Skin Care
Method for using hand cream, soap and cleanser

Follow the steps shown:

1. Apply hand cream or wash with soap/cleanser.
2. Palm to palm.
3. Palm to back, fingers overlaced.
4. Palm to palm, fingers interlaced.
5. Palm to palm.
7. Rubbing of each wrist.
8. Rotational rubbing of fingertips in palm.
9. Rotational rubbing of thumb in palm.
10. Ensure shaded areas are not missed.

Fingers interlocked.