Can I Wear My Gold Jewellery in the Shower or While Swimming?

Gold Jewelry & Accessories · https://www.purejewels.com/faqs/gold-jewelry-accessories/can-i-wear-my-gold-jewellery-in-the-shower-or-while-swimming/

While **solid gold jewellery**—especially in **18ct, 22ct, and 24ct**—is more resilient than plated alternatives, it is still best to **avoid wearing gold in the shower or while swimming**.

Why You Should Remove Your Gold Jewellery:

- **Shower Products**: Soaps, shampoos, and conditioners may leave a residue that dulls the gold's natural shine.
- **Chlorine Exposure**: Chlorine in swimming pools can weaken gold’s structure over time, especially in **higher purity gold** like 22ct and 24ct.
- **Saltwater**: Seawater may erode surface finishes and affect settings over time.
- **Risk of Loss**: Water can make jewellery slip off more easily, especially rings.

PureJewels’ Care Tip

To preserve the brilliance and longevity of your gold jewellery, we recommend removing it before showering, swimming, or applying lotions and fragrances. A soft cloth and gentle storage away from other metals will help maintain its elegance.