



# DRY HANDS

## HOME TREATMENT

the guild  
of Nail Technicians

The washing of hands and use of hand gel will leave them a lot dryer at the moment. Follow these steps once or twice a week to keep your hands in tip top condition.

### WHAT YOU'LL NEED:

- Bowl (and warm water)
- Oil (Olive oil, Coconut oil etc)
- Hand moisturiser
- Cling film
- Cuticle oil (optional)
- Towel

### INSTRUCTIONS:

- Fill a **bowl** with warm water and add a teaspoon of **oil** (whatever is in the cupboard will do), and then soak your hands for 10 minutes.
- Using a **towel**, dry your hands gently and push your cuticles back whilst doing so.
- Apply **cuticle oil** to the cuticles, sidewalls and underneath the free edge of your nails and massage in (optional step).
- Apply a generous amount of **hand moisturiser** into your palm. You should use enough moisturiser to leave a white film over your hands after rubbing it in.
- Wrap your hands in **cling film** and then a towel for 10 minutes. If you have a warm towel...even better! This step will help the moisturiser penetrate the epidermis of the skin rather than sit on top.
- Remove the towel and cling film and rub the remaining moisturiser into your hands (it should now melt in).

***TIP** – Prolonged exposure to water and solvents can dry the hands and nails, causing splitting, peeling and nail breakage, because it washes away the natural oils. Use washing up gloves when washing dishes, cleaning or gardening to give a layer of protection to help prevent hands and nails from drying out,*