



Skin Joy Clinic

SKIN | HAIR | NAIL CLINIC

Hello there! 🌞 🛡️

Treating melasma takes a specialized touch, and we are so glad you trust us at SkinJoyClinic. **Melasma** loves to bounce back, but with the right strategy, you can keep it beautifully faded!

🎮 The "Shadow Ninja" Protocol 🧑🏻‍🦲

To win the game against Melasma, you must master the art of the shadow!

- Rule 1: The Double Shield 🛡️ 🛡️ Sunscreen isn't enough. You need mineral SPF *plus* a physical barrier like a hat. Melasma is triggered by UV *and* visible light!
- Rule 2: The Chill Factor ❄️ Heat triggers melasma! Avoid hot saunas, hot yoga, or sitting directly in front of heaters. Keep your skin cool.
- Rule 3: The Night Shift 🌙 Apply your prescribed brightening creams strictly at night. Let them work while your skin is in repair mode!

🏆 Reward: A beautifully clear, balanced, and radiant skin tone!

🧠 Fun Fact!

Melasma is often called the "mask of pregnancy," but it can affect anyone! It's super sensitive to heat and light. By staying cool, you're putting those pigment factories on leave. 🌂

🛑 Check-in time!

If your skin becomes excessively red, or if the pigmentation seems to darken suddenly, give us a call!

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 cool and stay shaded! Team SkinJoy