

Title:

Desert Hands

Word Count:

479

Summary:

A set of great-looking hands is crucial in portraying a good impression. There is no point in

Keywords:

chapped hands, dry skin, eczema

Article Body:

All of us rely immensely on our hands. While they may be one of the most visible parts of our

Too much water and chemicals is an ideal combination of rough and chapped hands. Chapped hands

And as we age, skin loses its ability to retain moisture, becoming more porous and losing its

Hence, it is always important to protect your hands whenever you have to do any sort of cleaning

A good pair of gloves can do wonders but do make sure you dry your hands thoroughly after rinsing.
 Caring For Chapped Hands

Since moisture retention is the biggest problem for chapped hands, the solution is to seal moisture

You may want to try recommended moisturizing treatments, such as the Balneum range of products

Here are some quick treatments for chapped-hands:

- Aloe Vera is a great solution. Break open a piece of the plant and rub the gel over your hands.
- Adding a little almond oil to the dishwater will soften your hands while you do the dishes.
- A solution made of sea salt and lemon brushes onto your hands twice a week with an old toothbrush.
- A concoction of honey and olive oil will do wonders for chapped hands. Rub clean hands with a
- Soak your hands in a warm cup of milk for five minutes to strengthen nails and hydrate skin.

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