

BEFORE YOU START

- Ensure that you have removed hand and wrist jewelry
- Ensure that your fingernails are clean, short, and free from artificial nails or chipped nail polish

RUB HANDS FOR 15-20 SECS



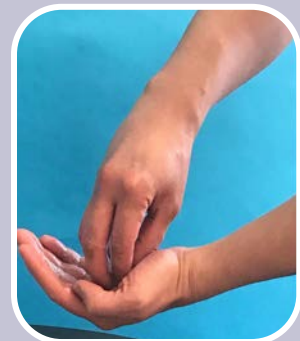
Apply enough product to cover all surfaces & clean all surfaces of hands using these instructions



PALMS OF HANDS + WEBS
Rub palms together, slide hands back & forth so fingers interlock and webs are rubbed



BACK OF HANDS + WEBS
Rub back of hands with palm of opposite hand, slide hands back & forth so fingers interlock and webs are rubbed



FINGERTIPS
Rub fingertips of each hand into the opposite palm in a circular motion



KNUCKLES
Rub knuckles by curling fingers & twisting hands; repeat on opposite side



THUMB
Rub each thumb from base to tip in a circular motion



OUTSIDE OF HAND
Rub outside border of each hand into the opposite palm



WRIST
Rub each wrist with the opposite hand in a circular motion

RUB UNTIL HANDS ARE DRY