

Home-made body scrubbing making with Ann Young



New Directions: Maximising Independence

Name:

Date:

What you will need:

Olive oil

Spoon

Sugar

Hand cream

Shower gel

Container

Container



1. Start by filling the container with your sugar



2. Next, add some olive oil to saturate the sugar



3. Using your spoon mix the sugar and olive oil together



4. Next, we will add some shower gel into the sugar and olive oil

5. Mix together again

6. Place some of the scrub on to your hands and rub together



7. After rinsing off apply some hand-cream