

ZONE 3

5 hours for both sides of both hands ending at the elbows

ZONE 2

4 hours for both sides of both hands ending at mid arms



ZONE 1

3 hours for both sides of both hands ending at the wrists

## FEET

Zone 1 – 30 minutes for “slippers” or Mandalas on tops of feet

Zone 2 – 60 minutes with medium coverage ending at ankles

Zone 3 – 90 minutes for fancy patterns extending to mid-shin