**Style Sheet: Grooming**

1. Your towels are Target’s Room Essentials brand that are fast drying. Better quality towels will be provided when you move indoors.
2. Keep all personal items in cloth shopping bags on assigned white plastic shelves.
3. Request extra personal items (hair supplies, hair dryers, hand mirrors, etc.) and keep them in your bag.
4. Add Spring water to your Mr. Coffee Glass tumbler or Nalgene water bottle to carry with you for brushing teeth (add Spring water to child-size snack cover with a lid—for brushing teeth). Avoid tap water.
5. Pear soap is environmentally friendly soap (it is pH neutral and it won’t streak on glass surfaces). Bars of Pears soap can get very gooey if the bar is not dry. A soap case is provided and it is a good idea to blot the bar dry before storing it in the case. Note: There are YouTube videos that teach how to make liquid soap from a left-over bar. I’m planning to try this with Pears bars.
6. When enough people express an interest in a hair cut, hair professionals will be hired for an entire day (20 womens’ hair pieces will be made available for 10 women—with hat boxes, styrofoam and hat pins). Dental and eyesight exams will be planned in the future (Note: Numerous small health problems are resolved when you kill parasites).

---

**Indoor showers at Rec Centers**
- Showering
- Drying hair
- Shaving
- Brushing teeth

**Outdoor showers at Rec Centers**

- 18 oz. Mr. Coffee glass tumbler for hot and cold liquids.
- 16 oz. Nalgene for cold liquids.
- Child's covered cup for cold liquid.

Those who need to start drinking Neem iced tea right away (dowse this) need to consume 14 ounces — three times a day.

Hot tea made with a Mr. Coffee coffee maker — can be poured into tempered glass Mason jars and refrigerated. The small refrigerators will not be efficient for cooling tea.

You could make the tea in canopied areas and use the Ozark insulated bags to transport the Mason jars to large kitchen refrigerators. Check to see if there is shelf space inside refrigerators. Scotch tape will be available in the kitchen for labeling Mason jars.