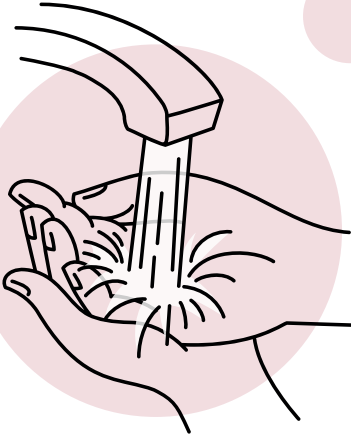
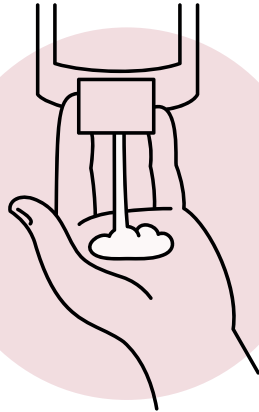


MINDFUL HAND WASHING FOR MASSAGE THERAPISTS



Wet hands with hot water



Apply soap to cover all hand surfaces



Rub hands palm to palm



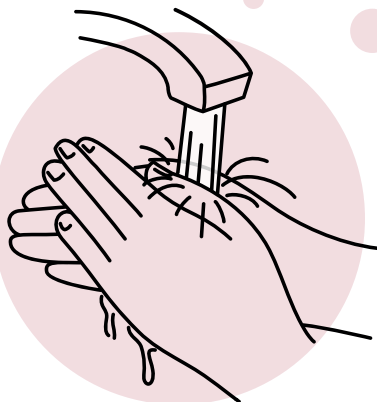
Rub each hand over the other including between fingers



Breathe, smile and remember there's always Jing



Don't forget to clean nails too



Rinse hands thoroughly



Dry hands with a disposable towel or hand dryer

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