



12. Winter Hand-Foot Crack Care Line

(Intensive Ayurveda-Inspired Rescue for Chapped Hands, Heels & Cuticles)

Sub-zero winds, dry heaters, frequent sanitiser use, and rough footwear aggravate **Vata-Kapha** in peripheral tissues, causing fissures, scaling and soreness.

This focused winter kit supplies deep lipids, herbal keratolytics, and mild antifungal protection to restore supple skin in ≤ 7 days.

Code	Product	Batch Size	Core Function
W-1	<i>Dashamoola Sesame Hand-Foot Soak Salts</i>	250 g pouch	Warm, anti-inflammatory softening pre-step
W-2	<i>Licorice-Triphala Cleansing Butter</i>	80 g jar	Non-foaming balm removes grime without stripping
W-3	<i>Methi-Kokum Crack Seal Balm</i>	45 g tin	Occlusive “sealant” for deep heel fissures
W-4	<i>Shatavari-Honey Overnight Gloves & Socks Mask</i>	70 g tube	Long-wear humectant + lipid infusion
W-5	<i>Neem-Turmeric Cuticle Rescue Oil</i>	15 ml dropper	Anti-microbial edge care
W-6	<i>Amla-Guduchi Winter Ojas Tea (10 sachets)</i>	6 g sachet	Internal rasa support for skin hydration

All leave-ons are fragrance-free or EO ≤ 0.2 % to avoid winter sensitivities.

1 . Key New Formulations

W-1. Dashamoola Sesame Hand-Foot Soak Salts (250 g)

Ingredient	Qty
Dead Sea salt	150 g
Epsom salt	70 g
Dashamoola coarse powder	10 g
Sesame oil micro-encapsulate	10 g
Ginger EO 0.15 %	0.25 g
Rosemary antioxidant	0.2 g

Blend dry, tumble 5 min; seal foil pouch.

Use : dissolve 2 tbsp in 2 L 40 °C water; soak 10 min.

W-2. Licorice-Triphala Cleansing Butter (80 g)

Ingredient	Qty
Shea butter	35 g
Kokum butter	10 g
Sesame oil	20 g
Licorice extract oil-sol.	2 g
Triphala fine powder (1 %)	0.8 g
Emulsifier (polyglyceryl-4 oleate)	2 g
Vitamin E	0.4 g
Tocopherol	0.4 g
Rosemary antioxidant	0.4 g

**Ingredient****Qty**

Melt fats 70 °C, cool 40 °C, add actives, whip, jar.

How : Massage pea-size on dry, cracked zones; wipe with warm damp cloth.

W-3. Methi-Kokum Crack Seal Balm (45 g)**Ingredient****Qty**

Kokum butter	15 g
Beeswax	12 g
Coconut oil	10 g
Fenugreek seed CO ₂ (0.8 %)	0.36 g
Tamanu oil (calophyllum)	5 g
Turmeric CO ₂ 0.2 %	0.09 g
Bisabolol 0.5 %	0.23 g

Warm, blend; pour tin.

Use : Fill fissures at bedtime; cotton socks/gloves optional.

W-4. Shatavari-Honey Overnight Mask (70 g airless)

Phase	Ingredient	Qty
Water	RO water	25 g
Decoction	Shatavari 3 %	15 g
Humectant	Raw honey	10 g
Humectant	Glycerin	5 g
Oil	Mango butter	6 g
Oil	Sesame-ashwagandha macerate	5 g
Emulsifier	Olivem 1000	2.5 g
Actives	Urea 5 %	3.5 g
Preservative	Geogard ECO	0.8 g
pH 5.4	lactic acid	q.s.

Thick lotion; apply 1 mm layer; slip on gloves/socks overnight.

W-5. Neem-Turmeric Cuticle Rescue Oil (15 ml)**Ingredient****Qty**

Jojoba oil	10 ml
Sesame oil	3 ml
Neem CO ₂ 0.5 %	0.075 ml
Kasturi turmeric CO ₂ 0.2 %	0.03 ml
Vitamin E	0.15 ml
Lavender EO 0.15 %	0.022 ml

Roll on nail margins twice daily.

W-6. Amla-Guduchi Winter Ojas Tea

Per 6 g sachet → Amla powder 1.5 g • Guduchi powder 1 g • Dry ginger 0.5 g • Liquorice 0.3 g • Date sugar 2 g • Pink salt



0.2 g • Cardamom 0.5 g.
Steep in 200 ml 85 °C water 4 min; sip afternoon.

2 . 7-Day Rescue Protocol

Routine	AM	PM
Day 1 Soak W-1 → Cleansing Butter W-2 → Crack Balm W-3		Overnight Mask W-4 + Cuticle Oil
Day 2-6 Quick wipe with W-2 → Balm spots		Mask alt-night; Balm nightly
Day 7 Repeat full soak & polish		Balm seal

Sip Ojas Tea daily at 4 pm for systemic hydration.

3 . Contra-Signals & Safety

- **Diabetics:** limit foot soak to 37 °C; monitor sensation.
- **Pregnancy:** Neem EO in Cuticle Oil ≤ 0.5 %—patch-test.
- Broken bleeding fissures → use sterile saline + Balm only.