**hygiene**  [ˈhaɪdʒiːn]
(Unzählbares Nomen)

*Definition:* those conditions and practices performed by an individual to care for one's bodily health and well being, through cleanliness

*Übersetzung:* Hygiene
Körperpflege

*Beispiel:* Personal hygiene practices include seeing a doctor, seeing a dentist, regular washing/bathing, and healthy eating.

**hygienic**  [haɪdʒɪːnik]
(Adjektiv)

*Definition:* pertaining to hygiene; clean, sanitary

*Übersetzung:* hygienisch

*Beispiel:* Regular bathing is a hygienic practice.

*Antonym(e):* unhygienic

**oral hygiene**
(Unzählbares Nomen)

*Definition:* the practice of keeping the mouth clean in order to prevent cavities (dental caries), periodontitis, bad breath, and other dental disorders

*Übersetzung:* Mundpflege

*Beispiel:* Oral hygiene is important to keep your teeth clean and healthy.

**cleanliness**  [ˈklenlnz]
(Unzählbares Nomen)

*Definition:* the property of being clean; good hygiene

*Übersetzung:* Reinlichkeit
**Beispiel:**  
Her extreme cleanliness is almost abnormal.

**wash**  
[waʃ]  
(Verb)  
**Definition:** to clean with water  
**Übersetzung:** waschen  
**Beispiel:** When did you last wash your hair?

**soap, soaps**  
[sɔːp]  
(Nomen)  
**Definition:** a substance able to mix with both oil and water, used for cleaning, often in the form of a solid bar or in liquid form, derived from fats or made synthetically  
**Übersetzung:** Seife  
**Beispiel:** I tried washing my hands with soap, but the stain wouldn't go away.

**toothbrush, toothbrushes**  
[ˈtuːθbrʌʃ]  
(Nomen)  
**Definition:** a brush, used with toothpaste, for cleaning the teeth  
**Übersetzung:** Zahnbürste  
**Beispiel:** Don't forget to pack your toothbrush!

**toothpaste, toothpastes**  
[ˈtuːθpæst]  
(Nomen)  
**Definition:** a paste, normally used with a toothbrush, for cleaning the teeth  
**Übersetzung:** Zahnpaste
Beispiel: How much toothpaste are you putting on your toothbrush? That's way too much!

tube of toothpaste
_(Chunk)_

_Ubersetzung:_ Zahnpastatube

Beispiel: Can you get two tubes of toothpaste when you go to the store?

toothpick, toothpicks [ˈtuːθpɪk]
_(Nomen)_

_Definition:_ a small, usually wooden stick, often pointed at both ends, for removing food residue from the area between the teeth

_Ubersetzung:_ Zahnstocher

Beispiel: He uses a toothpick after every meal.

bath, baths [bæθ]
_(Nomen)_

_Definition:_ a tub or pool which is used for bathing; the act of bathing

_Ubersetzung:_ Bad

Beispiel: I think I will take a bath tonight.

take a bath
_(Chunk)_

_Ubersetzung:_ baden

Beispiel: I'm freezing, I better take a hot bath.

shower, showers [ˈʃaʊə]  
_(Nomen)_
Definition: a device for bathing by which water is made to fall on the body from a height, either from a tank or by the action of a pump

Übersetzung: Dusche

Beispiel: I have a very spacious shower in my bathroom.

Synonym(e): shower bath

**take a shower**

(Chunk)

Übersetzung: duschen

Beispiel: Many people take a shower every day.