

Hygiene

For those who lose their sight later on in life, it is more about organising the bathroom, because they have already mastered the basics of hygiene. But even children who are blind at birth can learn how to independently use the toilet and the shower.

Nail care

Anyone who has learned how to use a nail clipper and a file can shorten their nails without risk of injury.

Shaving

Wet or dry: Both methods are possible. You can even trim a moustache.

Hair care

You can find suitable care products for the texture of your hair at the local shop. And you can learn how to use them properly. Everyone has different needs that will be discussed in detail.

Make up

A woman who has always been using make-up will want to continue doing so even after going blind. Using special techniques, she will be able to apply mascara to her lashes and blusher on her cheeks.