

Our feet and hands are the most important feature of our body to give us mobility. We work them hard in our day to day life and they have to endure continual stress and movement to keep us going about our day to day activities. As a consequence, they may become dry and cracked. If left untreated this can lead to soreness, discomfort and infection. This may develop further into infection which then leads to periods of immobility as we allow our feet and/or hands to recover through medical treatment.

Here at Nativis, we have developed a range of skincare products to help manage dry/cracked feet and hands. Our products can be used on the feet and hands to remove dryness and facilitate the recovery of cracks in our skin. The products are 100% natural in composition, and all contain a natural active ingredient derived from sericin which we have called Silk Hydra-Fix®. This active ingredient deeply hydrates and moisturises the skin simultaneously allowing its natural barrier function to be restored. We recommend trying the following to bring dry/cracked feet and hands under control.

## Products Package for Dry/Cracked Feet/Hands

### Silk Hydra-Fix Soap (75g) Directions for Use - Wash First



1. Wet the affected area with warm (not hot) water.
2. Build up a lather with the hands - apply to affected area through gentle massaging with fingers.
3. Rinse with warm (not hot) water.
4. Dab dry with a clean natural fibre (Cotton for example) towel.

### Silk Hydra-Fix Moisturising Gel (200g)



#### Directions for Use - Hydrate the Skin

1. Apply a small quantity of the Gel to fingertips and gently massage into the affected areas until the Gel has absorbed.
2. For very dry skin repeat the Gel application a second time. Apply the Gel in the daytime if the skin feels dry/tight.

### Silk Hydra-Fix Moisturising Cream (50g)



#### Directions for Use - Hydrate and Moisturise

1. After cleansing affected area, apply cream with clean fingers by massaging in gently.
2. Only small quantities are required. For guidance, a pea-sized amount will cover the palm and fingers of both hands.
3. Apply morning and night and additionally in the daytime/night time should itching or inflammation recur.

**Package Price £42.30 - SAVING 10%**

Repeat above procedure until Dry/cracked skin has fully recovered. Improvements should be seen within a few days with the dryness clearing with regular use. Expect 2-3 weeks for full restoration. Thereafter apply the gel and cream daily to the affected area(s) in order to maintain a natural, healthy skin barrier function which will help to prevent dryness/cracking from developing in the future.

