

ADVICE WITH SIXPRO®MDS

MARATHON DES SABLES®, is characterized by being one of the toughest tests on the planet that takes place in the Sahara Desert at very high temperatures. The main difficulty for the skin is going to occur mainly in the feet because of the continued friction accompanied by the high temperatures, the high weight of the backpack and the desert sand. Most dropouts in **MDS®** occur because of the painful wounds on the feet of the participants. It is for this reason that from **SIXPRO®** we insist on the **PREPARATION** of the skin to achieve greater resistance and minimize or eliminate the risk of blisters.



SIXPRO®MDS, is not only an antifriction lubricant. It is a high-end natural ointment with restorative, moisturizing and nourishing properties that will enrich and give the skin an ideal elasticity for all those athletes who will face a competition of these characteristics.

INTRODUCTION:

In general, people usually generate skin that is eliminated naturally. In the case of the feet and because of the pressure and the weight in each step, a **Hyperkeratosis** is compacted and generated or as we usually know colloquially "callus or hardness". These skin deformations vary depending on the tread of each person. In the case of Athletes who practice long distance tests is very important to eliminate this layer of "Dead skin" because of excess moisture, it will tend

to soften and detach causing in many cases a great wound.

In cases where this moisture is not formed, the blisters usually appear under that hard layer of skin causing a strong puncture in each tread similar to having a pinned stone. Removing that internal blister is very difficult and in most cases you have to let it absorb naturally or "Debride it" by a professional, which will take us a few days **WITHOUT BEING ABLE TO SUPPORT THE FOOT WITH NORMALITY**

It must be taken into account that running for a few kilometres while having lesions on the skin of the feet will cause the footprint to be involuntarily modified to eliminate pain and this modification by compensation can cause a more important injury at the muscular or articular level. For these reasons, it is extremely important to create a simple habit that will lead to having feet without excess skin, hydrated, nourished and whose result will be: **ELASTICITY / FLEXIBILITY.**

ADVICE FOR SKIN PREPARATION WITH SIXPRO® MDS

PREPARATION FEET 1 MONTH BEFORE START. (From SIXPRO® we recommend a visit to a podiatric centre 1 month before the start of MARATHON DES SABLES)

1- Very important to gradually and gently eliminate excesses of dead skin and calluses. Do not try to do it at once, it is important to remove gently so as not to attack the skin.

2- To remove this skin use a "Pumice stone" always with wet skin and taking advantage of the showers, at least 3 times per week. It will not be necessary to invest more than one minute therefore it can be a habitual hygiene guideline. Then, once the feet are very dry, apply a small

layer of **SIXPRO® MDS** (*without massaging*) and put on some socks. **(IMPORTANT: do not leave the Pumice Stone in the shower, since being porous can be infected with fungi and contaminate the feet).**

3- In the morning before placing the footwear apply a small amount of the product on the plant, heel, fingers, sides and nails (*without massaging*), then put on some socks.

PREPARATION IN PRIVATE AREAS:

1- Although apparently these areas seem to be fine, it is very important to prepare them because in **MDS®** high temperatures, sand and lack of hygiene can cause very annoying irritations. **IMPORTANT** apply in intimate areas and anus, a small amount of **SIXPRO® MDS** just before going to sleep, at least 3 days per week, since at night the skin regenerates much better and we will get in those areas where the skin is very thin, excellent elasticity and nutrition.

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

3- IMPORTANT: THE 15 DAYS PRIOR TO "MDS" APPLY ALL NIGHTS.

DURING MDS® COMPETITION

BEFORE START:

In the morning before departure apply a **GENEROUS** amount on feet, intimate areas and those areas of friction (**IMPORTANT: the product has no built-in sun protection factor, taking into account that the areas of friction are hidden, there should be no problem but it should not be applied in areas where it directly touches the sun's rays**). Repeat the operation if necessary especially during the long test.

AT THE END OF EACH STAGE:

At the end of each stage and reach the hayma, it is advice to cool the feet and other areas with water to eliminate product residue, sweat and particles. Dry the skin well without dragging the towel or blotting paper. In the case of the feet leave in the air for a while. Then apply a small layer of the product and place sock. During the night, it will regenerate and repair the skin to have it ready for the next stage.

*(Advice on footwear: After several studies, we have observed that a large number of participants have no precaution in adjusting the footwear during the stages. It should be borne in mind that the terrain in **MARATHON DES SABLES®** is very unstable, this causes a movement of the foot inside the footwear increasing friction. For this reason it is very important, in our view, not to follow the erroneous advice of wearing footwear with numbers well above the usual under the pretext of swelling in the feet. Adding half number more will be more than enough. In the case of swelling, it will be enough to loosen the shoelaces to give it width. If more numbers are used than usual, the feet will end up sliding inside the footwear and the blisters will appear safely.)*