

NICOLA'S ECZEMA JOURNEY



Skin Type: Eczema



Prominent Location: Face



Trigger: Stress



During her childhood, Nicola remembers taking numerous trips back and forth to the doctors for her eczema where she'd get clay bandages for her legs to try and reduce the flares. Entering her teenage years, her eczema only seemed to get worse.



I've learned to accept my eczema and love my skin even when it is flared.

That was the biggest shift in my mindset and as such, **I have so much more confidence in who I am.**



"As a teenager, the eczema started on my face. Obviously, I was very self-conscious, and at a time where you go through so much change, it was really challenging. **I had comments from kids - even teachers - who repeatedly remarked that I looked 'different'!**"



Throughout her adult years, Nicola's eczema became more severe. ***Stress was a noticeable trigger***, and with significant events, including her dad passing, Nicola's eczema flare-ups increased.



On many occasions Nicola, feeling unattractive, cancelled plans, avoided items of clothing and makeup. This impacted her emotions and self-esteem, however over recent years.

Nicola has learned to love and accept her skin.



“I've learned to *accept my eczema and love my skin* even when it is flared. That was the biggest shift in my mindset and as such, *I have so much more confidence in who I am*. I also have amazing family and friends who ‘don't see’ my skin. They see me. And that truly *makes a world of difference*.”