

The Beauty Wall Loves Replere Renew Firm Eye Serum

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Enduring problem skin can be frustrating, uncomfortable, and maybe even a little painful. In your adolescent years, you may feel like you nailed what was good for your skin and what caused it to break out. However, there are bizarre things that can be causing your skin issues, that go well beyond acne, and could still throw you for a loop no matter what age you are.

It doesn't matter if you've got your skincare regime perfected, or you think you know the ins and outs of what causes your skin issues, including certain foods, lack of sleep, or stress. We've got plenty of solutions and information on acne, but that's not the only skin issue you can have. Sometimes life throws you a curve ball in the form of something super weird that can cause your skin to flare up. This means you could develop an allergy you never suffered with before or products that once worked for you become your skin's worst enemy.

However, that's not to say it's all doom and gloom. If you're experiencing a random rash or another skin issue that seemingly cropped up out of nowhere, you might want to educate yourself in some of these bizarre things experts say can be causing problems for your skin.

1. Jeans Fastenings

"I've treated patients in the office who developed a red, itchy rash on their central lower abdomen that was from an allergy test confirmed nickel allergy," says Dr. Debbie Palmer, board certified dermatologist and founder of Replere in an email to Bustle. "The source of the nickel was the snap or button of their jeans." In other words, if you've suddenly developed a rash on your lower stomach area, it could be the nickel fastening on your pants that is to blame.

2. Jewelry & Watches

Nickel can be present in many items and can cause problems to multiple areas of your skin. "I've seen a similar pattern on earlobes from earrings containing nickel, on the wrist from watches and bracelets containing nickel, and on the neck from necklaces containing nickel," Dr. Palmer says. Be mindful of what jewelry and other metal adornments you've been wearing, to ensure you're not allergic to nickel.

3. Nail Polish

"Red, itchy, scaly skin on the eyelids oftentimes means that you have a skin allergy," says dermatologist Dr. Zeichner in an email to Bustle. "It may be difficult to figure out what is causing it, but consider your nail polish. You use your fingers to touch your eyes all the time. If you have an allergy to an ingredient in your nail polish you will be unknowingly exposing your skin."

4. Lime Juice

A rather unusual offender when it comes to wreaking havoc to your skin is lime juice. On its

own, it's pretty harmless, but when paired with its partner in crime – the sun – the two can cause mayhem to your skin.

“There is a phototoxic reaction that occurs on the skin when lime juice is placed on the skin and exposed to the ultraviolet rays of the sun,” Dr. Palmer says. “The rash is in the pattern that the lime juice was placed on the skin and it is called phytophotodermatitis. It can last weeks or months.”

5. Mango Skin

“The skin of the mango peel actually contains an ingredient similar to poison ivy.” Dr. Zeichner explains. “If the peel comes in contact with the skin, it can cause a severe allergic reaction and rash. The mango fruit itself is not a problem, so make sure not to eat the fruit fully cut out from its peel.”

6. Shiitake Mushrooms

“Rarely eating shiitake mushrooms may cause a red, sometimes blistering rash on the trunk. It typically looks like long streaks and may be itchy or painful.” Dr. Zeichner says. “The rash usually occurs 1-2 days after eating the mushrooms. It is rare, so don't let it stop you from eating your mushrooms, but be aware!”

7. Perfume

“You can also get phytophotodermatitis from some perfumes plus sun exposure – oil of bergamot is often the culprit,” says Dr. Hadley King, Dermatologist at SKINNEY Medspa.

8. Laptops

“Prolonged periods of resting your laptop on your lap can cause a reticulated reddish-purple or pigmented rash on your thighs called erythema ab igne.” Dr. Palmer says. “It is caused by prolonged exposure to heat or infrared radiation. It can be prevented by placing the laptop on a table or on an object that comes between you and your computer.”

9. The Sea

If you live by the coast or you're a water baby who loves swimming in the sea, you'll definitely want to be aware of this one.

“Sea bather's eruption is a rash that affects areas of the skin covered by a bathing suit rather than exposed areas, after swimming in the sea,” Dr. King says. It's caused by marine life larvae that gets caught under the bathing suit. That considered, a drysuit may be a good accessory to utilize in order to minimize your chances of catching unsuspecting larvae in your swimsuit.

If you experience any odd rashes, itching, or redness, it's worth checking this list to make sure that one of these bizarre things isn't the root of the problem.

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