

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

Tallaabada 3aad: Istaag tuubada qubayska hoosteeda oo biyo ku maydh timahaaga iyo jirkaaga oo dhan. Ku maydh timahaaga iyo jidhkaaga saabuun. Biyo raaci.