

Activity Idea

A Guide to Personal Care *Recommended for Adults*

Taking your hair and skin care needs into your own hands can be an exciting and empowering part of your health regime. Whether you would like to pick up new skills, save money, or become a more informed customer, caring for your own hair and discovering what is in your favorite skincare products can be very rewarding!

Home Spa

Homemade Spa by Juliette Goggin on Hoopla <https://tinyurl.com/ybcxlghg>

Natural Spa by Margaret Riley on Hoopla <https://tinyurl.com/y7x3mhko>

Thai Spa Book by Chami Jotisalikor on Hoopla <https://tinyurl.com/y83knoa5>

Haircare

Fundamental Hairdressing Skills - Scalp Massage on Kanopy <https://tinyurl.com/ycoj47cf>

Haircutting - Hair and Beard Design Activities on Kanopy <https://tinyurl.com/ya3mun6v>

Application and Removal of Hair Colour on Kanopy <https://tinyurl.com/y9t3no9s>

Better Than Good Hair by Nikki Walton on Hoopla <https://tinyurl.com/yc4urmvv>

Silver Hair by Lorraine Massey on Hoopla <https://tinyurl.com/ya7ndthq>

Herbal Treatments For Healthy Hair on Hoopla <https://tinyurl.com/ybrnynrd>

Skincare

Natural Skincare 101 class on Universal Class <https://tinyurl.com/y9jdttn3>

Facial Treatments – Cleansing on Kanopy <https://tinyurl.com/y9qakdrk>

Milk Soaps by Anne-Marie Faiola on Hoopla <https://tinyurl.com/yd437rlz>



Natural Skincare Recipes by Jamie Geurtjens on Hoopla <https://tinyurl.com/y9wsdv66>

Documentaries

Good Hair on Hoopla <https://tinyurl.com/y9entrcb>

Grooming Generation on Kanopy <https://tinyurl.com/y9pp463l>

Painted Nails on Kanopy <https://tinyurl.com/y9sdy2lj>

Music:

5 Hours of Spa Music on Freegal <https://tinyurl.com/y9a65c8b>

Spa Music on Freegal <https://tinyurl.com/yachrwxr>

Spark an Idea!

What are some of your favorite skin and hair tips and tricks? Share your knowledge with your friends and family over social media!