

# Beauty Advice: DIY Hair Treatments for Pool Hair



By [Melissa Lee](#)

After spending the summer doing laps in the pool, you've probably noticed the severe damage it's done to your hair. It's no secret that chlorine can be super harmful to your hair, resulting in split ends, dry hair, or even a change in color! (That's right – chlorine can actually turn your hair green!) If you're looking to solve your post-pool hair problems, look no further and try out some of these DIY treatments.

# Check out this beauty advice for DIY hair treatments for your damaged pool hair!

**1. Aspirin:** Here's a home remedy that almost everyone has the ingredients for. In order to prevent your hair from turning that gross green color, dissolve between six and eight aspirin tablets in a glass of warm water and run the mixture through your hair. Leave it in for 10 – 15 minutes for rinsing out.

**2. DIY Detangling Spray:** Mix together two tablespoons of conditioner, warm water, and five drops of rosemary essential oil. Spray this concoction in your hair and then comb it through before jumping in the pool. This detangling spray will help prevent your hair from getting dry.

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**3. Olive Oil Treatment:** Apply olive oil to your hair and then put on a swimmer's cap. The oil will essentially repel the water and chlorine from your hair, repairing some of the damage from the day. It's also designed to soften your locks.

**4. Apple Cider Vinegar:** Try doing an apple cider vinegar rinse in order to remove any lingering chlorine after a long day at the pool. It apparently will remove any dead skin cells, along with unclogging hair follicles. Sounds promising!

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**5. Baking Soda Remedy:** Mix together two tablespoons of baking soda, 1/4 cup of lemon juice and one teaspoon of shampoo. Wet your hair and massage this through, then cover your hair with a cap or plastic bag for 30 minutes. This hair mask will help repair damage from harsh chemicals.

**What are some of your hair care tips? Leave your thoughts below!**