

Step 3: Stand under the shower and rinse your hair and entire body. Wash your hair and body with the soap. Rinse.

步驟3: 站在淋浴噴頭下, 沖洗頭髮和全身。用肥皂洗頭髮和身體。洗清。

步骤3: 站在淋浴喷头下, 冲洗头发和全身。用肥皂洗头发和身体。洗清。