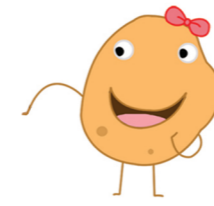
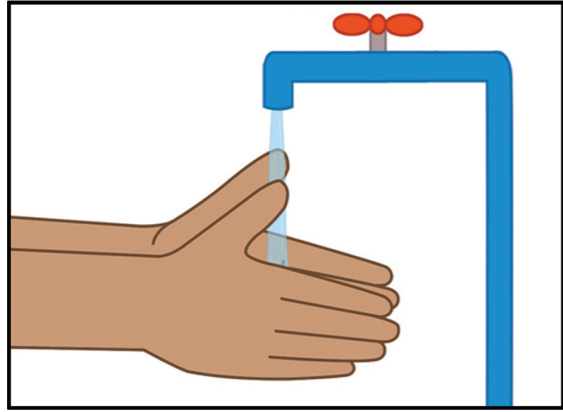




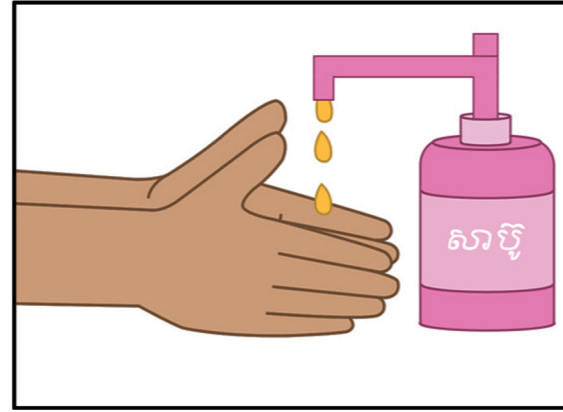
របៀបលាងដៃ



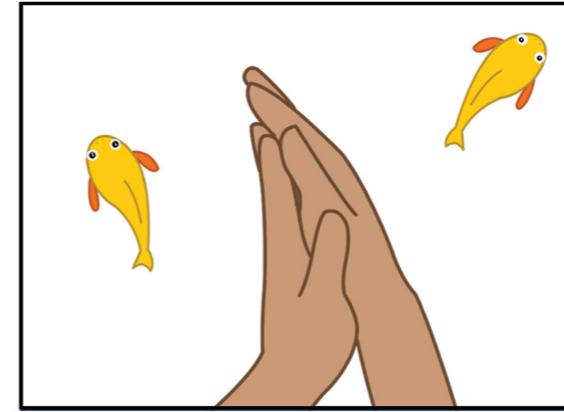
តោះលាងដៃឱ្យស្អាត ដើម្បីកុំឱ្យមេរោគចូលក្នុងខ្លួនយើងបាន!!



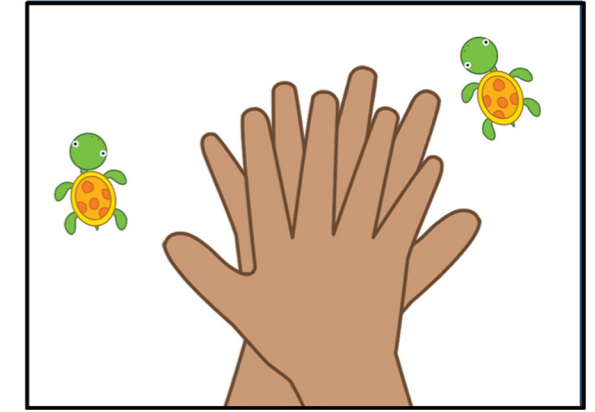
១. ដាក់ទឹកឱ្យសើមដៃ។



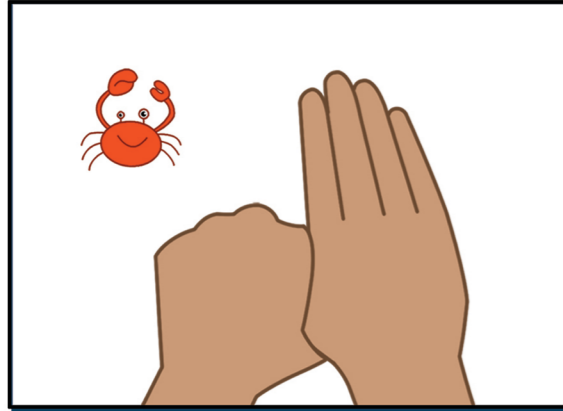
២. ដាក់សាប៊ូញីឱ្យចេញពពុះ ហើយដុសឱ្យសព្វ។



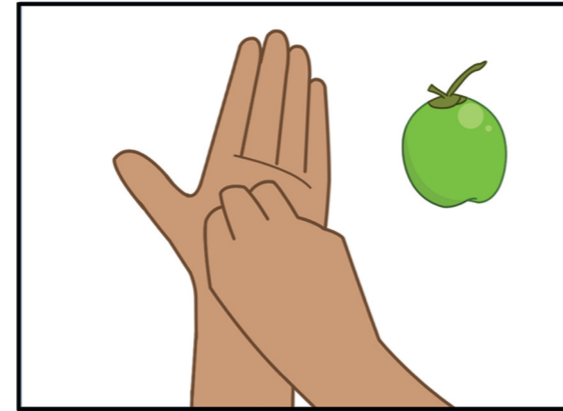
៣. ដុសបាតដៃទាំងសងខាង។



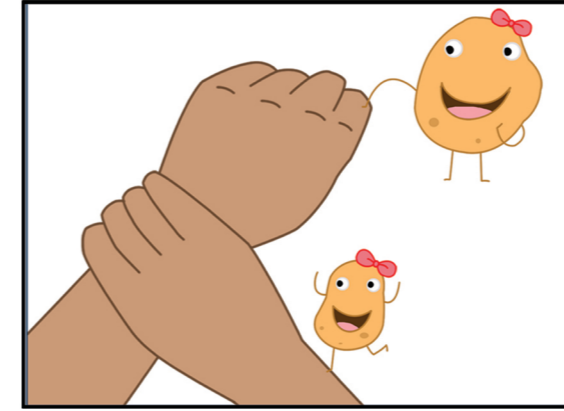
៤. ដុសខ្នងដៃទាំងសងខាង។



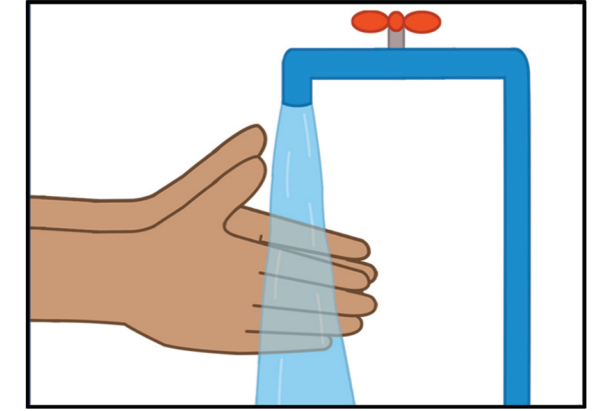
៥. រូតគ្រប់ម្រាមដៃទាំងសងខាង។



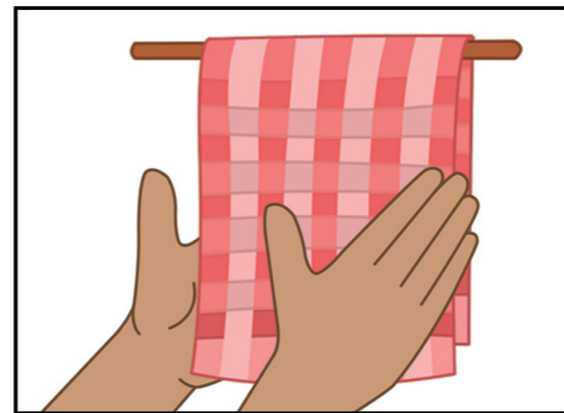
៦. ដុសចុងម្រាមដៃជាមួយនឹង បាតដៃទាំងសងខាង។



៧. ដុសកដៃជុំវិញទាំងសងខាង។



៨. លាងជម្រះសាប៊ូ និងបង្ហូរទឹក។



៩. ជូតដៃជាមួយនឹងកន្សែងស្អាត ឬ រលាស់ដៃឱ្យស្ងួតបើមិនមានកន្សែងស្អាត។