



Skin Care Challenges

Milia

What are Milia?

Milia appear as small bump-like cysts under the skin and are frequently mistaken for whiteheads.

What causes Milia?

- Milia form when skin flakes, called keratin, become trapped under the skin.
- Milia most commonly appear on the face, around the eyelids and cheeks, but can occur anywhere.

L'BRI Products for Milia:

- Choose the skin care trio appropriate for their skin type.
- Use the Facial Masque as a spot treatment overnight and two to three times weekly on the whole face.
- Use the Rejuvenating Facial Peel two to three times weekly to remove dead cell buildup from the skin's surface.
- Use Time Erase, with 10% alpha hydroxy, to aid in cell turnover and reveal fresher, refined skin.

Tips to Prevent Milia:

- Keep your skin clean
- Steam your pores two to three times weekly. Run steamy water in your bathroom sink, then tip your face into the steam, covering your head and basin with a towel to form a tent. Let the steam penetrate your skin for 2-3 minutes.
- Remove makeup before bed. Leaving makeup on overnight can lead to dull skin and will block the effectiveness of your anti-aging products.
- Use sunscreen with an SPF of at least 30 to protect your skin while outdoors.