

Skin Care

Helping Hands—And Feet

(NAPSA)—Face it: Your hands and feet do a lot of work. Chances are, your work or hobbies depend on them, so it's important to keep them clean, hydrated and free from cracks and splits. Here are hints on how:

- Wash your hands for at least 40 seconds at a time.
- Wear gloves whenever possible, especially if working in the cold, doing yard work or coming into contact with harsh chemicals.
- Get a hand cream that really works.



If you're like most people, your day-to-day work relies on your hands and feet and relief for severely dry skin can be critical.

How A Good Cream Works

Consider getting a hand cream that's not oil based, because oil repels moisture. Instead, try a glycerin product, which draws moisture into skin. If your skin is dry, you need to hydrate it.

That's why O'Keeffe's Working Hands Hand Cream can bring relief to even the most severe dry skin conditions. Both this hand cream and O'Keeffe's Healthy Feet Foot Cream are made in America and come with a money-back guarantee.

These creams are increasingly popular with nurses, firefighters, postal workers and parents—and any working people who have painful cracked skin from constant exposure to water, chemicals and hard work.

Learn More

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