

Style by Wendy Donahue

Ways to rub out an unwelcome holiday visitor

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*Problem:* I suffer from chronic horrible little red bumps on the backs of my arms. I've tried tons of products, but none seems to work. They get so much worse in the cold weather, and then we all ponder sleeveless party dresses for the holidays. Help!

*Solution:* Dr. Brooke Jackson, a dermatologist in Chicago, responds, "Sounds like you have keratosis pilaris. The bumps are your hair follicles which are covered with skin and the hair can't quite get out. This condition is usually seen in people who come from families where there is hay fever, sinus problems, seasonal allergies and eczema, so blame your relatives for the inherited gene pool when you see them for the holidays."

The condition is often worse in cold weather, Jackson adds, and while no cure exists, she offers a few tips to control it: Use a gentle gritty body scrub twice a week and start with an over-the-counter lotion such as Amlactin (about \$12). "Keep in mind that people who have keratosis pilaris often have very sensitive skin, so don't go overboard with the scrubbing. There are prescription products from your dermatologist that are helpful if over-the-counter suggestions don't do the trick."

Furthermore, a freelance writer who suffers from this problem, Michelle Crowe, arrived at another solution through her 1-year-old son, Jeffrey. "California Baby Calming Everyday Lotion still stands as the best bump diminisher I've tried," said Crowe, "especially when I'm consistent about using it."

It's \$11.49 at [californiababy.com](http://californiababy.com).