



# Skin Joy Clinic




SKIN | HAIR | NAIL CLINIC

## Hello there!

Take a deep breath. We know **Atopic Dermatitis** can be frustrating, but you are in great hands here at SkinJoyClinic. Today, we created a custom plan to soothe, repair, and protect your skin.


### The "Barrier Boss" Challenge

Your skin barrier needs some TLC. Let's build it back up like a fortress!

- **Daily Quest 1: The 3-Minute Rule**  After a lukewarm shower, lightly pat dry and apply your thick moisturizer within **3 minutes** to lock in the water!
- **Daily Quest 2: The Fabric Filter**  Choose soft, 100% cotton clothing. Say "Game Over" to itchy wool or tight synthetics.
- **Daily Quest 3: The Scratch Substitute**  When the itch attacks, **DON'T** scratch! Instead, apply a cool compress or gently tap the skin.




 **Reward:** Calm, soft, and beautifully resilient skin!

### Did You Know?

Think of your skin cells like bricks and natural oils like mortar. In Atopic Dermatitis, the mortar is a bit crumbly. Your new moisturizing routine is literally rebuilding that wall! 

### When to summon your Team:

If the skin starts weeping, crusting yellow, or feels overly hot, give us a ring!

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

*Stay hydrated and stay glowing!* Team SkinJoy