

# Keratosis Pilaris

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## Why is my skin so bumpy and irritated??

Those pesky bumps on the backs of your arms and the fronts of your thighs have a very fancy name: **keratosis pilaris**.

Keratosis pilaris (also called KP) is a very common, harmless skin condition—harmless, that is, except for the frustration of feeling like a recently plucked chicken. Who wants to feel that way?

There's no single cause of KP; it can be different in every case. For some patients, it may be a curly hair shaft that causes a keratin buildup. In some people, it's hereditary. There's a growing suspicion that certain chemicals, such as sodium lauryl/laureth sulfate or synthetic fragrance, are causing a low-level skin irritation.

Subsequent abnormal keratin production and inflammation can lead to symptoms of KP. There is a genetic factor—if your family members have KP, you're more likely to have it. People with very dry skin are more prone to KP, and shaving or waxing can precipitate KP symptoms in some cases.

In short, there's a reasonable chance that you might have KP sometime in your life. But don't fear—KP is not contagious! So don't be afraid of your slightly bumpy friends.

## SO... WHAT IS KERATOSIS PILARIS?

Keratosis indicates an excess production of keratin, one of the proteins in our skin and hair. Any medical word with "pilo" in it is related to hair. So, keratosis pilaris is a buildup of keratin and dead skin cells within the hair follicles, causing them to bulge, giving them a bumpy texture, and often causing them to get irritated and inflamed. KP usually occurs on the backs of the arms, the fronts of the thighs, and sometimes on the buttocks. One theory is that these are the places where your clothing tends to rub back and forth on your skin the most, which stimulates dysfunctional keratin production in the hair follicles, and subsequently irritates the bumps. Anyone can get KP, but children and adolescents have a higher incidence than adults. KP is more common in women than men and often occurs in people with a history of asthma or eczema.





# Let's do this together.

Many physicians will prescribe chemical exfoliants like lactic acid, salicylic acid, glycolic acid, and retinoic acid to treat keratosis pilaris. Some will even prescribe steroids. But this doctor (me, I mean) recommends some less invasive steps first—these simple changes may improve your KP without a prescription.

## 1 CRITICAL BEGINNING STEPS

### STOP USING

#### Sodium Laureth/Lauryl Sulfate

Get rid of ALL sodium lauryl and laureth sulfate in your hair care, your skin care, and your laundry detergent. Look for it in anything that foams—even your toothpaste!

#### Synthetic fragrance

With hundreds of undisclosed ingredients, many of which are irritants and allergens, you'd be wise to eliminate "fragrance" and "parfum" from everything you use on your skin, your hair, and in your home.

#### Super-hot showers or baths

They contribute to dry skin, which makes KP more likely.

### START USING

#### Exfoliation

Exfoliating methods once or twice a week. You can do this with a washcloth in the shower, or use an exfoliating product made with salt or sugar. Remember that you should always use the gentlest pressure when exfoliating skin—it doesn't take much to achieve the desired effect, and over-exfoliating can create more inflammation.

#### An organic, handcrafted bar soap

These bars contain glycerin, which helps draw moisture to your skin throughout the day. They're not like the average, grocery store bar soaps, which can dry out the skin. You can try a soap with texture from natural ingredients like clays, ground coffee, or sandalwood powder...

#### Natural Body Oil

Apply a natural body oil on sopping wet skin just out of the shower every day. You provide the water by not drying off, and the body oil seals in that moisture as you rub it in with your hands. It contains fewer ingredients, which is always a plus when dealing with irritated skin.

#### Humidifier

Get a humidifier in your bedroom if you live in a dry climate.

## 2 SUPER IMPORTANT NEXT STEPS

If you've tried all of these things and still have symptoms, it may be time to talk to your dermatologist about prescription options, or even laser therapy, which is starting to show some promise in treating keratosis pilaris. But with consistent attention to the factors listed above and to an overall healthy lifestyle, most people find that their symptoms improve significantly, and their bumpy skin is a thing of the past. Be sure to double check even your natural brands for sodium lauryl/laureth sulfate and synthetic fragrance in order to maximize your chances of success.

It may also help to consider the clothing you're wearing, which can sometimes aggravate the condition. Soft, breathable fabrics are less irritating than constrictive clothing and scratchy fabrics like coarse wool or linen.

## 3 NOW FOR THE FUN PART: THE SHOPPING LIST!

### FOR THE SKIN

[Osmia Oh So Body Soap](#)

[Osmia Lavender Pine Body Soap](#)

[Osmia Coffee Mint Body Soap](#)

[Osmia Himalayan Body Buff](#)

[Osmia Naked Body Mousse](#)

[Osmia Lavender Body Mousse](#)

[Osmia Naked Body Oil](#)

[Osmia Night Body Oil](#)

### HAVING TROUBLE?

Everyone reacts differently to skincare plans—if you are not seeing results, [please email us](#) and we can help adjust your routine or suggest a few products from other brands that are gentle enough to try. While we hope Osmia works as well for you as it has for so many others, we are committed to helping you see results. We'll do our absolute best to customize your routine and guide you toward your healthiest skin.



## Additional homework for greater success:

As always, diet and stress management play a critical role in your skin's health. Eating a plant-based, anti-inflammatory diet rich in whole foods, fruits, and vegetables will support optimal skin health from the inside. Similarly, managing your stress in a proactive way can reduce overall levels of inflammation in the body, which will manifest in calmer skin as well as a calmer mind.

**WE ARE HERE  
FOR YOU.**

Reach out anytime at  
[info@osmiaorganics.com](mailto:info@osmiaorganics.com)

*We're here to answer  
questions, and to hear  
your success stories!*

## You can do this.

Having bumpy skin is not the end of the world, but it can make you feel a little less sparkly and a little more self-conscious. Keratosis pilaris can also be uncomfortable, especially when it gets inflamed and irritated. While some cases will require a trip to the dermatologist, others can be managed very effectively with a few simple changes to your products and your habits. It will take a few weeks for your skin to adjust to your new routine, but once it does, you can kiss your chicken skin goodbye!

With health and joy,

