



THE LONG VERSION · FOR PEOPLE WHO READ LABELS

RHINO DEEP DIVE

Skin, muscles, joints: what's in every bottle, what it actually does, and when to reach for it.

PLANT BASED · MADE IN REDMOND, OREGON · ATHLETE TESTED



READ THIS FIRST

THE WHOLE LINE RUNS ON ONE FOUR-STEP LOOP

Rhino started at Smith Rock as a fingertip problem. It didn't take long to notice the same cycle of sweat, wear, damage, and soreness anywhere skin meets gear, from a ski boot to a tiller. Four steps cover it.

1

PREPARE

The night before and the hour before: sweat control, skin conditioning, a clean start.

2

PERFORM

Dry, durable skin that holds up while you're on the rock, the bars, or the deck.

3

REPAIR

Splits, cracks, worn pads, raw knuckles, mat burn. Whatever the day left behind.

4

RECOVER

Muscles and joints, so you're back out tomorrow instead of on the couch.

Most people find Rhino at step 3, after something tears. Nothing wrong with that. The first two steps are what make step 3 rare, and the fourth is what gets you back out.

PREPARE AND PERFORM

PERFORMANCE



In it: a skin conditioner with a mild antiperspirant.

Does: builds tougher, drier skin over a few weeks of use.

When: on clean hands six to eight hours out. Most people make it part of bedtime.

DRY



In it: an aluminum-free antiperspirant spray.

Does: the full-strength sweat stopper for hands and feet.

When: spray it on, let it dry completely, then gloves, boots, or chalk.

CLEANSE



In it: a spray-on, wipe-off wash for skin and gear.

Does: cuts grime, sweat, and gear funk when there's no sink for miles.

When: before, after, or in the trailhead lot.

HYDRATE



In it: aloe and hyaluronic acid in a fast-absorbing spray.

Does: puts moisture back into glassy, low-friction skin. Doubles as after-sun.

When: a few minutes before you pull on, or after a day in the sun.

TIP JUICE



In it: the maximum-strength skin toughener, on an aloe base.

Does: armor for fingertips that are about to see a lot of rock.

When: fingertips only, and only as directed.

RULE OF THUMB

SWEATY OR DRY? DECIDE THAT FIRST.

Know which problem you have before you buy anything. Sweaty hands want Dry, with Performance for everyday maintenance. Glassy, dried-out hands want Hydrate, and probably less chalk than you're using.

THE LINEUP · PART TWO

REPAIR AND RECOVER

SPLIT



In it: beeswax, arnica, dragon's blood, tea tree, vitamin E.

Does: a barrier that stays put over one cut, crack, gobie, or torn callus.

When: the moment it opens, and under tape if you're climbing on.

SPLIT+



In it: a nutrient-rich, plant-based whipped balm.

Does: deep conditioning for hands and feet that are properly worked over.

When: after the session, or overnight under socks.

REPAIR



In it: cooling, fast-absorbing, non-greasy cream.

Does: the everyday cream for worn skin, sore muscles, and achy joints.

When: end of the day, or any time. It goes on fine under gloves.

SPF 15 BALM



In it: zinc, reef-safe, a little vanilla.

Does: protects lips from wind, glare, altitude, and light bouncing off snow and water.

When: every jacket pocket. Reapply whenever you think of it.

MASSAGE CREAM



In it: arnica, ginger, turmeric, magnesium, capsaicin.

Does: warms up tight muscles and stiff joints. A curry for your body. Expect a tingle.

When: before, on anything stiff; after, on anything that hurts. Keep it off the holds.

MASSAGE OIL



In it: organic coconut oil, arnica, vanilla.

Does: enough glide for real bodywork on forearms, shoulders, back, and legs.

When: you've got ten minutes and a sore friend.

SPLIT IS THE POCKET BALM FOR ONE BAD SPOT. SPLIT+ IS THE OVERNIGHT WHIPPED BALM FOR THE WHOLE HAND.

CLIMBING · READ YOUR SKIN FIRST

YOUR SKIN TELLS YOU WHAT TO PUT ON IT.

SWEATY, SLIPPERY, CHALK TURNS TO PASTE

Reach for: Dry, with Performance for everyday maintenance. Hit grimy skin with Cleanse first.

Spray Dry on the night before a hard day and let it set. Performance goes on clean, dry hands six to eight hours before you tie in.

GLASSY, SLICK, NOTHING ON SLOPERS OR POLISHED PLASTIC

Reach for: Hydrate, then use less chalk.

One spray a few minutes before you pull on, enough time to absorb, and the friction comes back.

SPLIT, FLAPPER, GOBY, WORN PADS

Reach for: Split on the spot, Split+ overnight, Repair every night.

Tape it for the pitch with Split underneath. Split+ when you get home, Repair before bed, and the skin is usable by morning.

FINGERS, FOREARMS, ELBOWS, SHOULDERS ARE DONE

Reach for: Massage Cream, or Massage Oil if someone else is doing the work.

After the session only, and nowhere near the holds.



CLIMBING · TWO THINGS EVERYONE LEARNS THE HARD WAY

THE GRIP RULE, AND THE HABIT THAT PAYS OFF

THE GRIP RULE

BALMS, CREAMS, AND OILS GO ON AFTER YOU CLIMB.

The prep products (Dry, Performance, Hydrate, Tip Juice) go on early enough to dry or absorb completely before you touch rock.

Everything else waits until the rope is coiled. Grease one jug with massage cream and you'll remember the rule for life.

THE HABIT

RUN IT LIKE A TRAINING PLAN.

- Performance on training nights, Dry on send days.
- Repair every night, no exceptions.
- Split+ when a training block gets heavy.
- Hydrate when the gym plastic goes glassy.

Do that for a month and skin stops dictating your rest days.

FROM THE REVIEWS: DRY FOR HUMID DAYS, HYDRATE FOR GLASSY SKIN, SPLIT FOR THE CRACK THAT WOULD HAVE ENDED THE DAY.

WINTER · YOUR SKIS NEED WAX. YOUR SKIN NEEDS RHINO.

DRY HANDS ARE WARM HANDS.

Wet skin dumps heat far faster than dry skin, and most of that moisture is your own sweat. That makes sweat control the real warmth product, more than the next glove.

DAMP GLOVES, CLAMMY LINERS, COLD FEET BY SECOND CHAIR

Reach for: Dry the night before big days, Performance all season, Cleanse for the lodge or the van.

Less moisture in the boot means less heat pulled out of your feet, and drier hands mean more feel on poles, buckles, and bindings.

CRACKED KNUCKLES, CHAPPED CUTICLES, BOOT-BATTERED FEET

Reach for: Split for the single crack, Split+ overnight, Repair at the end of the day.

Hydrate is the non-greasy fix for windburn, constant hand-washing, and long days inside gloves.

WIND, GLARE, ALTITUDE ON THE LIPS

Reach for: SPF 15 lip balm. Zinc-based, reef-safe, and small enough to live in every jacket pocket.

QUADS, CALVES, LOWER BACK, CRUSHED FEET AT APRES

Reach for: Massage Cream first, Massage Oil if it turns into a proper session.

The warmth is the point after a day in the cold. Add Repair or Split+ on your hands and tomorrow starts with skin that works.



MOUNTAIN BIKE · GRIP STARTS WITH YOUR HANDS

YOU KEEP REPLACING GRIPS. THE PROBLEM IS UNDER THEM.

SWEATY PALMS, HOT FEET, BAR SLIP ON LONG CLIMBS

Reach for: Dry before big days, Performance as the weekly baseline.

Drier hands keep the grips planted on long climbs, and drier feet put off the hot spots that show up on hour three.

DRY, LOW-FRICTION HANDS AFTER DUST AND SWEAT

Reach for: Hydrate in the hip pack, Cleanse for degreaser hands when the shower is hours away.

ROAD RASH, SCRAPES, RAW PALMS, SPLIT KNUCKLES

Reach for: Split+ on rash and scrapes after the ride, Split for one bad spot, Repair for everyday dust-dried hands.

Shop mechanics figure this out first. Repair is the bottle that ends up living on the bench.

ARM PUMP, FOREARMS, LOWER BACK, QUADS AFTER DESCENTS

Reach for: Massage Cream at the tailgate, Massage Oil at home.

Work it into your forearms between laps and shuttle days get a lot more repeatable.



WATER · SALT TAKES MORE THAN THE BOAT

THE WET-DRY CYCLE OPENS UP FINGERTIPS AND HEELS EVERY TIME.

HANDS THAT HAVE TO HOLD THE LINE ALL DAY

Reach for: Performance in the weeks before the season, then before every session.

It builds tough, pliable skin where the sheet, the paddle, and the boom land. Durable without going brittle.

SALT-DRIED, SUN-COOKED, CRACKED HANDS AFTER RINSE-OFF

Reach for: Repair after rinse-off, Split+ overnight for deep splits, Split for the single crack.

Hydrate pulls double duty on the water as after-sun relief for skin that got more exposure than planned.

SUN AND GLARE ON THE LIPS

Reach for: SPF 15 lip balm. It's zinc-based and reef-safe, which matters more here than anywhere.

PADDLE SHOULDERS, GRINDER ARMS, POP-UP SORENESS

Reach for: Massage Cream at the dock, Massage Oil later.

Instructors and guides tend to find this first. Nobody logs more hours in salt water than they do.



GYM FLOOR · YOUR BODY TOUCHES EVERYTHING

CLEAN UP, DRY OUT, PATCH UP, RECOVER.

Start with whatever you touch most, bars, gloves, ropes, mats, or a heavy bag, and work backward to the product.

SWEAT ON THE BAR, SLIPPING IN GLOVES OR ON RINGS

Reach for: Dry before the sweaty sessions, Performance as the daily baseline.

Put it on ahead of time and let it set, and you get drier hands and feet for bars, grips, ropes, and mat work.

NO SHOWER, GEAR THAT SMELLS LIKE THE GYM

Reach for: Cleanse. Spray it on, wipe it off. Works on skin, wraps, pads, shoes, and the bag itself.

TORN CALLUSES, MAT BURN, CRACKS, ABRASIONS

Reach for: Split for the spot, Split+ overnight, Repair before or after, Hydrate when your hands lose their feel.

A small tear doesn't have to cost you a training block. Split keeps it closed and clean.

FOREARMS, WRISTS, SHOULDERS, HIPS, KNEES AFTER VOLUME

Reach for: Massage Cream as the warm-down, Massage Oil when it's time for real bodywork.



WHAT THE REVIEWS KEEP SAYING

SIX THINGS CUSTOMERS KEEP SAYING

01

DRY: NOTICEABLY DRIER HANDS

Put it on ahead of time and it just works: hands and feet that stay dry through long sessions and humid days.

02

PERFORMANCE: THE HABIT

The everyday product. Reviewers talk about longer, less rushed sessions and skin that feels better conditioned month after month.

03

HYDRATE: THE SURPRISE

Nobody with glassy skin expects a spray to help, and then it does: better feel, better friction, more confidence on slick holds.

04

SPLIT: SAVED THE DAY

The stick that keeps a split, a cut, or a torn callus from ending the session or derailing a training block.

05

REPAIR: THE DAILY LOTION

Absorbs fast, doesn't feel greasy, and leaves skin feeling stronger and more resilient. The everyday favorite.

06

MASSAGE CREAM: THE WARMTH

That warming feel after a cold day or a hard session, through quads, calves, lower back, and forearms. People use it more often than they planned to.

THEMES FROM CUSTOMER REVIEWS ON RHINOSKINSOLUTIONS.COM

WHAT'S DOING THE WORK

ARNICA

Split · Massage Cream ·
Massage Oil

The old mountain-hut remedy for bruises and soreness. It's in the balms for worn skin and in the body products for muscles and joints.

CAPSAICIN

Massage Cream

The compound that makes chilies hot. It's the warmth in Massage Cream, the reason we call it a curry for your body, and the tingle is it getting to work.

MAGNESIUM

Massage Cream · the repair side

Muscle and joint support, applied right where it hurts instead of swallowed as a pill.

GINGER, TURMERIC

Massage Cream

Warming botanicals that round out the capsaicin, so the heat builds instead of biting.

HYALURONIC ACID

Hydrate

Pulls water into dry, glassy skin fast, with no grease, which is why Hydrate brings the feel back instead of making hands slick.

ALOE

Hydrate · Tip Juice

Hydration and a calming base. In Tip Juice it's the carrier for the toughener.

BEESWAX

Split

The barrier that keeps Split in place under tape and through the next pitch.

DRAGON'S BLOOD

Split

A tree resin with a long history on small wounds. In Split, it's doing exactly that job.

THE REST OF THE LABEL, AND WHAT ISN'T ON IT

TEA TREE OIL

Split

Keeps an open crack clean while it closes.

VITAMIN E

Split

Conditions the skin under the barrier.

HONEY, WILLOW BARK

The repair side of the line

Honey for the skin; willow bark, the plant aspirin was derived from, for soreness.

ZINC

SPF 15 lip balm

Mineral sun protection with no chemical filters, so it's reef-safe.

COCONUT OIL

Massage Oil

Organic, and the reason the glide lasts through a real massage.

VANILLA

Massage Oil · SPF 15 lip balm

Scent, and only scent.

NOT IN THE BOTTLE

No synthetic preservatives or emulsifiers. No parabens, no phthalates, and the bottles are BPA-free. No camphor or menthol anywhere in the line, and the sweat control is aluminum-free. The warmth in Massage Cream is capsaicin and botanicals, not an ice-then-heat trick.

WHIPPED BALM, NOT CREAM

The label on Split+ says whipped balm, and that's the right word: rich, plant-based, and it absorbs instead of sitting on top. It's the overnight product for wrecked skin.

THE QUESTIONS THAT COME UP AFTER A MONTH

HOW FAR AHEAD DOES PERFORMANCE GO ON?

Six to eight hours ahead, on clean, dry skin. Most people settle on the night before, because then it's just part of going to bed.

DRY OR PERFORMANCE?

Dry is full strength for the days that matter. Performance is the maintenance version with skin conditioning built in. Plenty of people run both: Performance all week, Dry on the day.

HYDRATE RIGHT BEFORE I CLIMB OR LIFT?

Yes, that's exactly what it's for. Give it a few minutes to absorb. If your hands are sweaty rather than dry, you want Dry instead.

WHY DOES MASSAGE CREAM TINGLE?

Capsaicin, the warming ingredient. The tingle fades as it absorbs. Wash your hands afterward and keep it away from eyes, cuts, and anything you plan to grip.

SPLIT OR SPLIT+?

Split is the pocket stick for one cut, crack, or gobie, and it stays put under tape. Split+ is the whipped balm for a whole hand or foot that's properly worn, after the session or overnight.

REPAIR UNDER GLOVES OR BOOTS?

Yes. It absorbs fast and isn't greasy, so liners, gloves, and socks go on fine. It's also the one for sore muscles and joints when you don't want the heat of Massage Cream.

THE REST OF WHAT PEOPLE ASK

THE GRIP RULE, AGAIN

Prep products need to dry or absorb fully before you touch rock, bars, or boards. Balms, creams, and oils are for after the session, and they stay off the holds.

LIPS

The SPF 15 lip balm is zinc-based and reef-safe. Keep one in every pack, every jacket, and every boat.

SIZES

The 1 oz bottle lives in the go bag, the 3.4 oz is the home size, and the 24 oz refill pouch, with 73 percent less plastic than bottles, is for people who go through a lot of it.

WHERE IS IT MADE?

Redmond, Oregon, in Rhino's own facility, which runs on 100 percent on-site solar. Formulated by a pharmacist, built by a chef, and tested by athletes who pay attention to their skin.

COMING

An SPF 30 sunscreen, reef-safe and plant-based, is in the works for long days outside.

THE ONE-SENTENCE VERSION

Prepare, perform, repair, recover: Rhino covers the whole loop, not just the moment your skin gives out.

WORK. PLAY. RECOVER.

THE DAYS THIS IS FOR

Rock, snow, dirt, salt water, mats. The arena changes. The hands don't.





PREPARE. PERFORM. REPAIR. RECOVER.

Rhino is what we put on our own hands, legs, and lips. It's formulated by a pharmacist, built by a chef, and made in Redmond, Oregon. Dry hands the night before, tougher skin on the day, and something that works when you wreck it anyway.

PLANT BASED · ATHLETE TESTED · [RHINOSKINSOLUTIONS.COM](https://rhinoskinsolutions.com)

