Tips from the Chemist
How to Care for your Hands and Feet

Our hands and feet are the ultimate tools invented, but they often undergo some serious abuse! We use our hands to touch, dress, cook, work, write and more, while our feet transport us everywhere we need to go. Their constant, unavoidable use often leads to rough, dry and chapped skin. Learn how to reward our hardest-working assets by treating them to the care they deserve. Results are healthier hands and feet with softer, smoother, younger-looking skin!

Special Skin Needs for Hands & Feet

The skin on our hands is thinner than most places on the body and its exposure to frequent washing, manual labor and environmental elements can leave hands dry and looking older than their years.

Feet, on the other hand, have much thicker skin with less capacity to retain moisture. Feet take a beating by absorbing nearly 5 times our body weight. Each foot has 26 bones, a quarter of all the bones in our body, combined with an intricate network of over 100 muscles, tendons and ligaments to create 33 separate joints. The physiology of our feet and all of the stresses they absorb often results in feet being tired and sore with dry, cracked skin. If neglected, feet may become very uncomfortable, making walking and standing painful.

Proper care for our hands and feet can not only make them look younger and more beautiful, but can also enhance their overall health to better serve us in all the demands we place upon them.

Tips for Optimal Hand Care

- Moisturize your hands and cuticles with a good hand cream at least 4-6 times a day.
- Once a week, exfoliate dead skin cells on hands, or, for more delicate skin, soak hands in warm water with lemon slices (lemon helps to gently exfoliate and smells divine!). An added bonus is softer cuticles.
- Protect your hands from sun damage with a sunscreen. Always apply sunscreen to hands prior to outdoor activities.
- Always wear rubber gloves when washing dishes and doing other household chores.
- Wear mitts or gloves in cold weather to protect hands from the harsh environmental elements.
- Wear gardening gloves when working in the yard to ward off calluses and to keep hands smooth and nails clean.

- Visit your favorite local spa for regular manicure maintenance.

Tips for Optimal Foot Care

- Twice a week exfoliate dead skin cells on feet. Soak feet in warm water with lemon slices after massaging with exfoliating scrub.
- Massage a rich moisturizing cream on feet daily. For extremely dry, rough skin, use twice daily.
- Wear socks to bed and slippers around the house to keep feet protected.
- Make sure your shoes fit properly.
- Sit with both feet on the floor for optimum circulation.
- See your healthcare provider for any foot trauma such as redness, blisters, cuts, cracks, swelling or color changes on feet.
- Visit your favorite local spa for regular pedicure maintenance.

The B. Kamins, Chemist Solution

Hands:

Don't let your hands give away your age. B. Kamins, Chemist Therapeutic Anti-Aging Hand Treatment will dramatically improve the look and feel of your skin. Powerful hydrating, brightening and skin firming agents help promote collagen production, increase skin elasticity, bind moisture to the skin and help even out skin tone to diminish the look of age spots.

For stubborn brown spots, try B. Kamins, Chemist Skin Lightening Treatment – a powerful duo when combined with the Therapeutic Anti-Aging Hand Treatment for your youngest, most beautiful-looking hands.

Feet:

Say goodbye to rough, dry feet and hello to softer, healthier skin with B. Kamins, Chemist two-step Elbow, Knee and Foot Treatment Kit. Combining a smoothing and polishing scrub with a cellular exfoliating cream, this system smoothes away surface roughness and dramatically improves skin texture on worn, dry feet. Step into a brighter future with results that will reward even the most overworked of feet.