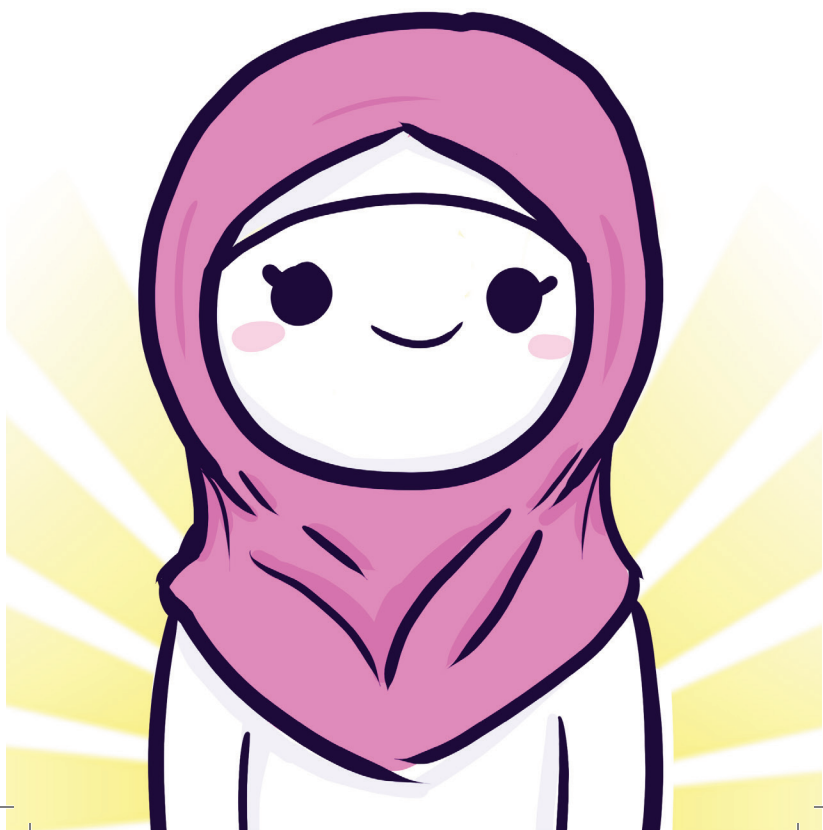


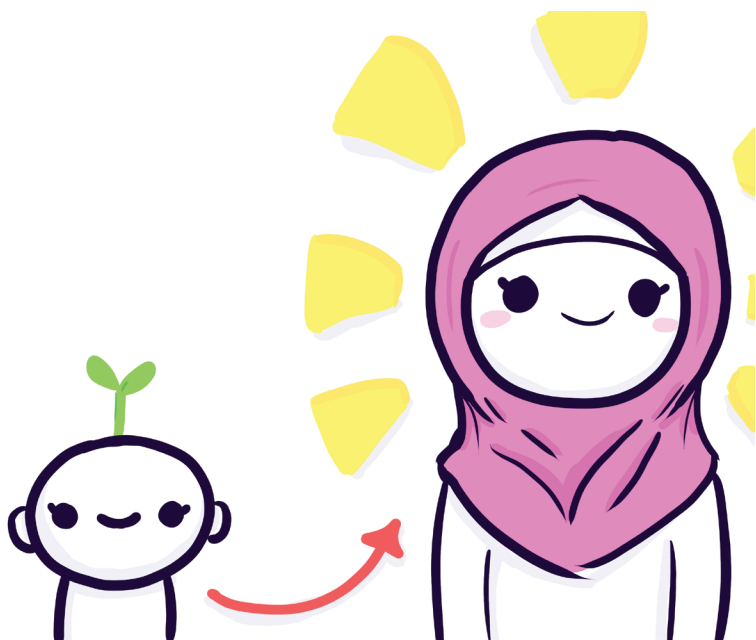
THE
GLEAMING
BALIGHA





THE GLEAMING BALIGHA

Congratulations on leveling up!
You are now a young lady.



Now that you have leveled up you have some new found powers. You get to do Taqleed, and get to change all your niyyah to 'wajib'. ***But remember with great power comes great responsibility*** and now you must pray on time, fast, and a whole lot more.

One big responsibility is cleanliness.

Take care of your personal hygiene. It is Important to keep your body as clean as possible. That means 'Scruba dub dub!' It is a great way to make sure you and your power stay strong and healthy!

Taking care of your inner beauty is just as important as taking care of your physical look. It means making sure your soul stays clean. Remember what Prophet Muhammad said

“Cleanliness is half of faith.”

Let's move on to some super (not so) secret tips to keep yourself clean and healthy...

SUPER DUPER SECRET TIPS TO KEEPING YOUR BODY SQUEAKY CLEAN

TIP
#1



Make sure you shower every day to keep your body clean. Use soap and scrub your body well to take out all dirt and filth especially in your armpits. The sweat glands there can be really smelly. You might feel the need to use a deodorant or an anti-perspirant.

SUPER DUPER SECRET TIPS TO KEEPING YOUR BODY SQUEAKY CLEAN

TIP
#2



Remember what we said about keeping your inner self clean? Here's how to do it. Try to stay in wudhu throughout the day as much as possible and don't forget to do Juma ghusl or any other recommended ghusl.

SUPER DUPER SECRET TIPS TO KEEPING YOUR BODY SQUEAKY CLEAN

TIP #3



Make sure to wear clean cloths. Wearing the same cloths over two days might not be a good idea.

SUPER DUPER SECRET TIPS TO KEEPING YOUR BODY SQUEAKY CLEAN

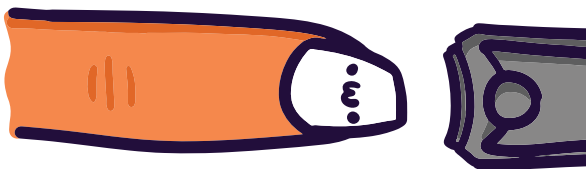
TIP
#4



Make sure you brush your hair every day and wash them regularly, *to avoid looking like a mad scientist!* According to the Ahlulbayt, we must try not to comb our hair in the bathroom or while standing. It is recommended to sit and comb your hair. It is also good to comb your hair before praying your salaah. Who wouldn't want to make themselves presentable when going to see someone important? This act will please Allah (SWT) and make Him very happy.

SUPER DUPER SECRET TIPS TO KEEPING YOUR BODY SQUEAKY CLEAN

TIP
#5



Cut or trim your nails every week. Do not bite your nails with your teeth. The Ahlulbayt have taught us to cut 9 finger and toe nails every Thursday and the remaining 10th ones on Friday. Start from your little buddy the left pinky and work your way to your other little buddy the right pinky.

A cool bonus tip is the following dua, which you should recite when cutting your nails.

“BISMILLAHI WA BILLAAHI WA A'LAA SUNNATI
MUHAMMADI'W WA AALI MUH'AMMAD”

In the name of Allah, and by Allah and according to the sunnah (traditions) of Muhammad and the family of Muhammad.

SUPER DUPER SECRET TIPS TO KEEPING YOUR BODY SQUEAKY CLEAN

TIP
#6



Brush your teeth everyday. It is recommended to brush your teeth twice a day, after breakfast and before you go to bed.

Prophet Muhammad (PBUH) said: “The one who brushes his teeth twice a day has kept alive the sunnah (traditions) of the Prophets”.

Prophet Muhammad (PBUH) also advices to brush your teeth before every salaah, just before you do wudhu.

After every meal, fill your mouth with salt water and swish it around to get rid of anything sticking to your teeth. This should also help in preventing cavities.

SUPER DUPER SECRET TIPS TO KEEPING YOUR BODY SQUEAKY CLEAN

TIP
#7

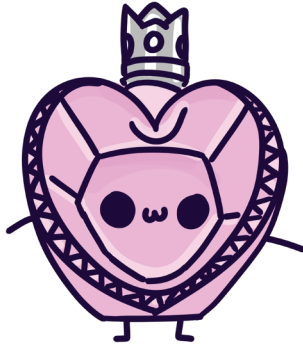


Wash and dry your feet carefully as a lot of your sweat glands live there. Another way to avoid smelly feet is to use foot powder inside your shoes or on your feet.

Secret tip: Wear the same shoes on alternative days. If you only have one pair of shoes, let them air out and dry out overnight. You could use special innersoles in your shoes which can be taken out and washed.

SUPER DUPER SECRET TIPS TO KEEPING YOUR BODY SQUEAKY CLEAN

TIP
#8

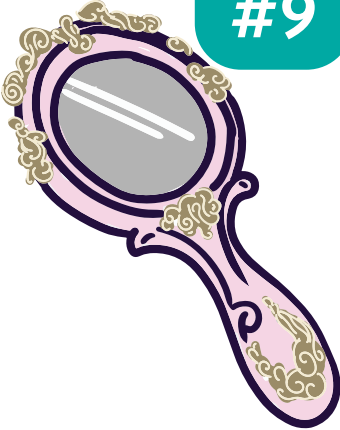


Apply perfume. Smelling good is very important. Be cautious not to use too much perfume that it may attract people's attention. Just put enough that you smell good so your presence is pleasing to the ones around you. You should especially make a point to apply perfume before praying your salaah.

Prophet Muhammad's (PBUH) hands were like those of a perfume seller, always with a beautiful fragrance. He loved perfume.

SUPER DUPER SECRET TIPS TO KEEPING YOUR BODY SQUEAKY CLEAN

TIP
#9



Remember we mentioned that combing your hair was important? Well, when combing your hair you usually use a mirror. It is important to look at yourself in the mirror to make sure you are well groomed. You should also thank Allah (SWT) for your appearance.

Recite the following dua every time you look at yourself in the mirror and by doing so, even the act of looking at yourself in the mirror will be considered an act of worship.

**“Allahumma hassin khulqi kama hassanta khalqi”
Oh Allah, beautify my akhlaq (manners) the way you
have beautified my appearance.**

SUPER DUPER SECRET TIPS TO KEEPING YOUR BODY SQUEAKY CLEAN

TIP
#10



One last secret tip. It's a place you would least expect- 'The Toilet.' While you go and relieve yourself, you must ensure to wash yourself properly when you are done. You must carefully wash your hands with soap right after. This is a very important part of keeping yourself clean and healthy.

It is recommended not to sit on the toilet for too long.

Bonus tip: You should enter the toilet with your left foot and leave with your right foot.

Your body is a gift from Allah (SWT). It is your duty to keep it clean and healthy on the inside and out! When you take care of your body, it is like you are thanking Allah (SWT) for it.

It means that anytime you practice these few tips, you are also worshiping Allah! (SWT). How cool is that?

So beautiful young lady keep yourself and your super incredible powers - **Strong, Healthy and Clean!**

Be a dashing Muslima!

