

How to Take a Shower

By Mike Sayan

Introduction:

Showering is a fundamental part of every person's life. Our active lives lead to inevitable sweating, as well as exposure to germs and dirt. Showering allows us to clean away these ailments. Showering is as important for the mind as it is the body, providing a relaxing or therapeutic experience for many people.

To stay healthy and maintain good hygiene, shower at least once every other day. This instruction manual provides a detailed overview on how to shower for anyone new to showering or anyone looking to get the most out of the showering experience. Anyone who is physically able bodied can take a shower. To avoid potential injury, precaution should be taken as not to slip inside the shower.

Showering can be divided into the following main steps: (1) Preparing yourself to shower, (2) preparing the shower, (3) washing in the shower, and (4) drying off.

Equipment and Supplies:

For the process, you will need the following tools and supplies:

- Towel
- Wash Cloth or Loofa
- Shampoo
- Conditioner
- Body Wash or Bar Soap

This guide is general purpose and brand agnostic. There are different shampoos and conditioners for oily, dry, and artificially colored hair. Some products help straighten hair, or add volume. Choice of shampoo, conditioner, body wash, bar soap, and lotion is based on personal needs.

How To:

Preparing yourself to shower

After acquiring all the supplies you'll need and finding a shower, you're ready to prepare to properly wash yourself. Setting the supplies in convenient places will save you the trouble of leaving in the middle of a shower and making a wet mess.

1. Locate where bath towels are stored and grab one for drying off after the shower.
2. Locate washcloths and grab one. They may be located near towels.
3. Grab shampoo, conditioner, body wash, and/or bar soap.
4. Walk into a bathroom with a shower, and then push the door behind you closed.
5. Lock the door by either pushing the button on the doorknob or twisting it.
6. Place the bath towel down, ideally within arms reach of the shower.

7. Place washcloth, shampoo, conditioner, body wash, etc. inside the shower. Either on the floor, or on a ledge.
8. Disrobe entirely, and place the dirty clothes in a hamper to be washed later, or to the side to later be placed in a hamper.

Preparing the shower

The next step is to enter the shower and prepare the shower water to the appropriate temperature. A shower can be cold and rejuvenating, or warm and relaxing. Depending on preference, time of day, and shower intention, the temperature will be different.

1. Enter the shower. If it is a stall shower, close the door behind you. If it is a bathtub shower, pull the curtain closed.
2. Start running the shower water. Check water temperature by placing your hand or foot under the running water. Depending on the shower there may be 1-knob for water or 2-knobs, separated by hot and cold.
 - a. In a 1-knob shower, turn on the water and increase the temperature slowly. Let the water properly heat up before turning the knob and increasing temperature.
 - b. In a 2-knob shower, turn the cold-water knob first to a medium pressure, and then turn the hot-water knob until the temperature is just right.
3. If in a bathtub, pull the diverter on the shower faucet up. This will direct the water from the faucet to the showerhead.

Washing in the Shower

1. Rinse your body thoroughly with water by going directly under the showerhead. Wet your hair, body, and face.
2. Move away from being directly underneath water.
3. Pick up your shampoo bottle and open the cap.
4. Turn shampoo upside down, and squeeze a dime sized drop into your empty hand.
5. Close shampoo bottle and place down.
6. Run both hands through hair and lather the shampoo. Rub into scalp gently.
7. Let shampoo sit for 30 seconds, then move your head underneath water and let shampoo rinse. Rub your hair and scalp with your hands to assist rinsing.
8. Repeat steps 2 through 6 with conditioner instead of shampoo. Conditioner and shampoo are very similar. Shampoo is used to clean the hair, while conditioner is used to strengthen and soften hair.
9. Pick up face wash and open cap. Turn it upside down; squeeze a dime size drop into your empty hand.
10. Close the cap on the face wash, and place down the face wash where you picked it up.
11. Rub the face wash into your cheeks, nose, and forehead primarily. Then rinse under water.

12. Pick up washcloth and body wash or bar soap. If using body wash, open cap, turn upside down, squeeze a dime sized drop into washcloth, then close body wash and set it down. If bar soap, wrap it in the washcloth.
13. Rub washcloth on arms, body, back, legs, and rest of body. Rinse as scrubbing.

Drying Off

Lastly, there is drying off. Drying off correctly can save you from slipping and getting hurt, as well as making a wet mess on the floor.

1. Turn off the shower by twisting the knobs and shutting off the water flow.
2. Open the shower door, or pull back the shower curtain, and grab your bath towel.
3. Use the towel to rub hair dry. Rub the towel against your face, arms, body, and legs. Dry from top to bottom.
4. Once completely dry, exit the shower one foot at a time.

Congratulations! You are now clean, dry, and ready to get dressed. Bask in the feeling of cleanliness as it is fleeting. You'll feel more confident facing the day, or relaxed on your way to bed. Everything is better after a shower.