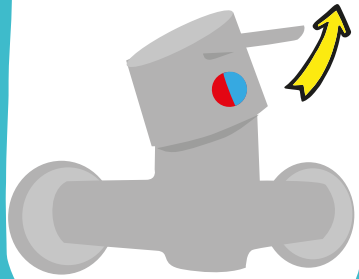


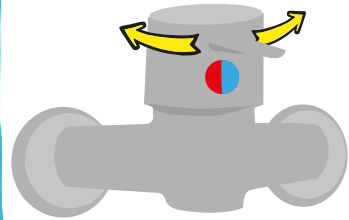
ÉTAPE

# JE PRENDS MA DOUCHE TOUT SEUL!

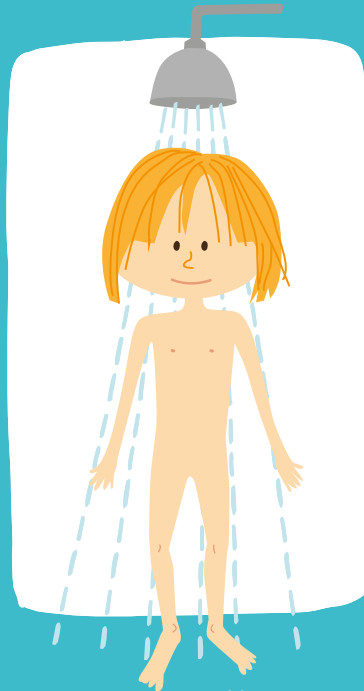
PAR ÉTAPE



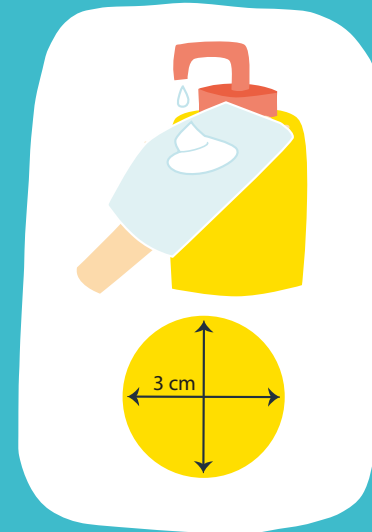
ouvrir le mitigeur



ajuster la température



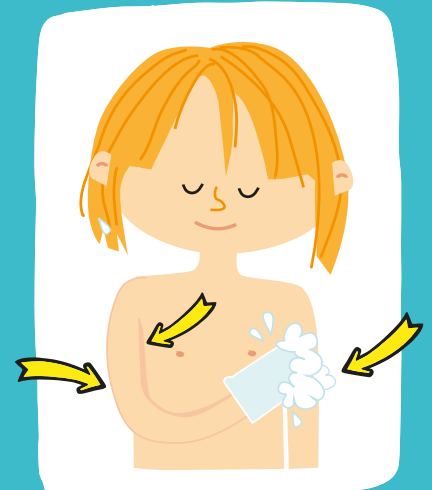
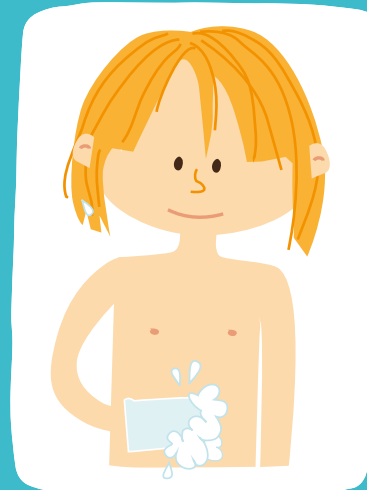
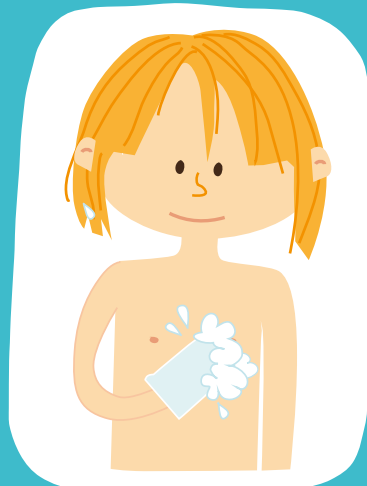
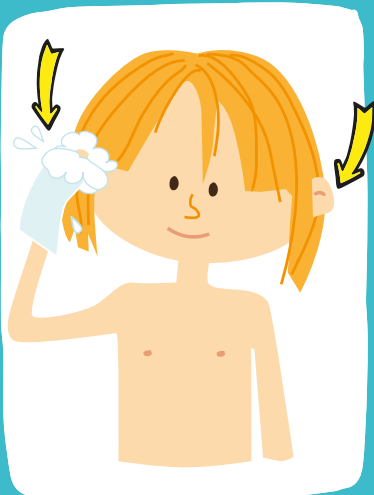
se mouiller



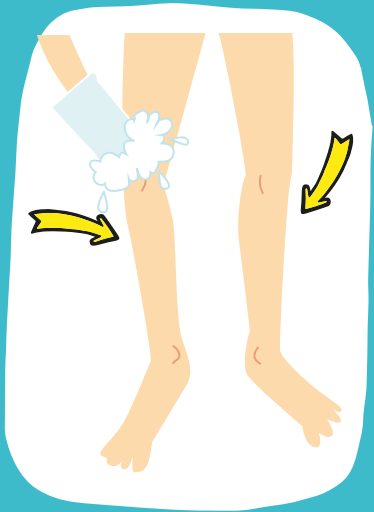
mettre une noisette de savon sur le gant



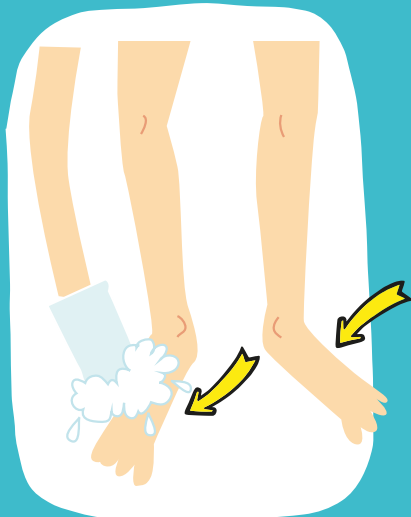
laver le visage



laver  
les 2 oreilles



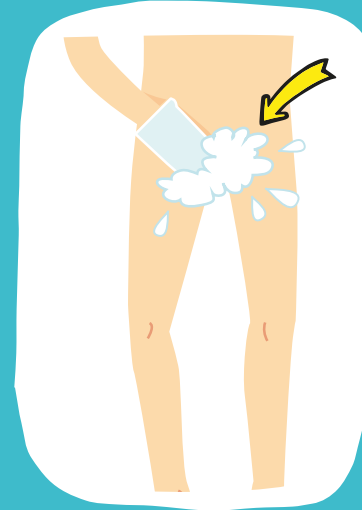
laver  
le cou



laver  
la poitrine



laver  
le ventre



laver les 2 bras et  
les dessous de bras



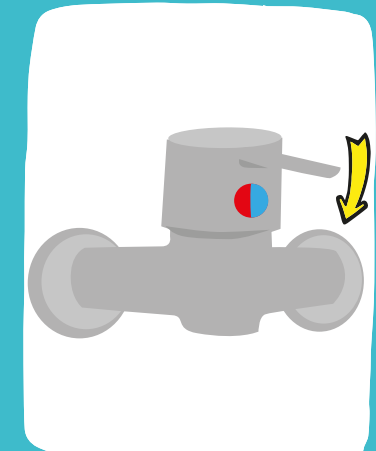
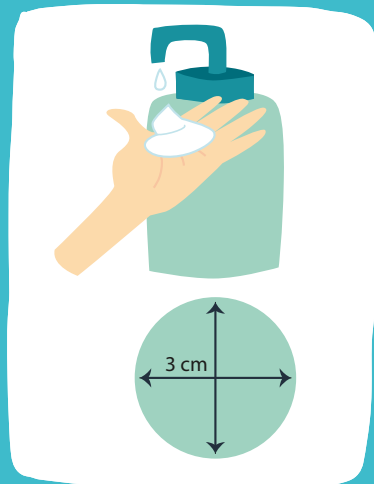
laver  
les 2 jambes

laver  
les 2 pieds

laver  
les orteils

laver  
les parties intimes  
et les fessiers

rincer le corps



mettre une  
noisette de  
shampooing dans  
la main

laver les cheveux

rincer les cheveux

c'est fini !!!

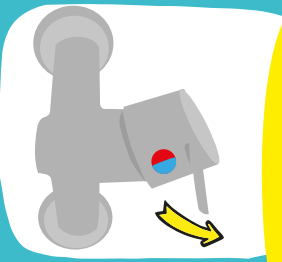
fermer  
le mitigeur

[WWW.HOPTOYS.FR](http://WWW.HOPTOYS.FR)

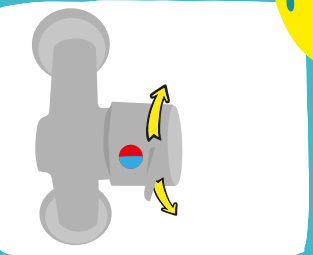
ÉTAPE

JE PRENDS MA DOUCHE TOUT SEUL !

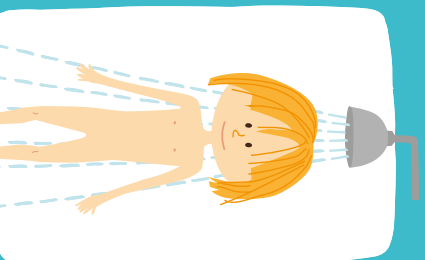
PAR ÉTAPE



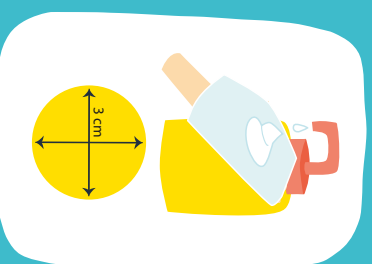
ouvrir le  
mitigeur



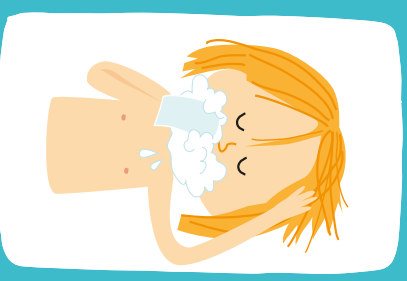
ajuster la  
température



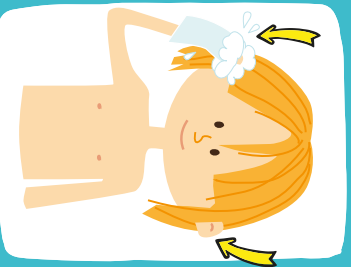
se mouiller



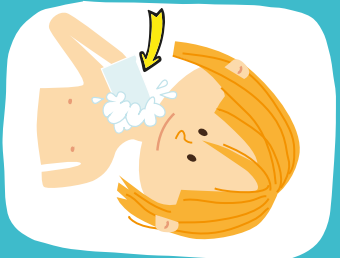
mettre une  
noisette de  
savon sur le gant



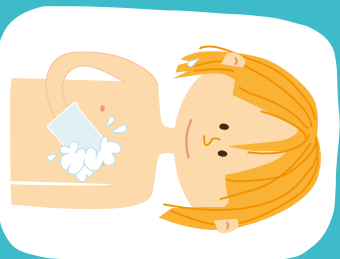
laver  
le visage



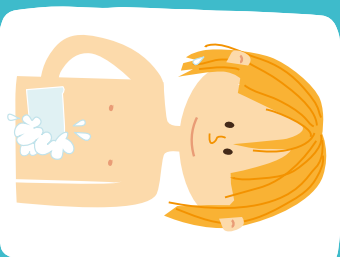
laver  
les 2 oreilles



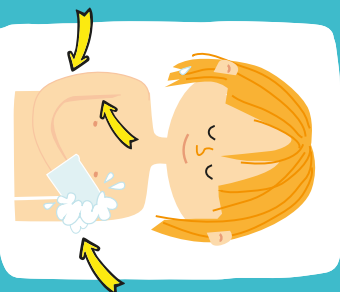
laver  
le cou



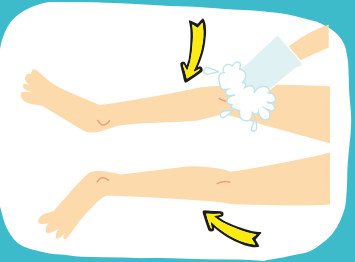
laver  
la poitrine



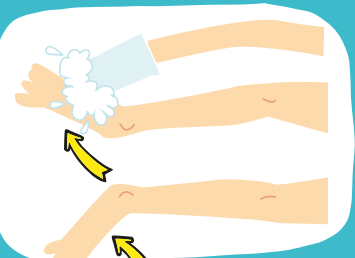
laver  
le ventre



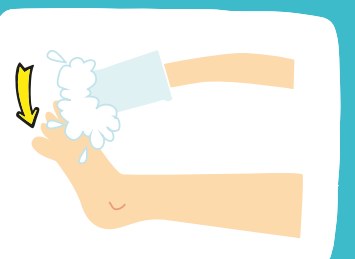
laver les 2 bras et  
les dessous de bras



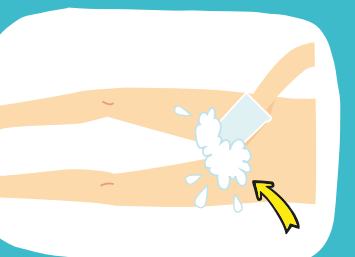
laver  
les 2 jambes



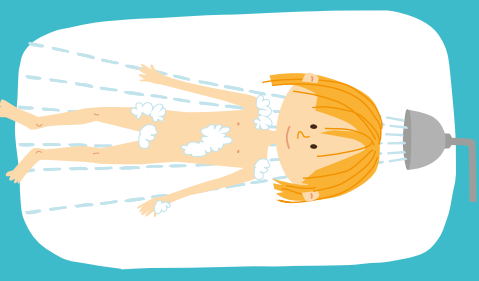
laver  
les 2 pieds



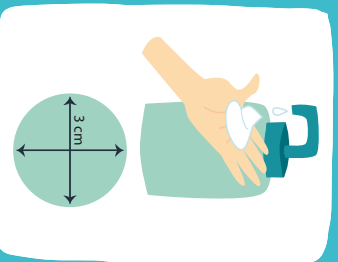
laver  
les orteils



laver  
les parties intimes  
et les fessiers



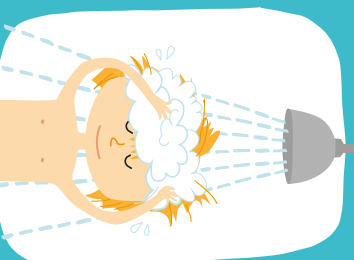
rincer le corps



mettre une  
noisette de  
shampooing dans  
la main



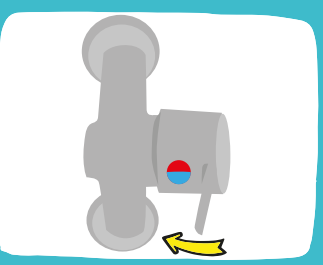
laver les cheveux



rincer les cheveux



c'est fini !!!



fermer  
le mitigeur