**Showering 101: How to take a Shower**

The simple guide by Brandon Fieger

Throughout our daily activities we often accumulate bacteria and dirt on ourselves which can be a nuisance and hazard to our health. One of the most effective ways of cleansing our bodies is to take a shower. Not only does showering rid our bodies of dirt, sweat, and oils, it also helps us to relax and gather our thoughts. The instructions below will outline the necessary steps on how to take a shower and kill those pesky bacteria.

**Equipment and Supplies**

Although variation of products can be used, we recommend the following supplies:

* Dove Body Wash
* Head and Shoulders Shampoo
* Ecotools Loofa Bath Sponge
* Hydrocotton Bath Towel

In addition to the supplies mentioned you will need access to a shower with a controllable hot and cold water supply. Showers can be accessed inside most bathrooms or inside changing rooms found in gyms.

***Note:*** *We will be occupying the bathroom/shower for roughly 30 minutes, plan ahead for when the space is available.*

**Preparation**

1. Take out a pair of clean clothes you plan on wearing once you finish showering.
2. Place the clean clothes and fresh towel in a safe area that will not get wet or dirty from the shower.
3. Gather your body wash, hair shampoo, and loofah and carefully place them on either the ground or on a ledge inside the shower.
4. Observe your surroundings and ensure it is safe to undress.
5. Undress yourself and place the dirty clothes in a laundry basket or hamper.

***Note:*** *You will want to remove all accessories you are wearing such as jewelry, watches, glasses and contact lenses. When in doubt, if it can’t get wet, remove it.*

1. Turn on the water to the shower and let it run until it is an ideal temperature.

***Caution:*** *Use your hand to measure the temperature of the water. Do not enter the shower if the water is scorching hot, or freezing cold.*

1. Check the position of the shower head such that it is not spraying outside the shower.

**Cleaning Yourself**

At this point you should be ready to take a shower! Carefully enter the shower and close the curtains or door behind you.

***Caution:*** *The floor and walls of the shower will become wet and slippery, be extra cautious when entering and leaving the shower.*

1. Wet your entire body by slowly turning around a few times letting the water spray on top of you.
2. Rinse off any dirt that is on your body.
3. Squeeze a small amount of shampoo onto the palm of your hand.
4. Gently apply the shampoo to your hair rubbing it in thoroughly.

***Tip:*** *Apply a small amount of shampoo at first (one or too squeezes from the bottle). If needed, apply more.*

1. Continue to lather the shampoo until it becomes foamy.
2. Rinse your hair under the water until all the shampoo is gone and water runs clear.
3. Squeeze a quarter size droplet of body wash onto your loofah.

***Tip:*** *Splash a few water droplets onto the loofah; it will make applying the wash to your body easier.*

1. Use the loofah to wash your entire body, moving it in small circles over your skin while applying slight pressure. Make sure you clean under your arms, legs, back and ears.

***Tip:*** *Wash you face first, then your private parts and ass cheeks last.*

1. Rinse your body making sure all body wash residue is gone.

**Finishing Up**

You should now be nice and clean! Give yourself a few extra minutes to rinse off and think about life.

***Caution:*** *Other people may be waiting to use the bathroom, so please be considerate.*

1. Turn off the water by rotating the shower knob the opposite direction you did to turn it on.
2. Gather your shampoo, body wash and loofah.
3. Exit the shower.

***Caution:*** *The shower floor and ledge will be slippery! Be careful when exiting the shower.*

1. Grab your towel and gently pat yourself dry. You will want to dry your entire body including under your arms, back, legs and face.

***Tip:*** *While drying yourself off stand on top of either a mat or towel. This will prevent water from dripping onto the bathroom floor.*

1. Locate your clean clothes and put them on.
2. Fold up your towel for another use, or throw it into the laundry basket or hamper.

***Tip:*** *If you do not know whether to use the towel again or not follow this simple rule: If the towel has an odor to it, don’t use it. If it is odorless go ahead and reuse it again.*

**Wrap Up**

Now that you’re an expert on showering it is your responsibility to spread your knowledge too those who aren’t accustomed to it. Some final thoughts:

* It is recommended to shower at least once a day, either at night or in the morning.
* Be courteous when showering; do not take too long if other people are waiting and try not using all the hot water.
* Enjoy yourself! Showering can be a magnificent stress reliever and a nice energy boost.
* If you are feeling congested or sick try taking a long hot shower. The steam will help loosen the nose and chest congestion. Standing in a hot shower helps relax the rest of your body.