

Milia are small, benign, keratin-filled cysts that appear on the skin, often on the face—especially around the eyes, cheeks, and forehead. They are usually white or yellowish in color and occur when keratin becomes trapped beneath the skin's surface. While harmless and often self-resolving, they can be a cosmetic concern due to their visibility.

There are two main types:

Primary Milia – Occur without any underlying condition or external factor. Common in newborns and adults, they often resolve without intervention.

Secondary Milia – Result from external factors like trauma, burns, or certain skincare products (e.g., topical steroids). These may be more widespread and may require treatment.

Ingredients to Use for Milia:

For Primary Milia:

Retinoids (e.g., Tretinoin, Adapalene) – Promote skin cell turnover to prevent keratin buildup. (consult a doctor)

Salicylic Acid (BHA) – Exfoliates and prevents clogged pores.

Alpha Hydroxy Acids (AHA) – Promote shedding of dead skin cells.

Glycolic Acid – A type of AHA that exfoliates and prevents milia.

For Secondary Milia:

Gentle Moisturizers (e.g., Hyaluronic Acid, Glycerin) – Hydrate and maintain skin balance without clogging pores.

Products to Use for Milia:

For Primary Milia:

The Ordinary Retinol 0.2% in Squalane – Promotes skin turnover and prevents keratin buildup.(Consult a doctor)

Neutrogena Oil-Free Acne Wash – Gently exfoliates and prevents clogged pores.

La Roche-Posay Effaclar Gel Cleanser – Exfoliates gently and supports cell turnover.

The Ordinary Glycolic Acid 7% Toning Solution – Exfoliates to prevent keratin buildup and milia.

For Secondary Milia:

CeraVe Hydrating Facial Cleanser – Cleanses and hydrates without clogging pores.

La Roche-Posay Toleriane Ultra Soothing Repair Moisturizer – Soothes and hydrates to prevent further milia.

Vanicream Moisturizing Cream – Non-comedogenic, long-lasting hydration.

Neutrogena Hydro Boost Water Gel – Lightweight hydration that maintains skin balance.

#### Self-Care Tips for Milia:

Avoid heavy, greasy skincare products – Use non-comedogenic moisturizers

Use gentle exfoliators – Regular exfoliation with salicylic or glycolic acid helps prevent keratin buildup

Keep skin hydrated – Use light, non-comedogenic moisturizers to prevent dryness without clogging pores