

Personal Hygiene

Definition: daily maintenance of cleanliness and healthfulness through certain sanitary practices.

1. Daily bathing or shower, shaving for men, and freshening up through the day as necessary
2. Shampooing and conditioning your hair as required to keep it fresh and clean (for most people, this means daily)
3. Following a regular skin care regimen
4. Brushing and flossing your teeth, as well as using a mouthwash or breath mints throughout the day as needed
5. Using underarm deodorant or antiperspirant
6. Washing your hands throughout the day as required, such as when beginning a service or after visiting the bathroom
7. Keep hands and feet well manicured and pedicured