**VICKS VAPORUB**

1. Take a small amount of Vicks from the jar with a Q-tip. \*\*\*\* Always use a clean Q-tip when removing Vicks from the jar to avoid contaminating the Vicks in the jar\*\*\*\*
2. Place a THIN coat of Vicks on top of the nails.
3. Make sure only the nails are covered with the Vicks. Try to avoid getting the Vicks on the skin or in between the toes as it might irritate the skin.
4. Apply the Vicks once a day either in the morning or the evening. We recommend wearing socks after you have applied the Vicks.
5. If applying Vicks in the morning, wash it off before going to bed. If applying Vicks in the evening, wash it off in the morning. Clean thoroughly between toes and dry well.

\*\* Be sure to use separate jar of Vicks for your toes. Label each jar well!

\*\* Do not have nail polish on your nails as the Vicks won’t be effective.