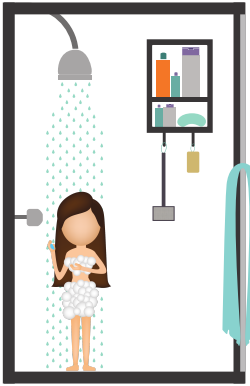


Young Woman's Guide to Personal Hygiene



Shower

Scrub every body part with body wash or bar soap. Wash hair with shampoo first, then conditioner. Shower once per day, or after sweating, beach, or pool.

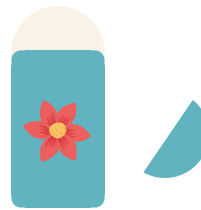
Wash Face

Once in the morning, once at night; scrub lightly in circles, rinse well, dry well, and apply a moisturizer.



Brush Teeth & Floss

Once in the morning, once at night; scrub back teeth on the top and bottom. Gargle with mouthwash to kill extra bacteria.

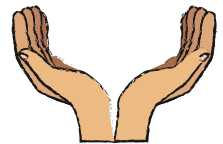


Deoderant

Use under your arms in the morning, after each shower or sweating. Helps your body odor not to offend anyone.

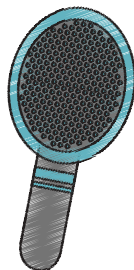
Clean Hands & Nails

Wash your hands throughout the day, at meal times, and between projects. Clean under your nails and keep them filed, cut, and polished if you like!



Brush Hair

Towel dry and brush out while still wet from the shower. Apply oil or cream for softness. Style how you like it with a straightening iron, blow dryer, or just let it air dry.



Smell Nice!

Use a couple squirts of light body spray or lotion (not too strong). Reapply after shower, for dry skin or just to stay fresh

