



SIXPRO BUEN CAMINO

ANTIFRICCIÓN 100% NATURAL



English

In general, people usually produce "dead" skin that is eliminated naturally.

In the case of the feet and as a result of the pressure and weight in each step, this skin is compacted and it generates a Hyperkeratosis this is what we usually call callus or hardness. These deformations of dead skin may vary depending on the tread of each person. It is really important to remove this layer of dead skin because as a result of an excess of moisture either external or internal, it will tend to soften and detach, causing in many cases a big wound.

In other cases in which this humidity isn't present, the blisters usually appear under that hard layer of skin causing a strong and piercing pain in each step which is similar to having a nailed sto-

ne. Getting rid of that internal blister is very difficult and in most cases, you have to let it absorb naturally, or debride it with the help of a professional, which will take you a few days without being able to support the foot normally.

Keep in mind that peregrination a few kilometers while injured on your foot's skin will cause you to involuntarily modify the tread to eliminate pain. That change can cause a more severe injury on a muscular level.

Because of this, it's extremely important to create a simple habit that will lead to having hydrated and nourished feet without an excess of skin, whose result will be: **ELASTICITY/ FLEXIBILITY.**

ADVICE FOR SKIN PREPARATION WITH SIXPRO® BUEN CAMINO

IMPORTANT

From SIXPRO® we ALWAYS recommend periodic visits to podiatry centers, where they will review the condition of your skin and the control of the tread which is extremely important.



PREPARATION FOR THE FEET

1

It's really important to gradually and gently eliminate the excesses of dead skin and calluses. Do not try to do it at once, it's important to remove it gently to not harm the skin and accustom the feet to the absence of it.

2

To remove this skin, use a "Pumice stone" always with moist skin and taking advantage of the showers, in this case with 1 or 2 times per week will be enough. It will not be necessary to invest more than one minute therefore it can be a habitual hygiene guideline. Then, once the feet are completely dry, apply a small layer of **SIXPRO® BUEN CAMINO** (do not massage, just apply it) and put on some socks.

IMPORTANT: do not leave the Pumice Stone in the shower, since it is porous it can be infected by fungus and contaminate the feet.

3

In the mornings before putting on your shoes, apply a small amount of the product on the sole, heel, toes, sides, and nails of your feet (without massaging it) then put on the socks. (The daily application is recommended in the first weeks until reaching the ideal elasticity. When an optimum quality is appreciated on the skin, the daily applications can be spaced to 3 times per week for proper maintenance).

PREPARATION IN PRIVATE AREAS

1

Although it's not suffered in these areas, it's **IMPORTANT** to apply in intimate areas and anus a small amount of **SIXPRO® BUEN CAMINO** just before going to sleep, at least 3 days per week, since during the night the skin regenerates better and we will get excellent elasticity and nutrition in those areas where the skin is very thin.

2

Avoid hair removal at these areas at least 1 month before the start of the peregrination to avoid irritation and infections in the pores.

PREPARATION DURING HIKING OR PEREGRINATION



ON THE ROAD

During peregrination hours, **SIXPRO® BUEN CAMINO** will execute its lubricating function therefore the application should be more generous and repeated as many times as necessary.

Apply before departure on feet, intimate areas, and other areas of friction. In the case of RAIN, you must apply **SIXPRO® BUEN CAMINO** on the upper part of the foot up to the ankle since the Virgin Beeswax will create a waterproof film that will protect the skin.

ARRIVING AT THE HOSTEL

After the shower, apply a small amount of **SIXPRO® BUEN CAMINO** on feet, intimate areas, and visibly irritated areas to regenerate and repair those parts during rest hours.

Tips on footwear

It is very important to dedicate a few minutes to the proper adjustment of footwear. The foot shouldn't be loose inside the shoes, so it's really important to tie the shoelaces properly. If the feet get swollen as the hours pass it's necessary to loosen the shoelaces while still making sure the foot isn't too loose inside of the shoe. It's common for a blister to appear between the heel and the back of the ankle, this is because the footwear is not well attached at the instep height.

Remember that SIXPRO® cosmetics due to their nature don't have incorporated sun protection factors, the skin where the product has been applied must not be exposed to sunlight.

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