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WATER-FREE SHAMPOOS & OTHER HANDY PRODUCTS

By [Nicole](#)

It is important to be clean, for an individual's sake (because nobody likes dealing with infections), as well as for those around the person.

In particular, if one's hair looks and smells great, he/she feels better because personal appearance sets a tone. However, there are times when physically getting into the bath or shower is just not possible, whether it is a temporary situation—such as a recovery period after a surgery—or a permanent disability that makes bath time challenging.

Well, caregivers, take heart: there are all kinds of personal care products out there to assist in keeping your loved one feeling fresh. Not only is there an actual water-free, no-rinse shampoo (which has been around for years), but the goods continue to advance. Now there is a convenient shampoo cap: You simply warm it up in the microwave, put it on your head, massage the outside, and—voilà!—your hair is shampooed and conditioned in one step. There are also numerous specialty products targeted toward those with sensitive skin, which are particularly gentle, and free of alcohol and dyes.

What kinder gesture is there than that of providing cleanliness? You can soothingly help your loved one keep up good hygiene and feel pretty or handsome all in one simple step. And that combines two important caregiving priorities: providing well-being and happiness.

Other bath time and personal care products to consider in aiding and indulging your loved one:

- Waterless cleansers, such as antimicrobial hand gel, which supplement hand washing and do not require H₂O or soap
- No-rinse bathing wipes and disposable washcloths
- No-rinse body baths and cleansing foams
- Spray-on detanglers (again, the no-rinse formula is very practical)
- EZ Bathe™ inflatable tubs (for use in bed baths)
- EZ Shower™ water bag (can be used in bed or a chair)

Some resources for more on daily independent living aids such as