

## Grooming and Department

### Personal Hygiene Checklist

#### Dental Hygiene

- Oral B toothbrush
- Natural White or similar Whitening Toothpaste
- Oral B Flossette
- Mouthwash
- Colgate Disclotabs

#### Deodorants and Breath Fresheners

- Innoxa Free & Easy Roll-on Antiperspirant & Deodorant
- Mitchum Roll-on Antiperspirant
- Thursday Plantation Tea Tree Deodorant
- Rexona Clinical protection for men and women
- Liquid Chlorophyll
- Breath Pearls Capsules
- Jintan Pearls Breath Refresher
- Mouth freshener

#### Eye Care

- Murine or Visine Eye drops for sore eyes, to whiten the eye, allergy, dry eyes.

#### Foot Care

- Scholl or (Party Scholl Party Feet ) Antiperspirant Foot Spray
- Scholl Refreshing Foot Spray
- Scholl Odour attack Shoe Spray
- Scholl order attack Foot Spray
- Scholl Exfoliating Foot Cream – Rough skin remover
- Scholl Deep Moisturising Cream
- Scholl Dual Action Foot File
- Band aid - Corn and blister Relief
- Scholl Corn Cushions
- Scholl cracked heel cream

#### Hair Care

- Lady Jayne Professional Hot Tube (Blow Dry) Hair Brush Metal Base
- Lady Jayne Professional Thermal Flat Bed (Blow Dry) Hair Brush Metal Base
- Lady Jayne Hair Clip
- GHD Hair Straightener and Smoother
- GHD Hair Protection Spray

#### Healthy Diet

- Natural Fibre

#### Hand and Nail Care

- Manicare Longlife Nail Shapers
- Manicare 4 way Nail Buffer

- Manicare Cuticle Sticks
- Mavala Nail Hardener
- Mavala Hand Cream
- Ego Aqium Anti Bacterial Hand Gel

### **Skin Care**

- Nivea Visage Cleanser, Toner, Moisturiser, eye cream
- EGO QV Bar (for Dry Skin)
- EGO QV Bath Oil (for Dry Skin)
- EGO QV Body Wash
- EGO QV Skin Lotion
- EGO QV Body Wash
- QV Face Gentle Cleanser
- QV Face Moisturising Cream
- QV Face Revitalising Eye Cream
- QV Face Exfoliating Polish
- Lizzie Wagner Naturals/Aromatherapy Skincare Range For Face and Body:
  - Foaming Cleanser/Cream Cleanser
  - Face Moisturiser
  - Rose Water Face Spray
  - Gentle Eye Cream
  - Gentle Face and Body Scrub
- Ultra Block 30+ Sunscreen
- Neutrogena Ultra Sheer Dry Touch Sunscreen Lotion 30 +
- Evian Mineral Water Spray or Natio Refreshing Face Mist
- Manicare Natural Bristol Body Brush
- Nylon Loofah

### **Make Up**

- Fleur De Mar 30+ Foundation Sunscreen

### **Naturals**

- Vitamin E Capsules
- Zinc Tablets (Combined with Liquid Chlorophyll for problem skin, pimples, acne)
- Strawberry (To take oil out of skin or place on pimple)
- Camomile Tea (Steam face to relieve congestion)
- Lavender (Steam face for oily and sensitive skin)
- Rose Petals (Steam face for hydration and dry skin)

### **Cleaning Products**

- Isocol Rubbing Alcohol Antiseptic (For cleaning hair brushes and cosmetic brushes)

### **Garment Care**

- Grip It – Garment Pill-Remover
- Masking Tape Sticky Lint Remover