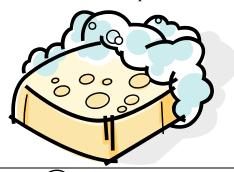


#### Nail file

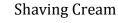


A **nail file** is a tool used to gently grind down and shape the edges of nails. They are often used in manicures and pedicures after the nail has been trimmed using appropriate nail clippers. Although the modern nail file has only appeared at the end of the 19th century, evidence of nail file-like tools exist even further back in history. Marie Antoinette was known for her obsession of the 'lime a ongles', which was a nail file-like tool made of the pumice stone. Seeing her perfectly shaped nails, it instantly became the latest female trend in the French Court of Versailles. The pumice stone was carved into a pencil like shape, which was used to trim and shape the edges of the nail. This tool would not be disposed after use, but would be hand washed by the maids and placed by the bathtub to be used again.

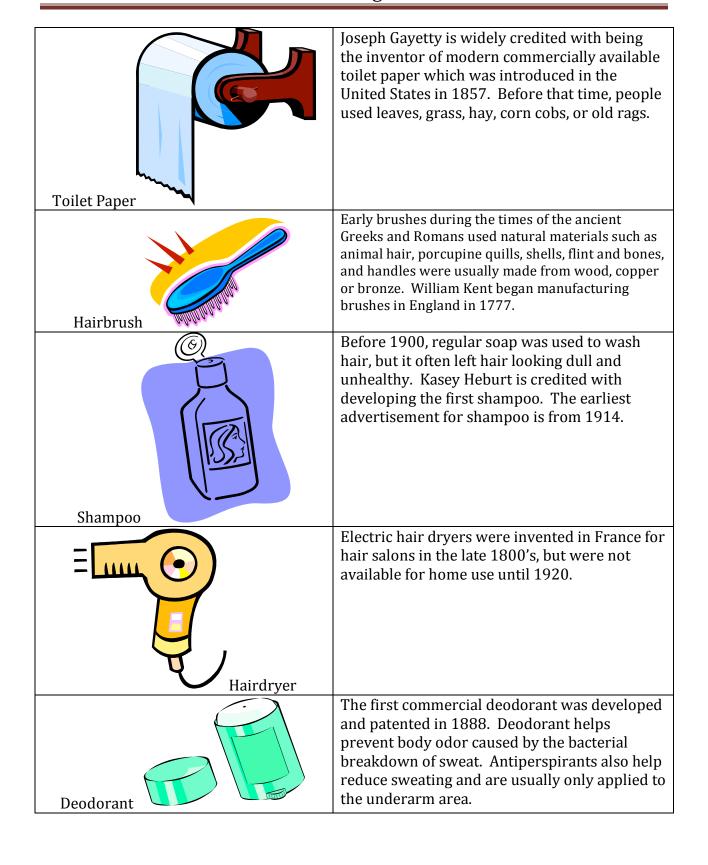
Soap



The earliest record of soap being used dates to 2800BC in Ancient Babylon. These soaps were made out of animal and plant oils and scented with herbs. The Europeans refined the art of making soap, but soap was not made in factories until the late 1700's.



Until the 20<sup>th</sup> century, people used bars of soap, which they swirled with a wet shaving brush to make a thick lather. This lather protects the skin from the razor, which prevents razor burn. The first cans of shaving cream were sold in 1949. Shaving gels were invented in the 1980's.



Hand Sanitizer	Hand sanitizer was first developed in the 1940's but did not become popular until the late 1980's. To use, you need to put a drop the size of a nickel on the palm of your hand, then rub in thoroughly. It is a good idea to use hand sanitizer when you cannot wash your hands with warm water and soap. Keeping your hands clean will reduce your chances of getting sick.
Hand Lotion	Archeologists have uncovered evidence that dates the use of lotion back to ancient Mesolithic civilization around 10,000 B.C. These people may have rubbed oil from castor plants on their skin. Ancient Egyptian tombs opened within the last century reveal small pottery jars filled with animal fat and olive oil substances to which spices were added. Biblical accounts tell us that people living during that time considered it a luxury to have their feet washed and ointment massaged into the skin.

Grooming Timeline Answer Key		
Year	Invention	
Mesolithic Civilization circa 10,000 BC	Lotion	
Ancient Babylon circa 2800 BC	Soap	
Ancient China 2700 BC	Mouthwash	
Ancient Egypt circa 2500 BC	Toothbrush	
Ancient Greeks and Romans circa 500BC	Hairbrush	
Ancient Greeks and Romans circa 500BC	Toothpaste	
1815	Dental Floss	
1857	Toilet Paper	
1888	Hair Dryer and Deodorant	
1890's	Fingernail File	
1896	Fingernail Clippers	
1914	Shampoo	
1940's	Hand Sanitizer	
1949	Shaving Cream	

From the (University of Florida Food and Agricultural Sciences Extension Service)

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