

COSMOPOLITAN

MIDDLE EAST

OK friends,
let's talk about
gaming

(AND HOW YOU'RE
REALLY INTO IT)

Ladies,
can we
pls chill
on the Instagram filters?

Faouzia being
a Cancer just
makes sense.

YOU DON'T
EVEN KNOW
Faouzia

(And you
definitely
should so
turn to
pg 48 m)

Hummus
>>> everything else

(the perfect recipe
awaits on pg 67)

THE COSMO
GUIDE TO
CRYPTO

It's not you
It really IS
confusing

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HOW I GOT RID OF Sebaceous Hyperplasia

Bumps be gone

By LAUREN O'CONNELL

Sometime over the last 10 years, two bumps the same colour as my skin tone popped up on my face, seemingly outta nowhere. Overtime, they grew larger and became super obvious...to the point where I'd look in my mirror and it was all I could see. When face masks became the norm, the bumps stood out and got *a lot* of exposure (...and not in a good way). I lost count of the number of people who (rudely) asked me what was on my face. Frustrated and fed up, I decided it was time to do something about them.

I scheduled a consultation with Dr. Dany Kayle from Dr. Kayle Aesthetic Clinic and he told me the bumps actually have a scientific name, Sebaceous Hyperplasia. They occur when sebaceous glands become enlarged with trapped

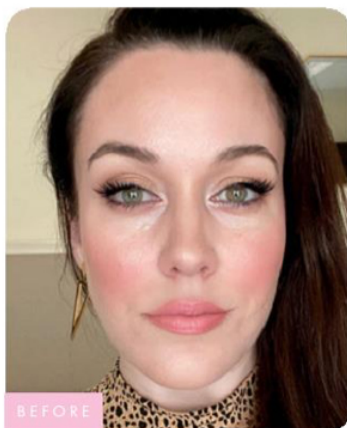
sebum (aka oil). He then gave me the *best* news ever...he could treat them!

I came back the following week and he used a laser to pare down the surface of the bumps. Numbing cream was applied beforehand and I didn't feel any pain at all. The entire process took less than five minutes. Both areas were pretty red the next day. Dr. Kayle assured me there would be no scarring and the redness would take two weeks to disappear. True to his word, that is exactly what happened. It's been three months since the laser treatment and the size of the bumps have been significantly reduced. I no longer notice them when I look in the mirror.

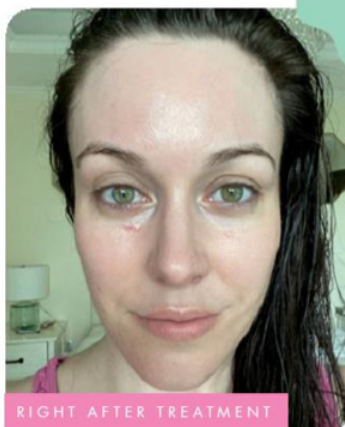
My only regret? I wish I did it sooner! 🙄



"I lost count of the number of people who (rudely) asked me 'what was on my face.'"

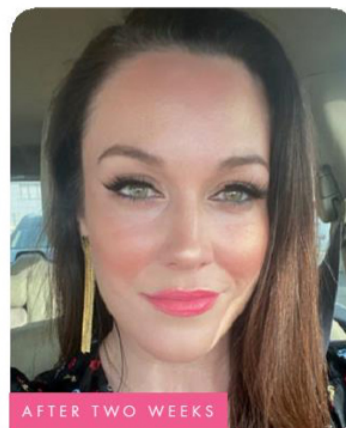


BEFORE



RIGHT AFTER TREATMENT

Dr. Kayle assured me there would be "no scarring and the redness would take two weeks to disappear."



AFTER TWO WEEKS