Dept. of Hotel Management

Second Year

Personal Hygiene , Health and Grooming in the Hospitality Business :

The image of a hotel depends on the people who work there. Hospitality workers must present themselves as clean , healthy and well-groomed. Here are 20 basic steps towards this goal .

1- Brush your teeth .

2- Shower every day before going to work .

3- Men should shave every day . Most hotels don't allow beards. If the hotel allows moustaches , they should be kept neatly trimmed.

4- Use underarm deodorant .

5- Keep your hair neatly .

6- Don't use extreme hair coloring ( bright red , or yellow , etc. )

7- Don't overuse hair gel , or hairspray .

8- Men should keep their hair somewhat short , it should not touch their shirt collar.

9-Women with long hair should tie it back in a ponytail or pin it up and back.

10- Don't overuse make-up . Lipstick should not be too bright or very dark.