



Skin Joy Clinic

SKIN | HAIR | NAIL CLINIC

Hello there! 💧 ✨

We know **eczema** can feel like an endless cycle of dry and itchy, but today at SkinJoyClinic, we've hit the reset button! Now, it's your turn to keep the momentum going at home.

🎮 The "Hydration Station" Streak 🔥

Can you keep a 7-day streak? Check these off daily!

- **Quest 1: The Ointment Oasis** 💧 Apply your prescribed treatments *only* to the red, active spots. Apply your daily moisturizer everywhere else!
- **Quest 2: The Suds Surrender** 🧼 Ditch the heavily fragranced soaps. Switch to gentle, fragrance-free cleansers to keep your barrier happy.
- **Quest 3: The Climate Control** 🌡️ Keep your room cool and use a humidifier if the air is dry. Eczema hates comfortable humidity!

🏆 **Reward:** Smooth, flexible skin that feels comfortable in its own barrier!

🧠 Did You Know?

The word "Eczema" comes from a Greek word meaning "to boil over." It perfectly describes how the skin acts up! With your new routine, we are turning down the heat.

🛑 When to call for backup:

If your eczema patches start oozing, form honey-colored crusts, or won't respond to meds, let us know!

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

Keep glowing and keep moisturizing! Team SkinJoy