

PERSONAL CARE



Includes health and beauty/grooming items and services such as hair care products, make-up, shaving supplies, deodorant, perfume/cologne, pain medicine, haircuts, oral care, nail care, and spa services.

Option #1: High Maintenance

- Salon/Spa Services could include: Monthly hair color, waxing, extensions, beard trims, dreadlocks, massage, facial, acrylic nails, eyelashes
- Beauty/grooming products from salon or specialty stores
- Name brand products purchased from health stores

\$250

Option #2: General Maintenance

- Services at salon could include: Haircut every 6 – 8 weeks, pedicure or manicure, eyebrow wax, beard trim
- Products: Some hair care products from salon, grooming/beauty products from beauty supply stores and name brand razors
- Health care options from big box store or pharmacy

\$150

Option #3: Low Maintenance

- Services include: Occasional haircuts and trims at walk-in salons
- Products: Store brand hair care and other health and beauty products purchased from value stores

\$50

