



ADVICE FOR SKIN PREPARATION WITH SIXPRO® SPORT

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. In the case of athletes who practice Ultra Trails and in general long-distance tests 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 stone. 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 running 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**

PREPARATION FOR THE FEET (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.)

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® SPORT** (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, or before stage or extreme competitions. 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® SPORT** 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 competition to avoid irritation and infections in the pores.

IN TRAINING AND ULTRA-TRAILS

On training days or Ultra-Trail, we have to think that the product will function as a lubricant. Therefore the application should be more generous. In case of rain, **SIXPRO® SPORT** should also be applied from the top of the foot to the ankle, since virgin beeswax creates a waterproof film that will protect the skin.

BEFORE DEPARTURE

Apply a generous amount on the feet and in intimate areas and anus. Repeat the operation as many times as necessary, essential in the “Life Base”.

AT THE END OF THE COMPETITION:

After the shower apply a small amount to regenerate and repair the areas.

Tips on footwear. After several studies, we are noticing that many runners aren't careful adjusting shoelaces during competitions. In asphalt tests, there is not so much need since the ground is firm and the tread is always stable. In the case of the Ultra-Trail runners or in the case of the **Marathon des Sables** through the desert, the ground is totally unstable, both in profile (ascent - descent) and terrain (stones, roots, furrows ...). This causes a movement of the foot inside the footwear that causes the support to loosen. We recommend taking advantage of supplies to adjust the footwear especially when we know that shortly we will find a strong and long descent.

www.sixpro.eu
info@sixpro.eu

