Stand in a place or under a warm cloth.

Wash your face with warm water before.

Always comb your hair before washing.

Towel your hair after washing.

Shake your head for a few minutes after.

Brush your teeth with a soft toothbrush.

Rinse your mouth with water.

Avoid eating spicy or sour foods.

Confess any sins and receive Jesus Christ's forgiveness.

At mass, sit in the pew and reflect.

Join in prayer for the poor and sick.

Let your heart be at peace and content.

Aim to meditate before Communion.

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