

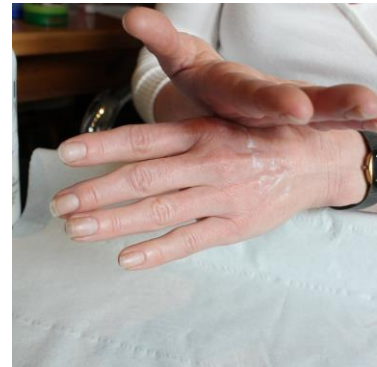
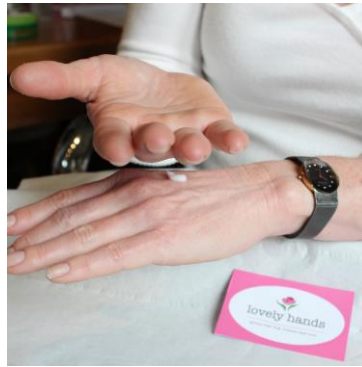
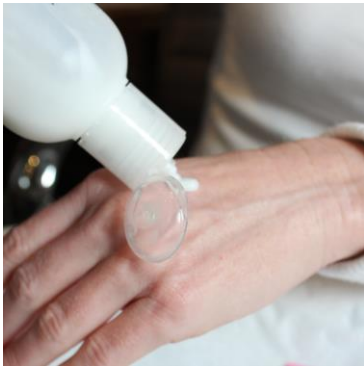


gloves that hug, creams that love

How to apply guide - Hand cream / lotion

The back to back application method.

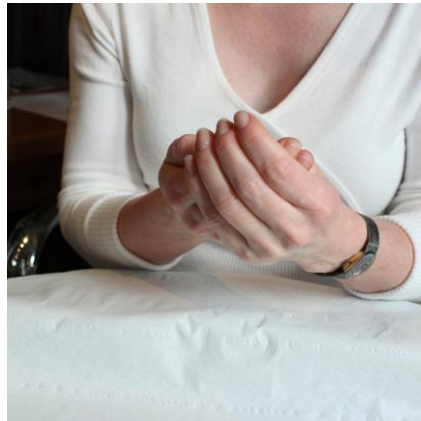
Think about where your hand actually needs moisture added - is it the back of the hand only, or the palm only or both? Sometimes the perception of 'it feels greasy' comes from applying product where it is not required i.e. the palm in many people.



1. Retrain yourself to apply the product to the back of your hand, not the palm.
2. Take the back of one hand to the back of the other and start to massage the product into the skin.
3. The back of the hand is less fleshy than the palm, and the skin is thinner, this is usually where the moisturising product is required.
4. The palms have 238% more sweat glands per square centimeter, on average, than the rest of our body (ref: ATG Maxiflex Ultimate glove) this fact, combined with the application of moisturiser can mean some people have the perception of 'it feels greasy', especially if too much product is applied. Lovely Hands only supplies quality products, this means using less achieves more. It's easier to apply more if you need it than it is to remove it!
5. Have you ever applied hand cream and then had to shake some ones hand? It will be for the above reasons that you will find yourself a bit embarrassed and explaining why your sticky palm was not quite ready to be in such close contact with another!



6. Take the moisturiser down the fingers; switch the dominant hand over to ensure equal coverage.
7. Pay particular attention around the nail and at the finger / thumb tips, often the skin can be very dry here, get quite thick and split or crack in the winter. Getting into this routine will prevent splits and cracks happening.
8. Only at this stage will I let any remaining product come into contact with my palms. If your palms are dry then ensure you have applied enough moisturiser for your comfort.



9. Let the visible signs of the skin on your hands and how comfortable they feel at different times of the year be your indicator of how often to apply product. There is no rule book to follow, do what your skin needs.
10. Consider wearing cotton gloves for some of the day, to increase heat and help the skin absorb the lotion and soften.
11. If you think your hands are very dry and in need of a boost then please consider using a scrub and mask, there is a how to apply guide for them as well.
12. Now consider are you wearing gloves enough? For some people, or for times in your life, applying oil and hand cream will only just be enough to counteract frequent exposure to weather, water and chemicals; are there times that gloves might offer the protection your hands need?



lovely hands

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