



1
00:00:12,390 --> 00:00:10,470
hi there i've had a lot of people ask me

2
00:00:15,430 --> 00:00:12,400
how i wash my hair in space

3
00:00:17,430 --> 00:00:15,440
and i thought i'd show you how i do it

4
00:00:19,349 --> 00:00:17,440
let's see to get started these are the

5
00:00:22,070 --> 00:00:19,359
things i need

6
00:00:23,990 --> 00:00:22,080
a bag of warm water a little no rinse

7
00:00:24,870 --> 00:00:24,000
shampoo

8
00:00:27,990 --> 00:00:24,880
towel

9
00:00:31,589 --> 00:00:29,750
what i like to do is start by just

10
00:00:35,110 --> 00:00:31,599
putting some hot water

11
00:00:36,709 --> 00:00:35,120
squirting it onto my scalp

12
00:00:41,590 --> 00:00:36,719
and i have a mirror here so i can kind

13
00:00:47,270 --> 00:00:44,470

sometimes the water gets away from you

14

00:00:49,190 --> 00:00:47,280

and you try and catch as much as you can

15

00:00:54,549 --> 00:00:49,200

then i just work the water

16

00:00:59,349 --> 00:00:57,029

and i take my no rinse shampoo

17

00:01:01,510 --> 00:00:59,359

and squirt it also on the scalp

18

00:01:03,670 --> 00:01:01,520

just a little bit

19

00:01:05,429 --> 00:01:03,680

and rub it in again kind of working it

20

00:01:07,990 --> 00:01:05,439

out to the ends

21

00:01:08,870 --> 00:01:08,000

and sometimes i'll actually take my comb

22

00:01:10,830 --> 00:01:08,880

to help

23

00:01:13,429 --> 00:01:10,840

work it all the way to the

24

00:01:14,950 --> 00:01:13,439

ends and i like to take my towel while i

25

00:01:16,710 --> 00:01:14,960

have the shampoo

26

00:01:18,390 --> 00:01:16,720

in there and just kind of

27

00:01:20,630 --> 00:01:18,400

work it

28

00:01:21,510 --> 00:01:20,640

because without standing under running

29

00:01:22,950 --> 00:01:21,520

water

30

00:01:24,710 --> 00:01:22,960

you kind of need to use the towel a

31

00:01:28,070 --> 00:01:24,720

little bit to help get some of the dirt

32

00:01:31,190 --> 00:01:29,670

i like to follow that by a little more

33

00:01:32,630 --> 00:01:31,200

water

34

00:01:47,030 --> 00:01:32,640

it's called no rinse shampoo but i think

35

00:01:54,069 --> 00:01:48,630

it actually feels kind of squeaky clean

36

00:01:59,830 --> 00:01:56,389

i'll take the dry part of my towel

37

00:02:03,109 --> 00:01:59,840

we use towels for quite a while here

38

00:02:05,190 --> 00:02:03,119

since we have limited supplies

39

00:02:06,950 --> 00:02:05,200

we use them wisely

40

00:02:09,029 --> 00:02:06,960

okay i think that's pretty good and now

41

00:02:10,389 --> 00:02:09,039

as my hair dries as the water evaporates

42

00:02:11,270 --> 00:02:10,399

from my hair

43

00:02:12,949 --> 00:02:11,280

it will

44

00:02:15,670 --> 00:02:12,959

become humidity in the air and then our

45

00:02:18,390 --> 00:02:15,680

air conditioning system will collect

46

00:02:20,710 --> 00:02:18,400

that into condensate and it won't be

47

00:02:24,470 --> 00:02:20,720

long and our water processing system

48

00:02:28,309 --> 00:02:26,390

at the end i just do one final comb

49

00:02:30,390 --> 00:02:28,319

through to make sure there are no

50

00:02:33,190 --> 00:02:30,400

snarls and snags

51

00:02:34,470 --> 00:02:33,200

and while it dries i like to

52

00:02:36,070 --> 00:02:34,480

let it stay

53

00:02:38,070 --> 00:02:36,080

stay free i don't put it back in a

54

00:02:39,509 --> 00:02:38,080

ponytail while it's drying

55

00:02:41,509 --> 00:02:39,519

and that is how

56

00:02:46,770 --> 00:02:41,519

i wash my hair in space on the