






MAKE IT ON A MONDAY

Welcome to our carer's crafting day, the craft for today involves a bit of pampering.

We have included links below to  YouTube^{GB} clips that will (hopefully) inspire you to attempt some DIY home pampering. If you do get '*stuck*' Sue will be about on Wednesday, Thursday or Friday to help.

Just Ctrl & Click on the image and it will take you to the  YouTube^{GB} clip (ignoring the adverts of course), there are lots of tutorials with different ideas, and of course this could be the beginning of making some Christmas presents. You should be able to get all the ingredients from a supermarket for the first link, however there are some ingredients on the second and third links that will need to be sourced from a craft shop or on line. Please bear in mind allergies when making these homemade pampering products.

	<p>Four lovely body scrubs – Coconut Vanilla, Sweet Mint, Vanilla Latté and Pink Rose. There is one ingredient that you may have to source outside of a supermarket and that is Rose essential oil for the last body scrub.</p>
	<p>Four bath soaks – Hydrating, Detoxifying, Rejuvenating and Soothing. The main ingredient for all of these soaks is Epsom salts and again there are a couple of ingredients that may have to be sourced from somewhere other than a supermarket.</p>
	<p>This link will take you to a tutorial with DIY pampering projects that are a little more challenging involving some ingredients that will need to be sourced from a craft shop or on line. The projects include Bath Bombs, Soap Bars, a more complicated Body Scrub, Shaving Cream and a Charcoal Mask.</p>

Good luck and please let us know how you got on. We would welcome any photographs that we can share on our social media. Please send photos and comments to sue.lambert@northtynesidecarers.org.uk

Have fun, looking forward to hearing from you.