

LUMPS + BUMPS



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THE 5 THINGS YOU NEED TO KNOW
ABOUT YOUR LUMPS + BUMPS



THE AESTHETIC LOUNGE



WITH THE RIGHT ADVICE YOUR LUMPS + BUMPS CAN BE A THING OF THE PAST

You do not need to put up with annoying and sometimes unsightly skin lumps and bumps. Discover how to safely and effectively remove these lesions without leaving a trace.



**THE 5 THINGS YOU
NEED TO KNOW
ABOUT YOUR
LUMPS + BUMPS**

**01 NOT ALL LUMPS +
BUMPS ARE HAPPY**

**02 CONTRIBUTING
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01 NOT ALL LUMPS + BUMPS ARE HAPPY

It's not uncommon for you to have moles or other lumps and bumps on your skin, but not all lumps and bumps are happy and healthy.

WHY YOU NEED A SKIN CHECK

It is important to continue to check your skin, especially if you have lumps you may want removed or if you feel that your lumps and bumps may have changed over time. Malignant lesions on the skin can often be deceiving and like many people, you wouldn't even know you had one until advised of it. Put your mind at ease by having an annual skin check to ensure your lesions are happy and healthy.

WHO SHOULD I SEE?

Mole mapping specialist clinics are trained to specifically and thoroughly check all lumps and bumps and identify any possible risks, as well as continue to monitor your skin throughout the years as any changes occur in your lesions.

WHY NOT FREEZE?

Freezing isn't always effective and can unfortunately leave hyper or hypo-pigmented marks on the skin larger than the size of the lesion you had treated. Both of these types of pigmentation are a result of over treating and traumatising the skin. Hyper-pigmentation is seen on the skin as brown discolourations, whereas hypo-pigmentation has lost its natural skin colour, leaving behind a white mark. Both forms of pigmentation can fade over time, however they may also stay with you for life. With our help and guidance through a lamprobe treatment, we can remove your lesions without the risk.



"We want to make one thing perfectly clear, your skin!"

02 CONTRIBUTING FACTORS

While some lumps are attractive beauty spots, others you just want gone. Why and how did I ever end up with these and are they multiplying?

"Be your own kind of beautiful."



MUM, DAD YOU GAVE ME WHAT!?

Some lumps and bumps such as seborrheic keratosis, sebaceous hyperplasia, cherry angiomas and skin tags can be contributed by your genetic makeup. If your mum, dad or a grandparent has them it's likely so will you! Also, environmental factors such as sun damage will also speed up your genetic tendency to these skin lesions and you will see them develop at an earlier age than people who have had less sun exposure.

CHANGES

Hormonal changes can play a role in the formation of surface lumps and bumps on the skin. In particular, seborrheic keratosis and skin tags can develop throughout pregnancy and once your hormones have calmed, some of these lesions may disappear by themselves. Hormonal changes that occur for women around their 40s and upwards can also kick-start the production of skin tags around the neck and luckily all these lesions can be successfully removed with Lamprobe.

CELLS BEHAVING BADLY

Your ageing skin cells aren't as healthy as they once were and with the years of accumulated damage, are now behaving badly. No you're not going crazy. Yes, your lumps and bumps are multiplying!

03 BATHROOM SURGERY

DIY solutions are a big no no! Many mistakes can be made when you try to remove skin tags that leave your skin screaming for help. Leave it to the professionals and get the results you're looking for.

JUST A SNIP AND CUT

Skin tags are those lumps that look like they are only just hanging on by a thread, so it may cross your mind to yank at them or even cut them off. It is important to know that they do have their own blood supply and will bleed profusely, meaning these home removal techniques can lead to infection, scarring, lots of pain and downtime.

DENTAL FLOSS IS FOR TEETH

Tying them off with dental floss can be painful and is not going to make them fall off like you've seen on YouTube. Just like snipping and cutting this is also going to result in bleeding as well as potential infection and scarring.

OVER THE COUNTER SOLUTIONS

Unlike wart removal solutions that you get over the counter, skin tags and other lumps and bumps aren't something that a miracle cream, patch or kit will easily remove. DIYer beware, removal creams and patches can quickly cause dermatitis on the skin and skin tag pens can leave unsightly scars behind.



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

04 HELP MYSELF BY...

Whether or not you are prone to lumpy, bumpy skin, a consistent skincare routine is key in keeping these pesky lesions soft and smooth.



SOFTEN

Lotions fortified with AHA's will help hydrate your skin and keep your scaly lumps and bumps smoother and softer. In the right formulation, daily usage of an AHA lotion will ensure your skin remains supple and hydrated.

REDUCE

A combination of exfoliating scrubs, acids and enzymes are massive game changers to smoothing rough skin lesions. Having a skincare routine that incorporates these different types of exfoliants will ensure all skin layers and types of lesions are resurfaced and minimised consistently, helping to prevent them from reoccurring.

STOP

High friction areas such as the bra line, armpits and back of the neck are some of the most commonly affected areas we get lumps and bumps. This is due to our skin, clothing and jewelry constantly rubbing and irritating the skin. Simple solutions include wearing breathable and loose clothing, stop wearing necklaces and ensure your skin is fully covered to stop skin on skin friction.

"Fall in love with taking care of you."

05 LEAVE IT TO THE PROFESSIONALS

Seeking our professional advice to diminish your lumps and bumps will smooth them out for good and leave your skin feeling soft.

WHAT LUMPS AND BUMPS CAN I HAVE TREATED?

There are many different types of lesions that become visible on our face and body as we age and the good news is, majority of them can be easily removed or reduced in size with our Lamprobe treatment. We can effectively remove: skin tags, seborrheic keratosis, sebaceous hyperplasia, cherry angiomas, xanthelasma's and some moles. As most lumps and bumps will grow in size over time, the most effective and rapid results are seen when treating a lesion while it is still small, this will significantly reduce your downtime.

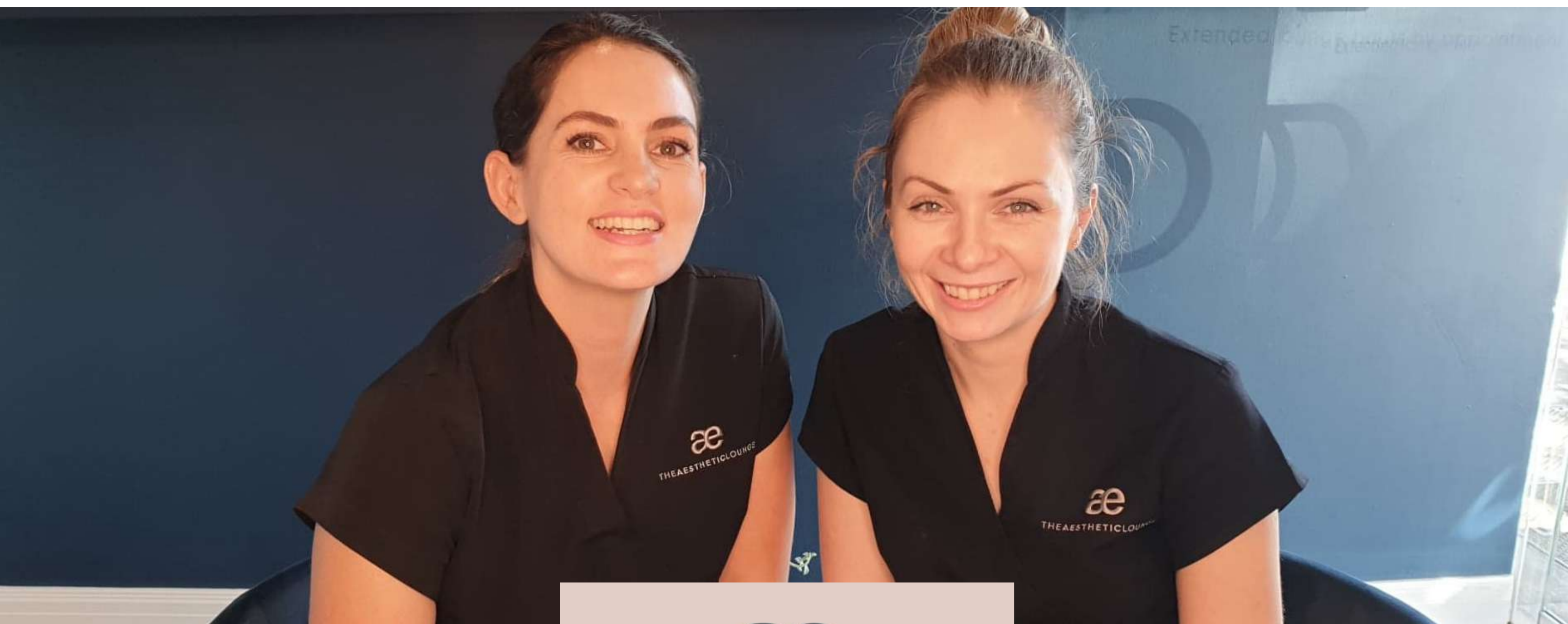
WHAT LUMPS AND BUMPS CAN'T I TREAT?

Even though most surface lumps and bumps can be successfully removed with Lamprobe, some cannot. Consulting with a mole mapping clinic will determine which of your lumps and bumps we can treat and remove, and which need to be seen by a specialist for complete removal. Examples of lumps and bumps we cannot treat are warts and cancerous lesions.

HOW WE CAN HELP YOU

Our skin experts are specifically qualified and trained in skin science, allowing us to safely and effectively treat your unwanted lumps and bumps. Our passion for helping people transform their skin, will ensure you are given the right advice, skincare and treatments to positively transform your skin.

"Stop wishing you had great skin and get it."



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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