personally, during the summer months, I keep my kids' hair in simple styles that allow me to take it down, condition, detangle, and reset each week without stress. That consistency matters more than anything



III

Restore & Reset After You Swim

Once you are done swimming, what you do next is just as important as what you did before.

Step 1: Rinse Immediately

As soon as possible, you want to rinse your hair thoroughly with clean water. Do not let chlorine, salt, or lake water sit on your hair for extended periods of time. Rinse it out completely so you are removing as much of that exposure as possible.

Step 2: Condition the Hair

After rinsing, apply a conditioner to the hair to bring slip back into the strands and begin restoring moisture.

Step 3: Rinse Again and Rehydrate

Rinse the conditioner out and then follow back up with your leave-in spray and a light oil, just like you did before swimming. You can even apply a moisturizer like the [Wrap Me in Softness Moisture Butter](#) as well. Let this sit in the hair until its time to swim again. Then when you swim again, repeat the pre-swim process like mentioned before.

If you are swimming regularly, this rinse and condition process should happen each time you swim. Then, at the end of the week, you will go through your full wash process. That means shampooing, conditioning, [detangling](#), and fully resetting your hair for the next week. Then apply your [leave-in spray](#), [nourishing cream oil](#) and [moisture butter](#).

Maintaining Your Style Between Swim Days:

If your hair is already in a style, you do not need to take it down each time you swim. If you plan on swimming again within the same week, simply rinse your hair thoroughly while it is still in the style, making sure to remove all chlorine, salt, or lake water.

If you are finished swimming for the week, that is when you should take the hair down and go through your full wash process, shampoo, condition, moisturize, and restyle.

If you are not done swimming for the week, keep the style in and continue rinsing thoroughly after each swim. You do not need to shampoo every time you get out of the water if you plan to swim again soon. Just stay consistent with rinsing and follow your full wash routine at the end of your swim days.

IV

Summer Regimen

The regimen for summer is the moisture regimen. This weekly reset is non-negotiable if you want to maintain the health of your hair while swimming.

Example Schedule

Month 1:



Week 1:	Moisture Shampoo + Moisture Conditioner + Leave-In + Moisturizing Styler
Week 2:	Moisture Shampoo + Moisture Conditioner + Leave-In + Moisturizing Styler
Week 3:	Moisture Shampoo + Moisture Conditioner + Leave-In + Moisturizing Styler
Week 4:	Moisture Shampoo + Clarifying Shampoo + Deep Conditioner + Leave-In + Moisturizing Styler

Month 2:



Week 1:	Moisture Shampoo + Moisture Conditioner + Leave-In + Moisturizing Styler
Week 2:	Moisture Shampoo + Moisture Conditioner + Leave-In + Moisturizing Styler
Week 3:	Moisture Shampoo + Moisture Conditioner + Leave-In + Moisturizing Styler
Week 4:	Moisture Shampoo + Clarifying Shampoo + Protein Deep Conditioner + Leave-In + Moisturizing Styler

Repeat this schedule on repeat.

Before & After Each Swim

- **Before Swim:** Saturate hair with water + [Flourish Cream Oil](#), then bun or braid the hair.
- **After Swim:** Rinse hair for 5 minutes. Apply conditioner, rinse, then apply [Flourish Cream Oil](#) + [Flourish Moisture Butter](#).

You don't need to shampoo after each swim. Just rinse for at least 4 minutes, then apply your [Flourish Cream Oil](#) + [Butter](#). Shampoo at the end of the week.

Follow this every swim day, all season long.

V

Let's Talk Products

For those who are in the water often, swimmer-specific products can be very helpful. Malibu Swimmers Wellness Shampoo and Conditioner are great options for removing chlorine and mineral buildup, and the Malibu Swimmers Wellness treatment packet can be used once a month to give the hair a deeper cleanse and reset. At the end of the season, I typically go through this full Malibu process to remove any buildup from swimming.

Final Note

At the end of the day, swimming is not something you need to avoid. You just have to be intentional.

You are not choosing between enjoying your life and having healthy hair. You are simply learning how to care for your hair in the life you are already living.

So soak your hair, contain it, stay consistent with your routine, and then get in the water and enjoy your summer. Get our [Summer Swimming Bundle](#).

Happy Growing!

Join the Next Challenge

In-depth videos and PDFs to take your curls further.

Join our Email List

A summer full of tips, discount codes, and first dibs as a Flourish Insider.

Get our Summer Swimming Bundle

Protect your hair from chlorine, sun, and dryness all summer long.

Book An Appointment

Ready to flourish? Book your appointment with one of our curl specialists.