

FACT SHEET

Milia (Whiteheads)

Milia belong to the family of skin conditions called comedones. Comedones occur when follicles become congested with dead cellular material, oil, and other debris. Normal follicles can shed this material that accumulates inside, leaving them clean and clear. But in skin prone to comedones, this shedding process is impaired, causing causes the follicle to fill up with material.

In people with very small pores, the trapped cellular material forms an enclosed waxy plug, known as a milia (whitehead). These can be aggravated by oily hair waxes, gels or sprays that migrate down to the forehead.

Milia can be removed through a minor procedure called “extraction”. This is best done by your doctor or medical aesthetician. A fine-gauge needle is used to lift the tiny waxy core of the milia from under the surface of the skin. Once removed, the best way to prevent comedones from reoccurring is to use a combination of ingredients that unclog pores and reduce oil flow. Topical niacinamide, retinaldehyde and alpha + beta hydroxy acids are best for this purpose. Avoid the use of heavy moisturisers in areas that are prone to milia formation.

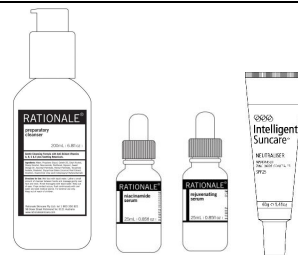
Our T_x for Milia

PROCEDURES

Extractions

DAY

1. Rationale Preparatory Cleanser
2. Rationale Niacinamide Serum
3. Rationale Rejuvenating Serum
4. Intelligent Suncare Neutraliser Concealer SPF 25



NIGHT

1. Rationale Preparatory Cleanser
2. Rationale Retinaldehyde Serum
3. Rationale Skin Refining Serum



WEEKLY MONTHLY

1. Procedure microPeel
2. Procedure Customised Peels

