

## Woman in Bath (Woman in the Bath - Degas)

A bathroom environment is safe and familiar and gives multiple opportunities for sensory enrichment with a variety of textures and smells. Polythene sheets, used in a variety of ways, act as a good substitute for water and avoid puddles and floods, though' a foot spa can be used for those who enjoy wetting their feet.



### Environment

Create a bathroom - it is possible to find old plastic baths fairly easily, which you can fill with blue voiles and stripped plastic. Lay a blue tarp on the floor as an 'overflow' area, covered with lose strands of stripped plastic and space blanket. A beautiful shower area can be simply made with stripped polythene dustsheets taped over cord strung across a corner area. This material glistens in the light and ripples as you move through it or point an electric fan in its direction. Using shower curtains to dress the space adds to the bathroom feel.

- bath and overflow area
- walk-in shower made from stripped polythene sheets
- hand-held strips for dancing, splashing, floating in electric fans
- large thin sheets of polythene can float over people's heads like waves or ripple over the floor

Add a variety of bathroom accessories which will allow lots of pleasurable 1-1 interaction with participants. A bubble machine is a wonderful way of adding some fun to the proceedings!

- variety of scented, coloured soaps
- flannels, sponges, exfoliating gloves, nail brushes
- Epsom salts in a tray
- bubble machine, bubble wands and blowers
- electric fans
- warm towels
- talcum powder and body lotion (use 'sensitive' or baby products for safety)
- watery sounding instruments

**Costume** - coloured spotty, sequined, coloured shower caps

**Music** - watery, bubbly sound effects can be easily downloaded to set the scene, while watery sounding instruments like metallophones and tubophones can be used to create a gentle soundscape.....

### Water, water everywhere

Don shower caps and explore bathroom, someone is already in the bath, washing herself and singing - join her. Participants can be wheeled through or dance in the shower, seeing the 'water' glisten and feeling it move over their bodies. The large 'overflow' area provides space to dance, roll in, splash with knotted plastic strips. Add large, thin, floaty sheets of polythene for an immersive watery experience. Then down to serious bathing...

- enjoy the smells, colours, textures of a variety of soaps
- feel the soft and scratchy sides of sponges, nail brushes, flannels
- use exfoliating gloves on arms, legs, faces, taking time and enjoying the personal interaction with another person, getting eye-contact, allowing touch
- for those who like them, give Epsom salts to run fingers through, pour and shake

- all this soap makes bubbles - bring out bubble machine to fill the space, catching, popping, walking through bubbles. Give wands/blowers for those who like to do it themselves. Hold in front of electric fans for those who struggle to blow - a playful, fun section in the workshop

## Chill

Time to get dry - a calm gentle ending with soft, warm towels, talcum powder and body lotions smelling of coconut, strawberry, Shea butter...

- bring out towels and smooth on faces, hands, feet, gently rubbing them dry
- use talcum powder and/or lotion to massage participants' arms, legs, feet - a caring, relaxing opportunity to build relationships with clients. If they don't like touch, encourage them to massage you
- could bring out instruments to enhance the chill for those who like to play.

## Links

Polythene

Music

