How you look and take care of your body is part of good manners, because good manners make other people feel good. Good grooming habits help you to look and smell your very best, and can even prevent you and others from getting sick!

- It is best to bathe at least once a day. Don’t forget to scrub the parts of your body where sweat can accumulate, such as your armpits and feet. In fact, your feet have more sweat glands than any other part of your body.

- If necessary, wear deodorant or an antiperspirant.

- If you wear perfume or cologne, make sure it is not too strong and use just a little (you don’t want people to smell you coming).

- Wear a fresh set of clean clothes each day. Before dressing, make sure your clothes are not stained, torn, or wrinkled.

- It’s a good rule of thumb to wash your hair at least every other day if not daily.

- Before leaving the house, make sure your hair is combed and neatly styled.

- You should brush and floss your teeth at least twice a day. If you’ve eaten food with a strong odor, it’s a good idea to use mouthwash too.

- Make sure you wash your face every night before you go to bed to prevent acne, and use a medicated wash if necessary.