

KERATOSIS PILARIS



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THE 4 WAYS TO BANISH
KERATOSIS PILARIS



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HOW WE TREAT KERATOSIS PILARIS TO ACHIEVE RESULTS LIKE NO OTHER CLINIC

Rough lumpy skin that is commonly found on the upper arms, thighs and buttocks is known as Keratosis Pilaris (KP). Learn how easy it is to quickly and effectively get smooth touchable skin.



THE 4 WAYS TO BANISH KERATOSIS PILARIS

01 WASH WITH WHAT?

**02 THE PERFECT
EXFOLIANT**

03 REPLENISH + PROTECT

**04 LEAVE IT TO THE
PROFESSIONALS**

01 WASH WITH WHAT?

Soap is for the dishes, not your body! Harsh soaps will leave your skin feeling rough, dry and cause Keratosis Pilaris (KP). There is so much more than just soap when it comes to caring for the skin on your body.



"Great skin doesn't wash off."

BODY OIL IS A MUST!

Using a body oil to wash with is liquid gold for a true dry skin. By gently cleansing your skin, body oils lock in moisture to nourish, soften and provide protection needed. This in turn stops it from drying out and will help to control your itchy, rough skin. Change to a body oil today and your skin will thank you.

AVOID

Body washes and soaps can leave your skin feeling dry, itchy, sensitive and taught. Harsh ingredients that make a product smell and feel nice, in fact are the reason your skin is drying out in the first place. These products are a **MUST AVOID** when trying to combat your KP as they will only worsen your dry, rough skin.

EXFOLIATING BODY BARS

Body bars that contain acids to dissolve your dry skin build-up are a great mess free option to combat KP. These products are readily available and very popular with men and women, but beware, ensuring you choose the right product is vital as many are made with incorrect formulations and are too harsh for dry skin types and will worsen your KP.

02 THE PERFECT EXFOLIANT

KP is caused by a build-up of dry, dead skin and clogged pores that create a persistent lumpy, goosebump-like appearance. A combination of these body exfoliating products are key to treating and eliminating your KP.

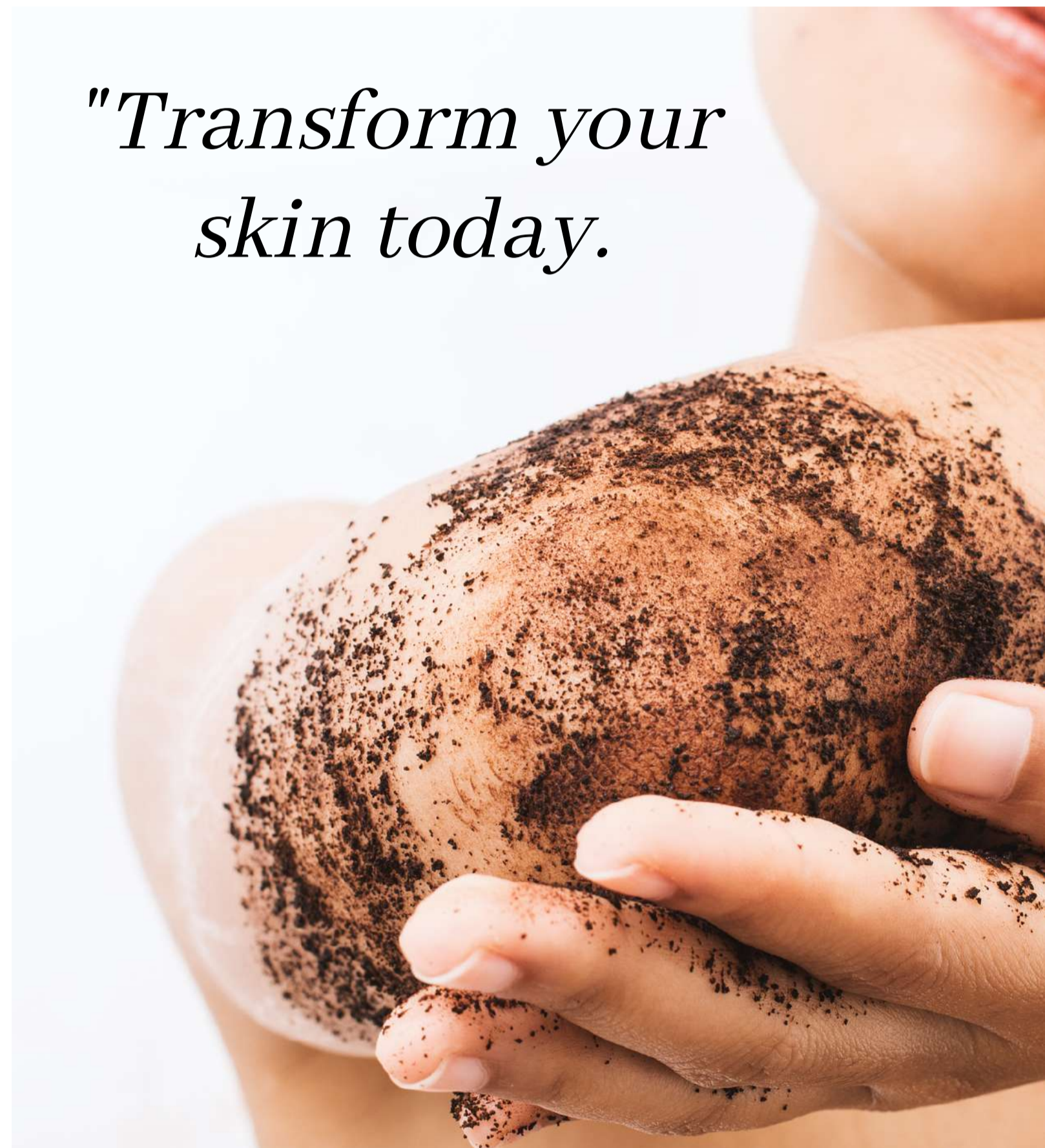
ACIDS

AHA and salicylic acids are essential exfoliating ingredients that boost skin hydration while removing build-up. These acids, in the right formulation, penetrate into the pore to breakdown dry, dead skin cell plugs stuck within your pores that cause your KP.

EXFOLIATION MITTS

Mitts are a quick and easy form of exfoliation that allows for natural contouring of the body so you can thoroughly exfoliate everywhere! They are very stimulating and you will notice your skin build-up easily rolls right off. However, not all mitts are created equal, loofah mitts don't provide the same exfoliation and will not help your KP. Investing in a quality mitt will maximise your exfoliation, for a smoother skin texture.

"Transform your skin today."



SCRUBS + BODY BRUSHES

These are a great weekly addition to your exfoliating routine and will maximise the benefits of your complimenting body products. For thick, dry or rough skin, using a scrub or dry body brush will remove skin build-up, unclog your pores and reveal a smooth, radiant appearance.

03 REPLENISH + PROTECT

Replenishing and protecting your skin is just as important as cleansing and exfoliating your KP.

MOISTURISE! MOISTURISE! MOISTURISE!

Lotions, balms and oils are all designed to hydrate, nourish and protect your skin. As the seasons change you will notice, so does your skin. In the colder months you may find yourself reaching for oils and balms while lotions may be your go-to in the warmer months. Lotions and balms work to prevent your skin from drying out.

REVOLUTIONARY BODY LOTIONS

Body lotions and moisturises that are fortified with AHA and Salicylic acids improve skin texture and hydration levels to help you stay on top of your KP. So why simply moisturise your body when you can improve its texture and tone? With an advanced treatment lotion that targets dry, rough, bumpy skin you will achieve an all year long smooth, summer complexion.

CONSISTENCY

Replenishing your skin's moisture levels daily will ensure your KP remains a thing of the past. In addition to your morning and evening skincare routine, you may also need to replenish any moisture lost after having a bath, shower or swimming to avoid drying out your skin.



"It's glow time."

04 LEAVE IT TO THE PROFESSIONALS

If you are serious about eliminating your KP, don't leave it to chance and do not trust inferior store bought remedies. Seek our professional advice to ensure smooth skin fast.



"Great skin doesn't happen by chance, it happens by appointment."

COSMECEUTICALS VERSUS COSMETICS

Cosmetics can have beneficial ingredients but don't contain the active ingredients which create change within the skin.

Cosmeceuticals are formulated to deliver better results than regular skincare products as their active ingredients penetrate deep into the skins layers to target specific concerns. If you are looking to see superior results in your skin, a prescribed cosmeceutical routine is key.

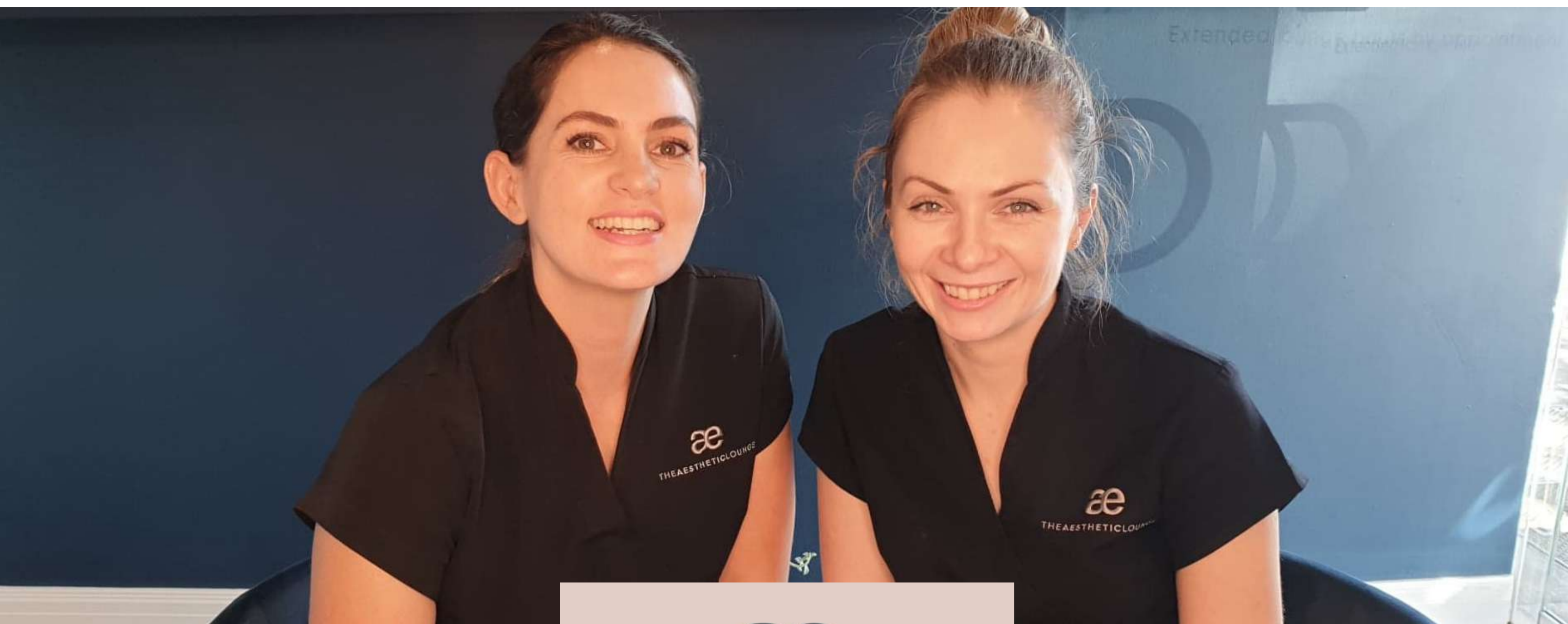
CLINICAL TREATMENTS

With the right cosmeceutical skincare clinical treatments are not always needed to combat KP. However, if you need help removing it a combination of our clinical treatments will dramatically change your skin.

HOW WE CAN HELP

As Dermal Therapists we are qualified and specialised skin experts. By providing you with a simplified and customised skin program, consisting of in-clinic treatments and cosmeceuticals will ensure you do not end up with "just" another product in your collection, but rather products, treatments and advice that will positively transform your skin.

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We help people transform their skin.

WITH OVER 40 YEARS OF EXPERIENCE, LANA AND YASMINE UNDERSTAND SKIN AND HOW TO SAFELY CREATE LIFE CHANGING TRANSFORMATIONS. THE FOUNDATION TO ACHIEVE THIS COMES FROM A MULTILAYERED APPROACH. STARTING WITH A CONSULTATION OUR PASSIONATE SKIN EXPERTS WILL GUIDE YOU THROUGH A TAILORED JOURNEY TO SKIN PERFECTION.

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