

How to get chewing gum out of hair

From the sweeties.net wiki

Chewing gum sticks to hair because of its gum base, the stretchy, rubbery part that is designed not to dissolve: see [what is chewing gum made of?](#) The trick is to change the gum, so it lets go of the hair.

Method 1: oil

The American Academy of Dermatology recommends this method:

1. **Choose your oil.** Use a vegetable oil, such as olive oil, or creamy peanut butter, not crunchy. The oils in them make the gum base stiffer and less sticky.
2. **Cover the gum.** Work the oil or peanut butter all over the gum with your fingers or an old toothbrush.
3. **Wait.** Leave it for a few minutes to work.
4. **Remove the gum.** Gently ease the gum out of the hair.
5. **Wash.** Shampoo the hair as normal. WebMD suggests a clarifying shampoo to get rid of the greasy residue, as peanut butter and oil can leave a strong smell.

For gum in eyebrows or eyelashes, the Academy says vegetable oil is especially useful.

An important allergy warning

Peanuts are one of the 14 main allergens, and a peanut allergy can be serious. If the person with gum in their hair has a peanut allergy, or if you are somewhere with a nut free policy, do not use peanut butter. Vegetable oil works in the same way: see [the 14 allergens explained for sweets](#)

Method 2: ice

Cold makes gum hard and less sticky. WebMD suggests wrapping ice cubes in a towel and holding them against the gum for 5 to 15 minutes. Once the gum has hardened, it can be slowly pulled or scraped away. It notes that this works best for small amounts of gum.

Gum elsewhere

Gum is just as stubborn on clothes and pavements: see [how to get chewing gum out of clothes](#) and [why is chewing gum so hard to get off pavements?](#)

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