



Skin Joy Clinic

SKIN | HAIR | NAIL CLINIC

Hello there! 🌊 ✨

Psoriasis can be a tough opponent, but today you took a massive step forward at SkinJoyClinic! Let's keep calming the storm and help your skin find its natural rhythm again.

🎮 The "Smooth Operator" Mission 🛹

Your skin cells are moving a little too fast. Let's slow them down:

- Level 1: The Scale Softener 🛁 Enjoy a daily warm (not hot!) bath with oatmeal or salts to gently soften plaques.
- Level 2: The Moisture Seal 💧 Within 3 minutes of bathing, slather on your heavy moisturizer to trap that hydration in!
- Level 3: The Target Practice 🎯 Apply your prescribed medicated creams *only* to the plaques, avoiding normal skin. Accuracy is key!

🏆 Reward: Flatter, calmer skin and a reduction in itching and flaking!

🧠 Did You Know?

Normal skin cells take a month to grow. With psoriasis, they do it in just 3 to 4 days! They pile up because they don't have time to shed. Your treatments act as the "traffic cops." 🛑

🛑 When to hit the buzzer:

If your plaques start to leak fluid, feel hot, or if you experience sudden joint pain, call us immediately!

Contact Us 📍 Skin Joy Clinic, New Town, Kolkata, West Bengal 📞 +91 98765 43210 ✉️
contact@skinjoyclinic.com 🕒 Mon - Sat: 10:00 AM - 8:00 PM | Sunday: Closed

Wishing you calm and comfortable days ahead! Team SkinJoy