

# Satin Hands and Satin Feet

## For Hands

- 1) Rub hand softener on hands
- 2) Add Satin smoothie refining shea scrub and rub well
- 3) Rinse with warm running water
- 4) Dry your hands
- 5) Massage a dime size of the nourishing shea cream in to your hands
- 6) Remove any excess lotion from your nails before your manicure

## For Feet

- 1) Soak feet in a basin of warm water or you can do this in the bathtub
- 2) Massage your feet with the hand softener
- 3) Add the Satin smoothie refining shea scrub and rub well
- 4) Rinse your feet in warm water
- 5) Dry your feet
- 6) Massage your feet and legs with body lotion
- 7) Take a towel and remove excess lotion from nails before your pedicure

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## *Other Ways to use Satin Hands*

- 1) Apply hand softener to feet and put white socks on before bed to keep feet soft and from cracking.
- 2) Apply hand softener to cuticles before bed.
- 3) Satin Hands Nourishing Shea cream can be used anytime. The moisturizing effect lasts 24 hours.
- 4) Use the Satin smoothie refining shea scrub in the shower over your entire body with a netted sponge to exfoliate the dead surface cells. Hydrate with your favorite Mary Kay body lotion and your skin will look great and not be itchy and dry.
- 5) Use satin smoothie refining shea scrub at the sink to wash your hands to regularly exfoliate and to remove grease and makeup from your hands more easily.

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