

# KERATOSIS PILARIS

## YOU HAVE BEEN DIAGNOSED WITH KERATOSIS PILARIS (KP)

### WHAT IS IT?

Keratosis pilaris is a condition that causes rough patches and small, acne-like bumps on the skin. The bumps are usually on the arms, thighs, cheeks, and buttocks. They're white, sometimes red, and typically don't hurt or itch.

### HOW DID I GET IT?

KP develops when the skin produces too much of a protein called keratin, which can block hair follicles and cause bumps to form. As a result, scales fill the follicle instead of exfoliating. Researchers are unsure why some people develop this excess keratin and others do not. People with dry skin, eczema, and skin allergies are more likely to develop KP than others.

### TREATMENT

No cure is available for keratosis pilaris, but the following may be useful:

- Use soap-free cleansers (soap may exacerbate dryness)
- Rub the area with a pumice stone or exfoliating sponge in the shower or bath
- Use moisturizing cream containing urea, salicylic acid or alpha-hydroxy acids, or glycolic acid
- Treat with topical retinoids
- Pulse dye laser treatment or intense pulsed light (IPL) – this may reduce the redness (at least temporarily), but not the roughness
- Laser assisted hair removal

### PRODUCTS

There are products designed to reduce rough, uneven skin tone and texture, smoothing away unsightly bumps and reducing the appearance of rough skin and scaly plaques. We recommend our Fig Skincare Keratosis Pilaris regimen (featured to the right) or Glytone KP Kit available online.



## PRODUCTS



### GLYCOLIC 10% MOISTURIZING CLEANSER

This soap-free formulation utilizes glycolic acid to exfoliate, cleanse, and gently smooth the skin. It contains a rich blend of antioxidants, including Liposomal Vitamins A, C, E, and Green Tea Extract in combination with Co-Q10 to assist in minimizing free-radical-induced skin damage while aiding in the restoration of healthy-looking skin.

- Paraben Free
- Gluten Free
- Soap Free
- Alcohol Free

### GLYCOLIC-UREA 15-15 CREAM

This advanced, bi-functional formula can exfoliate dead skin cells and surface plaques comparable to 40% Urea while providing replenishment and moisture to the skin barrier; it helps improve the appearance of Keratosis Pilaris