



Hand Cream — Which One Is Right for You?

Mini-brochure: skin concerns & matching formulas, ingredient map (occlusives/emollients/humectants/actives), day vs night routine, SPF & gloves, washing/sanitizer tips, common mistakes & fixes, buying checklist.

Match Your Concern to the Formula

Concern	Choose	Notes
Very dry/chapped	occlusive-rich (petrolatum, lanolin) + ceramides	night: thick layer + cotton gloves
After frequent washing	humectants (glycerin, urea 5-10%) + light occlusive	reapply after every wash; pat dry first
Anti-aging/texture	retinol/peptides + niacinamide + SPF day cream	use actives at night; sunscreen by day
Eczema-prone/sensitive	fragrance-free; colloidal oatmeal; ceramides	avoid essential oils; patch test
Cuticles/nails	oils (jojoba, sweet almond) + urea 10-20% for rough skin	massage into nail folds nightly

Ingredient Map — Read the Label

Category	Examples	What they do
Occlusives	petrolatum, lanolin, dimethicone, shea butter	seal moisture; barrier for cracks
Emollients	shea, cocoa butter, squalane, triglycerides	smooth roughness; soften feel
Humectants	glycerin, urea 5-10%, hyaluronic acid	draw water in; improve flexibility
Actives	niacinamide, panthenol, retinol, AHAs/lactic	tone/texture; support barrier renewal
Soothers	colloidal oatmeal, allantoin, bisabolol	reduce irritation and redness

Avoid If You're Sensitive

- Strong fragrance or essential oils (especially citrus) in leave-ons.
- High alcohol denat. content that can dry hands with frequent use.



When & How to Apply

- Day: light cream/gel with humectants; add ****SPF**** if outdoors/driving.
- Night: richer occlusive; layer oil on cuticles; cotton gloves for 20–30 min or overnight.
- Amount: ~a large pea per hand; reapply after washing or sanitizer.

Washing & Sanitizer — Protect the Barrier

- Use gentle, low-SLS soaps; pat dry (don't rub).
- 60–70% alcohol sanitizers: follow with humectant-rich cream once dry.

Routines by Scenario

Scenario	Routine
Office/typing	light, non-greasy cream; quick-absorbing; SPF on commutes
Healthcare/beauty pros	fragrance-free, urea/glycerin; reapply each wash; repair balm nightly
Cold/windy weather	occlusive-rich; gloves outdoors; humidifier at home
Sun & driving	broad-spectrum SPF hand cream; reapply every 2 h

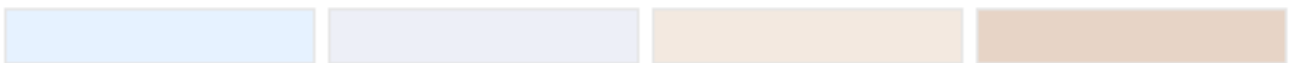
Common Mistakes & Fixes

Mistake	Fix
Only emollients, no occlusive	seal with petrolatum/lanolin at night
Skipping SPF on hands	use SPF hand cream; especially while driving
Applying to wet hands	pat dry first; apply within 2–3 minutes after washing

Quick Buying Checklist

- Daily: glycerin/urea 5–10% + light occlusive.
- Repair: petrolatum/lanolin + ceramides + panthenol.
- Sensitive: fragrance-free + colloidal oatmeal.
- Day outdoors: SPF 30 broad spectrum.

Texture Scale — Pick Your Finish



Scan the QR to open the full guide: Hand cream — which one is right for you?