

Showering/Bathing

- ✓ Wash hair
- ✓ Ears
- ✓ Face
- ✓ Neck
- ✓ Shoulders
- ✓ Chest
- ✓ Armpits
- ✓ Back
- ✓ Arms
- ✓ Stomach
- ✓ Bottom
- ✓ Groin
- ✓ Legs
- ✓ Knees
- ✓ Feet
- ✓ Toes
- ✓ Wrists
- ✓ Hands
- ✓ Rinse really well
- ✓ Dry really well