



Hand Therapy Treatment

It is very important to take care of our hands. After all, they do the talking when it comes to revealing our age. Every day we irritate and do damage to our hands by hand-washing, household cleaning, dish-washing and gardening. Taking care of our hands can be just as easy. VividMD products help to hydrate and revitalize the skin while also reducing sun spots and fine lines. Superior moisturization leaves the skin feeling soft. As a skin care professional, this treatment may be taught to your clients to create a relaxing and soothing experience which they can repeat at home. Great for both men and women.

DESCRIPTION:

Vivid MD's hand therapy treatment helps repair and soothe hands to achieve softer skin and a younger looking appearance.

NOT TO BE PERFORMED ON OPEN WOUNDS OR RAW SKIN

SUPPLIES NEEDED:

- *Satin Cleanser*
- *Micro Dermabrasion Cream*
- *Glycolic 15*
- *Balancing Moisture Cream*
- *Perfection C*
- Moisturizing Waterproof Sunscreen
- Towels
- Cotton Gloves or Plastic Bags
- Bowl of warm water or Sink

INSTRUCTIONS:

1. Clean the client's hands, focusing on the back of the hand. Either dip hands in a large mixing bowl filled with warm water or use sink in esthetician's room. Use *Satin Cleanser* to wash hands.
2. Gently use *Micro Dermabrasion Cream* in a circular motion to exfoliate hands. Rinse off.
3. Towel-dry hands. Make sure hands are thoroughly dry.
4. Apply a thin layer of *Glycolic 15* to hands.
(Optional: For a deeper hydration, cover hands with either cotton gloves or plastic bags.)
Leave on for 5 minutes.
5. Apply *Perfection C* generously to hands and massage in circular motions, concentrating on the cuticle areas.
6. Follow with *Balancing Moisture Cream*—also massaging in circular motions.
7. Finish by applying a moisturizing waterproof sunscreen.

You'll see instantly the hands appear more youthful. Welcome to softer hands.

PRECAUTIONS:

- May not want to use *Micro Dermabrasion Cream* or *Glycolic 15* on dermatitis or sensitive skin.

SUGGESTIONS:

- Use a hand cream containing an SPF on a daily basis.

