Skin Care
Method for using hand cream, soap and cleanser

Follow the steps shown

- Palm to palm
- Palm to back, fingers interlaced
- Palm to palm, fingers interlaced
- Palm Back
- Ensure shaded areas are not missed
- Palm
- Back
- Fingers interlocked
- Rotational rubbing of fingertips in palm
- Rotational rubbing of thumb in palm
- Rubbing of each wrist
- Apply hand cream or wash with soap/cleanser
- or

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