

# Keratosis Pilaris

Not sure what you would call it in normal terms but I am describing the rough, pimply patches on your upper arms, cheeks, thighs or even your bum. Here is an example of what it is.



There is nothing to worry about as this is not contagious. It is a harmless skin condition and can affect loads of people...female and male. It is not itchy, does not hurt and it should clear by itself. With time.

So what causes it? It is a build up of keratin. Keratin is a hard protein that protects your skin from infectious or harmless substances. No one knows why it occurs but one of the reasons could be genetics. If you suffer with dry skin you may suffer more with it. If anything else visibly it can be embarrassing.

How can you treat it? It usually clears on its own but you can help it by exfoliating the affected areas with a body scrub and to remember to moisturise it afterwards. When using a body scrub ensure you do not over scrub as you can irritate the areas.

When apply moisturiser please ensure your product contains AHA (alpha Hydroxy-acid), urea or even salicylic acid. This is help soften the skin by removing dead skin cells and encourage cell renewal as well as preventing the hair follicles from being blocked (blackheads). If you body cream does not have this then a normal body cream can help too. Make sure you apply the product morning and before bed to ensure the affect area is soft and supple.

Try and avoid long soaks in the bath and hot showers/baths as this removes your body's natural oils. Also avoid harsh soaps and shower gels. After exfoliating please ensure you pat dry the area. By wiping the area with your towel you can irritate it more. Pat drying you keep the natural moisture in.

If you follow the above, over time the affected areas should clear and smooth down. Again if this does not clear please consult your GP for further advice or ask your local chemist. If you have any questions feel free to message me.