



Skin Joy Clinic

SKIN | HAIR | NAIL CLINIC

Hello there! 🌸🌿

Dealing with **hives** is like dealing with a false alarm going off in your skin. Annoying? Yes. Unbeatable? Absolutely not! We're thrilled to help you calm the storm here at SkinJoyClinic.

🎮 The "Detective & Defender" Quest 🕵️🛡️

Time to put on your detective hat and calm those histamine levels!

- **Level 1: The Trigger Tracker** 📅 Keep a mini-diary. Did you eat something new? Use a new detergent? Find the culprit and gain +50 points!
- **Level 2: The Cool Down** 🧊 Avoid hot showers, saunas, and intense sweating for a few days. Cool or lukewarm water is your skin's best friend.
- **Level 3: The Med-Minder** ⏰ Take your prescribed antihistamines exactly on schedule. Don't wait for the itch to start!

🏆 **Reward:** A peaceful, bump-free, and itch-free existence!

🧠 Fun Fact!

Hives happen when your "mast cells" get a little too excited and release histamine. They think they are protecting you, but they're just overreacting. Your meds tell them to "Chill out!" 🧊

🚨 Emergency Alert:

If you ever experience swelling of the lips/tongue or difficulty breathing, seek emergency medical care immediately! Otherwise, call us for skin concerns:

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 a calm and comfortable week! Team SkinJoy