INTRODUCTION TO GOOD PERSONAL GROOMING

Grooming refers to the act of taking care of one's physical body, keeping it clean, healthy and the accessories that concerns it. In essence, it means all the routines that one engages in to keep himself clean and presentable and also his/her environment.

Also, the term '*grooming*' is also used to imply the upbringing of a child. For instance, a child that respects his/her parents may be described as being well groomed.

Good grooming can then be used to describe the best practices that makes one well-kept, neat, moral and well-behaved. As such, we can say that there are two types of grooming: *social grooming* and *physical grooming*.

Topics in Social Grooming

- Greeting people
- Relating to one's relatives
- Relating to one's neighbours
- Relating to local authorities
- Relating to the opposite sex
- Making friends
- Getting married
- Raising children

Topic in Physical Grooming

- Knowing your body
- Knowing your environment
- Taking care of parts of the body
- Taking care of your surroundings
- Taking care of clothing accessories