



How to apply guide - Hand scrub & mask



1. With dry hands apply a small amount of hand scrub.
2. Rub in well, to palm, back of hand and each finger and thumb. Pay particular attention to the areas you would like to benefit most from the mask or moisturiser that follows. This is a gentle process, not rough.
3. Wash off in warm water and towel dry. Resist hot water, it will just make the hands red and potentially drier.

Prep for mask application

4. Organise your towel and hot water bottle / wheat bag in advance as per photos 4&5 below. Put them in the relaxing location you will be sitting in for 10 - 15 minutes, ready. The hot water bottle / wheat bag does not need to be hot, aim for cosy warmth that lasts 10 – 15 minutes.
5. Get your plastic bags prepared as per photo 3 below.

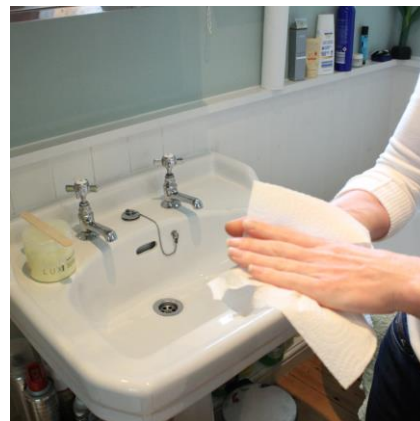


6. Apply the mask to the hands, you need enough to cover all the skin, if you get the amount just right it will mean all the product will be absorbed and there will be no need to rinse off. This is good as the longer the product can be in contact with your skin the greater the treatment benefit.

7. Place your hands into the plastic bags, these keep in your body heat and with the warmth generated help the skin relax and absorb the product. They also prevent mess!



8. Keep the heat source a towel layer away from your hands in the bags. Have a layer of towel over the top of your hands, and settle in and get cosy.
9. Ideally at the end of the 10 – 15 minutes you will find that you judged the amount of mask just right and with just a rub of the hands the product has been absorbed, if there is a need to remove a little more then try a piece of kitchen roll. If you feel you would like to wash the hands with water then keep the water warm, not hot. There would be no need to use soap. Towel dry.



10. If you have a little more time then popping your hands into cotton gloves would have further moisturising and softening benefits.
11. The plastic bags are reusable.
12. This routine can also be performed on the feet.
13. Now consider are you wearing gloves enough? For some people, or for times in your life, applying moisturising products 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

gloves that hug, creams that love