

HABABKA UGU HABOON XILLIGA FOOSHA

Bad-baddal xaaladdaada xilliga foosha

- is-ruxruxid
- is-istaagid
- soc-socod
- jijimicsi
- jilbo-joogsi
- ku fadhiisiga musqusha, kursi ama baranddada
- gacmaha iyo jilbaha oo aad isa-saarto
- in aad kolba dhan u seexatid
- in aad cuskatid ama ku tiirsatid qof kale
- in aad cuskatid ama ku tiirsatid sariirta ama kursi

Hababkaas waxay soo gaabin karaan fooshaada, waxay yarayn karaan xanuunka fool-qabadka, iyagoo sii xoojin kara fool-qabadka.

Riix-riixid ama daliig khafiif ah (masaajo)

Qofka ku caawinaya wuxuu si qaboow kuugu riix-riixi karaa dhabarka.

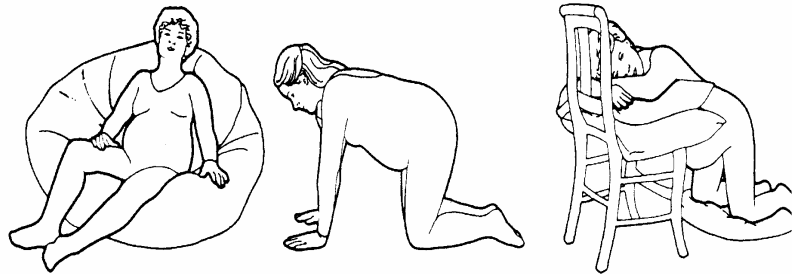
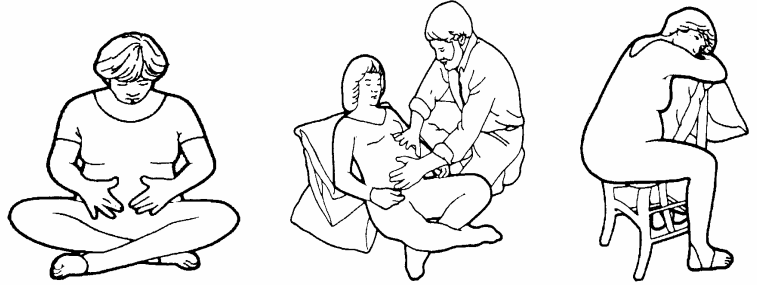
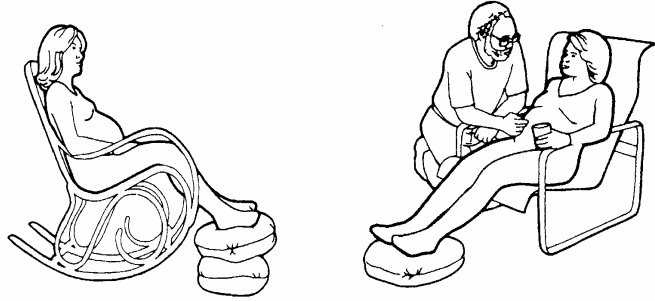
Tuutuujinta waxtar ayay leedahay. Waxaa kale oo aad tijaabisaa garaangar ama banooniga teeniska.

Haweenka qaar ayaa raba riix-riixid yar. Masaajadu waxay nasasho dareensiisaa madaxa, dhabarka, garbaha, addimaha iyo lugaha. Isticmaal jir dabciyayaasha iyo saliid. Haween badan, riix-riixidda dhabarka hoose xilliga foosha waxay ka yaraysaa xanuunka. Taas waxaa la samayn karaa marka la taagan yahay, la fadhiyo, la socdo ama la dangiigo.

Kulayl iyo Qaboow

- Qabays qandac ah
- Baraf
- Dhar qaboow oo la saaro wajiga, dhuunta, caloosha ama dhabarka.

Haweenka qaar ayaa qaboowga jecel xilliga foosha, qaar kalena kulaylka. Adiga faham nooca kuu fiican.



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