



Sex & Romance  
Canadian Parents  
Food & Drink  
Weddings

Beauty  
Style  
@work  
Living

Lifewise  
Beauty

LIFEWISE  
HOMEPAGE

Today on lifewise



Subscribe: newsletter  
Comics  
Games & Crosswords

Interactive



Our partners



ASK IVANA

## Red bumps away!



**Hello Ivana,** I have a graduation ceremony approaching and I will be wearing a sleeveless dress. But I, unfortunately, have developed those little tiny bumps on my upper arms. I am quite disciplined in moisturizing and exfoliating--yet I have still developed this condition. I have tried everything from alcohol pads to changing loofah sponges...my grad is in a week!!!

Can you please help me? I would appreciate this immensely.

*Thank you, Sincerely, Kristina*

We asked Dr. John Goldhar, Director of CosMedix MD. ([www.cosmedixmd.com](http://www.cosmedixmd.com)) to help us with this question.

**Hi Kristina,** Your question is an important one, and I know one that I a lot of people can relate to. The summer is a time of sleeveless tops, dresses and evening wear and those tiny dots that didn't bother us in February are the only thing we can see in June! Your question is also a tough one. I would have probably advised to exfoliate, exfoliate, exfoliate--but it seems you've already tried that. So I've referred your question to Dr. Goldhar and here is what he has to say.

Kristina, this sounds like a condition called Keratosis pilaris. This is a hereditary condition and there is no cure. However, the good news is that I treat this condition with a very positive cosmetic result using 20% AHA lotion daily (we carry this in our office as it is not available in stores).

We also find that using Levulan and BLU-U light treatments also give some improvement. Your best bet is to have a professional take a look and make a treatment recommendation to suit your needs.

*Thanks Dr. Goldhar*

*This story was posted on Mon, June 13, 2005*



Editor's choice

### Beauty

- ▣ Sephora
- ▣ LUSH
- ▣ Cake
- ▣ MAC Cosmetics
- ▣ Dove
- ▣ L'Oreal Paris Canada
- ▣ Dior
- ▣ Cargo Cosmetics
- ▣ The Body Shop

### Shopping

- ▣ Urban Outfitters
- ▣ Aritzia
- ▣ Browns Shoes
- ▣ Birks
- ▣ H & M
- ▣ Holt Renfrew
- ▣ Zara

