

Knoxing 101

Knoxing kit for every synchro meet:

- Lots of bobby pins - need bobby pins for bun and headpiece
- Thick black, blonde, or brown hair ties
- Box of unflavored Knox brand gelatin
- Fine toothed comb
- Flat brush (one used for coloring)
- Hair Brush
- Hair nets
- Small elastics
- Mixing spoon
- Small mixing bowl
- 1/3 measuring cup
- Rice cooker/small crockpot/hot pot
- Baby wipes - girls love these as they will be able to get dried Knox off their necks
- Knoxing blanket

Knox recipe for entire meet- yields two kids' hair

8 packets of Knox

2/3 cup hot water

1. Heat water to boiling. Mix a little water into Knox. Should be a thick paste-mix until clumps are gone. This should prevent clumps from forming. Never add dry Knox to liquid Knox.
2. Mix rest of water into Knox. Add in a few drops of your favorite essential oil - lemon, lavender, orange, vanilla etc
3. Add water to bottom of crock-pot / rice cooker works faster (use like double broiler). If there are still clumps in your Knox simmering the Knox into a rice cooker with melt the remaining clumps.
4. Put Knox into a Tupperware bowl that fits into crock-pot/ rice cooker and heat until all clumps are gone, and it is a runny consistency

You can Refrigerate the Knox the night before a meet and then heat in the morning. I make a double recipe because it will get used for touch ups.

How to Knox hair : have two batches of Knox ready.

1. Start with clean, wet and well conditioned hair
2. Brush hair into a ponytail - be sure to keep hair damp with a water bottle.
3. After hair is in a ponytail, use a fine toothed comb to smooth out lumps in hair and to create a very tight ponytail. Comb from forehead to ponytail holder all the way around.
4. Tie ponytail up with a hair tie so that it doesn't get Knox in it in next step

5. Comb in Knox- Dip fine toothed comb in Knox and comb from forehead to ponytail holder. Repeat all the way around the head with a thin coat of hot Knox. Be sure to work quickly as the Knox will become more difficult to work with as it cools.
6. Retighten Ponytail- loosen hair tie and then wet hands with water bottle. Using both hands smooth out pony tail and pull into a tighter ponytail. You should get about 1” more into the ponytail. At this point my daughters are usually saying “MOM!!!” Hot water on your hands will smooth out Knox if there are clumps.
7. Braiding bun- make three braids out of the pony tail and fasten with small elastics. Wrap braids around in a bun and fasten with bobby pins. Cover with hair net- fasten with bobby pins
8. 2nd layer of Knox- using a hair coloring flat brush paint on Knox all the way around the head brushing from the front of head to the bun. Do not Knox bun. If Knox begins to cool place bowl in rice cooker to reheat and then use second Knox batch.
9. Allow to dry for about 10 min
10. Gloss coat - again brush hair with Knox filling in the gaps and it should turn into a beautiful gloss coat. The girls wear their gloss coat with pride!
11. If you have your headpiece it is best to put it in before the Knox hardens.

Removal of Knox- this is the fun part!!

Coat head with conditioner and then soak in hot bath.

Please do not rinse Knox out at the pool.

Other Ways to Remove Gelatin From Hair

Have a lot of pineapple juice handy to remove solidified gelatin.

Synchronized swimmers who perform in synchronized swimming competitions are typically required to slick their hair back into a bun. To conform to the rule, swimmers style their hair by brushing it with dissolved unflavored gelatin, which molds their hair into place. However, removing the solidified gelatin can be difficult.

Pineapple juice or vinegar is recommended to wash it out because both liquids contain natural acids that dissolve the gelatin. This is a time-consuming process that requires several rinses.

Things You'll Need:

Shampoo and conditioner

Large bottle of pineapple juice or vinegar

Sink or shower with water spray attachment

Instructions

1. Remove bobby pins, elastics and any other items that are in your hair, and loosen the bun with your fingers. Go in the shower and then get your hair wet. The water must be as hot as you can stand because gelatin melts in hot water. Then use a little of shampoo and conditioner in your hair and wash it out.
- 2.

3. Pour pineapple juice or vinegar on your scalp, and saturate your hair with it as much as possible.
- 4.
5. Dig your fingers into the solid gelatin to reach your hair's roots. Massage the pineapple juice or vinegar into your hair, starting at the roots and working your fingers down to the ends of your hair, for about two minutes.
- 6.
7. Soak your scalp and hair with hot water. Pull your fingers through your hair while you rinse out the pineapple juice or vinegar you poured on it, along with the pieces of gelatin. Rinse your hair until all of the pineapple juice or vinegar is gone.
- 8.
9. Repeat Steps 2, 3 and 4 as needed until all of the gelatin is gone.
10. Shampoo and condition your hair as usual.
- 11.