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Menopause, Andropause And Other Hormone Imbalances  
Impair Healthy Healing In People Over The Age Of 30!**

## **How to Wind a Wrist Watch**

**By Sandy Parke**

## **How to Wind a Wrist Watch**

by: **Sandy Parke**

Sassy Parke, owner of

[www.sassyclassics.com](http://www.sassyclassics.com)

## **How To Look After Your Watch**

**By Sintilia Miecevole**

Hand-wound watches

With a new watch, wear it every day for at least two weeks. First wind the watch, then set the hands.

Wind slowly and regularly.

Wind daily, if possible, in the morning.

Automatic watches

With a new watch, wear it every day for at least two weeks.

First wind the watch, then set the hands.

If you wear your watch every day and take it off at night; there is no reason to wind it by hand.

Setting the date with hand-wound & automatic watches

## How to Wind a Wrist Watch

Never use the rapid–advance feature between 8 p.m. and 3 a.m.

Never wind the hands back beyond 12 midnight.

Quartz watches

Water–resistant watches

Check that the crown is screwed in before swimming or bathing.

After swimming in the sea or in water containing chlorine, rinse the watch under running tap water.

Temperature, shocks, magnetic fields

Service intervals

On average, every four to five years. Only entrust the watch to an official IWC agent.

Leather straps, glasses

Enjoy your watch!

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