

# Cleaning Up Before & After a Powder Party



## Cleaning Up

You'll want your memories of The Colour Run / Powder Party to stay with you forever. But if you want the colour to wash out of your hair and skin ASAP, here are a few tips...

### Before

- Oiling your hair well on race morning will make it easier to wash out the colour later. Coconut oil or olive oil work best. A good leave in conditioner will do the trick as well.  
This is a particularly useful tip for runners with light coloured or highlighted hair.
- Bring a mask. Whilst most festivals use safe, non-toxic powders, you still want to avoid breathing / inhaling the powder in. A basic hygiene mask which fits over both your nose and mouth, the ones that loop around ears are the most comfortable.
- We suggest some form of Eyewear. Sunglasses or swim goggles are ideal.  
This helps avoid getting a lot of powder in your eyes.
- Though the colour powder will eventually wash out, you may NOT want to bring your State of the art Stroller Or your \$500 running shoes, wear something that you don't mind throwing out if need be.
- Wear a white top, it acts as a back drop for all the amazing colour powders that are thrown around

### After

- You just had an Ultimate Powder Powder and had the time of your life! Congratulations.  
You deserve a nap.... But not quite yet.  
Take a few minutes to clean up or colour might end up all over your house!
  - Dust off as much dry powder as you can before you apply any water.  
Most of the colour will evaporate like magical fairy dust.
- Cleaning your hair: Dust any loose powder out of your hair. Rinse out the oil/conditioner you wisely applied before the race with cold water. Most of the colour should come right out.  
Now wash your hair as you normally would.  
Surprisingly good 'ole conventional supermarket shampoo does the trick from removing the colour powder from your hair and skin as it contains Sodium Laureth, just squirt the shampoo in your hair, on a body sponge when you're in the shower and start rubbing
- Wash your Colour Run gear separately, with COLD water. Oxiclean, Napisan or a similar product

Every so often you may look down a see a little trace of pink on your shoe and smile. It'll remind you of that memorable and unique powder party you just had or attended.

