



THE ALUMINA GUIDE TO
NAVIGATING:

SUMMER WITH SCARS



HELLO!

THIS MONTH AT ALUMINA, WE WANTED TO THINK A LITTLE ABOUT SOME OF THE CHALLENGES SUMMER CAN BRING US WHEN IT COMES TO OUR SCARS.

SUMMER CAN BE A GREAT TIME OF YEAR- MORE SUNSHINE, LIGHTER EVENINGS, LESS TIME BURIED UNDER LAYERS OF JUMPERS ETC... BUT IT CAN ALSO BRING WITH IT ADDED PRESSURES- HOTTER WEATHER, MORE SOCIAL EVENTS LIKE PARTIES AND WEDDINGS ETC, AND THIS CAN GIVE US NEW CHALLENGES AROUND NOW WE NAVIGATE ALL OF THIS WHILST FEELING COMFORTABLE, BEING ABLE TO STAY COOL AND RESPOND TO COMMENTS THAT PEOPLE MAY MAKE .

HOW WE FEEL ABOUT THE MARKS THAT OUR SELF-HARM MAY HAVE LEFT BEHIND CAN BE DIFFERENT FOR US ALL , AND WE CAN ALL BE ON DIFFERENT JOURNEYS AROUND WHETHER WE'RE HAPPY TO EXPOSE THESE MARKS PUBLICLY OR NOT. THERE'S NO RIGHT OR WRONG CHOICE- IT'S UP TO YOU, BUT WE WANTED TO SEND YOU SOME THOUGHTS THROUGH THAT MAY BE HELPFUL THIS SUMMER TIME. SO WHY NOT HAVE A READ THROUGH. HOP ONTO THE YOUTUBE LINKS TO HEAR SOME ANSWERS TO A FEW COMMON QUESTIONS AND USE THIS TIME TO THINK ABOUT WHAT WORKS BEST FOR YOU THIS SUMMER.

TAKE CARE,
LOVE THE ALUMINA TEAM:-)

TO START WITH....



THERE'S A FEW THINGS THAT ARE IMPORTANT TO NOTE AS WE MOVE INTO THIS NEW SEASON.....



IT'S YOUR CHOICE

WHAT IS RIGHT FOR YOU IS TOTALLY UNIQUE TO YOUR EXPERIENCE AND JOURNEY. WHETHER YOU SHOW YOUR SCARS (AND WHERE AND WHEN) IS TOTALLY UP TO YOU AND YOUR CHOICE.

THERE IS NO RIGHT OR WRONG- IT'S UP TO YOU

WHETHER YOU DECIDE TO EXPOSE YOUR SCARS OR COVER THEM, THE MOST IMPORTANT THING IS THAT YOU ARE COMFORTABLE. TRY NOT TO COMPARE YOUR JOURNEY TO OTHER PEOPLE'S.

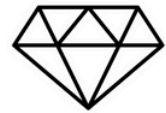
YOU ARE NOT RESPONSIBLE FOR OTHER PEOPLE'S RESPONSES

PEOPLE HAVE VERY DIFFERENT LEVELS OF UNDERSTANDING AROUND SELF-HARM AND YOU ARE NOT RESPONSIBLE FOR THE COMMENTS THEY MAKE AND THEIR FEELINGS AROUND SELF-HARM.

YOU CAN PREPARE

WE CAN THINK THROUGH HOW WE WANT TO RESPOND TO CERTAIN TYPES OF COMMENTS BEFORE THEY HAPPEN. THIS CAN HELP US FEEL MORE PREPARED AND IN CONTROL.

SUMMER WITH
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ALUMINA

FREQUENTLY ASKED QUESTIONS:

HOP ONTO OUR YOUTUBE CHANNEL TO LISTEN TO OR READ ANSWERS TO SOME OF THE QUESTIONS WE GET ASKED ABOUT SCARS....

Q. WHAT CAN WE DO WITH THE SCARS
SELF-HARM LEAVES BEHIND?



WATCH HERE:

Q. HOW DO I RESPOND TO DIFFICULT COMMENTS
ABOUT HEALED SELF-HARM SCARS FROM PEOPLE
AT SCHOOL?



WATCH HERE:

Q. HOW DO I BUILD IN CONFIDENCE TO EXPOSE MY
SELF-HARM SCARS?



WATCH HERE:

Q. WILL MY SCARS TRIGGER ME OR OTHERS?
IF SO - SHOULD I COVER THEM?



WATCH HERE:

Q. HOW DO I RESPOND TO COMMENTS ABOUT MY
SELF-HARM SCARS FROM FAMILY OR YOUNGER
SIBLINGS?

WATCH HERE:

KEEP READING FOR MORE
IDEAS, TIPS AND
INSPIRATION...

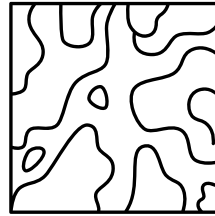


REMEMBER THAT YOU CAN WATCH OUR WHOLE
RANGE OF SELF-HARM Q&A VIDEOS ON OUR
YOUTUBE CHANNEL [BEHEADSTRONGUK](https://www.youtube.com/channel/UCBEADSTRONGUK)

SUMMER WITH
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CAMOUFLAGE



MAYBE CAMOUFLAGING YOUR HEALED* SCARS IS SOMETHING YOU WANT TO TRY THIS SUMMER BUT YOU'RE NOT SURE WHERE TO START....HERE'S A FEW THOUGHTS (ALSO REMEMBER TO USE SUNBLOCK ON SCARS AS THEY ARE MUCH MORE SENSITIVE TO UV RAYS AND CAN GET EASILY BURNT):

REDUCING REDNESS:

REDUCING THE REDNESS OF YOUR HEALED SCARS IS SOMETHING YOU CAN DO AT ANY POINT IN THE YEAR. FOR FINER SURFACE SCARS, TRY MASSAGING THE AREA FOR 10 MINS A DAY WITH PRODUCTS DESIGNED TO MOISTURISE THE SKIN- THIS CAN HELP REDNESS FADE. THERE ARE SPECIFIC PRODUCTS CREATED TO HELP WITH THIS SUCH AS BIO OIL OR SCAR GONE, HOWEVER USING A GENTLE NATURAL CREAM LIKE CALENDULA CAN REALLY HELP. IT'S NOT AN OVERNIGHT FIX AND YOU DO NEED TO COMMIT TO DO THIS OVER A PERIOD OF TIME, BUT IT CAN BE REALLY EFFECTIVE ON FINER SURFACE SCARS.

WHAT ABOUT RAISED SCARS?

RAISED SCARS (OR KELOID SCARS) CAN BE REDUCED AND FLATTENED USING SILICONE GEL SHEETS. ALTHOUGH THIS WON'T TAKE THE COLOURING AWAY, IT CAN SMOOTH OUT THE AREA MAKING IT POSSIBLE TO COVER WITH BODY CAMOUFLAGE PRODUCTS.

COVERING OVER WITH CAMOUFLAGE PRODUCTS:

SCAR CAMOUFLAGE PRODUCTS HAVE COME A LONG WAY IN THE LAST 10 YEARS AND ARE NOW MUCH EASIER TO GET HOLD OF AND OFFER A MUCH WIDER RANGE OF SKIN COLOURS. THESE PRODUCTS ARE A LITTLE LIKE FOUNDATION THAT CAN BE USED ON THE FACE, BUT CONTAIN A MUCH HIGHER AND MORE INTENSE PIGMENT OF COLOURING, MEANING THEY CAN COVER SCARS AND EVEN OLD TATTOOS IF WE DON'T WANT TO SHOW THEM.

THESE PRODUCTS ARE ALSO DESIGNED SPECIFICALLY TO NOT IRRITATE THE SKIN IN ANY WAY AND REMAIN WATERPROOF SO YOU CAN USE THEM WHILST ON HOLIDAY OR IN THE POOL. THEY CAN BE REMOVED AT THE END OF THE DAY WITH SOAP AND WATER.

THERE ARE THREE MAIN COMPANIES WHO PRODUCE THESE-

*KEROMASK- THEY HAVE 24 COLOURS AND THEIR PRODUCTS ARE WATERPROOF UP TO 8 HOURS.

*DERMABLEND

*COVERMARK

SOME OF THESE HAVE BEEN MADE AVAILABLE THROUGH PRESCRIPTION FROM A GP SO IF YOU ARE THINKING ABOUT EXPLORING THIS IDEA THEN THAT IS A GOOD PLACE TO START. THEY RETAIL AT ABOUT £15 A TUBE.

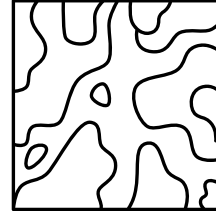
STANDARD FOUNDATIONS FOR THE FACE ARE NOT RECOMMENDED TO USE FOR COVERING SCARS AS THEY ARE NOT DESIGNED SPECIFICALLY FOR THIS PURPOSE AND MAY IRRITATE. HOWEVER IF YOU WANT TO GIVE THIS A GO IT'S ADVISED THAT YOU MIX THE FOUNDATION WITH A CONCEALER TO INCREASE THE DENSITY OF THE FOUNDATION (ALWAYS PUT SUNSCREEN UNDERNEATH)..

*ONLY USE THESE PRODUCTS ON HEALED SCARS TO AVOID INFECTION. MAKE SURE OPEN SCARS ARE DRESSED PROPERLY TO KEEP CLEAN.

SUMMER WITH SCARS



SOME HELPFUL LINKS AROUND BODY CAMOUFLAGE AND SCARS



THE MIX HAS A GREAT ARTICLE AROUND HOW SKIN CAMOUFLAGE CAN HELP WITH SELF-HARM SCARS

[YOU CAN FIND THIS ARTICLE HERE](#)

CHANGING FACES ARTICLE ON HOW TO APPLY SKIN CAMOUFLAGE PRODUCTS

[YOU CAN FIND THIS ARTICLE HERE](#)

YOU CAN TAKE A LOOK AT THE MAIN SKIN CAMOUFLAGE PRODUCTS BY VISITING SKINCAMOUFLAGE.CO.UK

[YOU CAN FIND THIS ARTICLE HERE](#)

NHS ADVICE ON SCARS

[YOU CAN FIND THIS ARTICLE HERE](#)

HENNA

ANOTHER IDEA YOU COULD EXPLORE IN DISGUISSING THE APPEARANCE OF HEALED SCARS IS TO USE HENNA.

HENNA IS A REDDISH DYE THAT COMES FROM THE DRIED AND POWDERED LEAVES OF THE HENNA TREE. IT'S USED AS A WAY TO TEMPORARILY BUT BEAUTIFULLY DECORATE PARTS OF THE BODY AND IS USED IN SOME CULTURES AS A PART OF CELEBRATING WEDDINGS AND OTHER EVENTS.

IT'S AVAILABLE TO BUY IN TUBES AND YOU CAN CREATE SOME INTRICATE DESIGNS ALL OVER YOUR BODY THAT WILL FADE IN ABOUT 3-8 WEEKS. IT CAN BE A GREAT WAY TO COVER OVER HEALED SCARS AND IS USED BY LOTS OF PEOPLE FOR PROMS AND EVENTS SUCH AS FAMILY WEDDINGS.



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ALUMINA

CREATIVE CLOTHING



THERE'S PLENTY OF WAYS TO GET CREATIVE WITH CLOTHING AND USE FABRIC TO COVER SCARRED AREAS WE ARE NOT WANTING TO SHOW

EVERYDAY CLOTHING

WE ADMIT THAT DURING SCHOOL HOURS THIS SUBJECT CAN BECOME A LITTLE MORE CHALLENGING. SOME SCHOOLS HAVE VERY STRICT GUIDELINES AROUND UNIFORM AND ABOUT SHOWING OUR SCARS DURING THE SCHOOL DAY. HOWEVER OUT OF SCHOOL, WE CAN USE CREATIVE OPTIONS TO HELP US TO FEEL NOT ONLY COOL AND COMFORTABLE BUT ALSO SAFE AND MORE IN CONTROL.

OUR ADVICE DURING SCHOOL HOURS (IF YOU NEED TO COVER UP) IS TRYING TO AVOID THICK JUMPER LAYERS OR DARK COLOURS AND HEAD TO LIGHTER COLOURED SHIRTS THAT ATTRACT LESS HEAT.

THIS YEAR KAFTANS, KIMONOS AND LIGHTWEIGHT SHIRTS ARE EVERYWHERE AND ARE THE PERFECT LIGHT AIRY LAYER TO GENTLY COVER OVER ARMS, SHOULDERS AND BACKS. AGAIN CHOOSE LIGHT COLOURS THAT WON'T TRAP HEAT MAKING US FEEL MORE UNCOMFORTABLE IN THE SUN.

BAGGY LIGHTWEIGHT TROUSERS AND LONG MAXI DRESSES ARE OTHER OPTIONS TO THINK ABOUT IF YOU NEED TO COVER SCARS ON YOUR LEGS.

ACCESSORIES CAN ALSO BE A GREAT TOOL TO DISTRACT FROM OR COVER OVER AREAS WE DON'T WANT TO SHOW. THICK CUFF BRACELETS OR A COLLECTION OF SMALLER BANDS CAN BE GREAT FOR WRISTS AND FOREARMS. MAKE SURE YOUR SKIN ISN'T GETTING TOO HOT UNDERNEATH THOUGH AS THIS WILL CAUSE YOUR SKIN TO BECOME ITCHY AND IRRITATED.

SWIMWEAR

WE MAY FEEL A BIT DAUNTED BY A TRIP TO THE BEACH OR POOL WITH FRIENDS THIS SUMMER, BUT GOOD NEWS, THERE'S LOTS OF OPTIONS OF SWIMWEAR NOW AVAILABLE THAT ALLOWS YOU TO COVER SCARRED AREAS IF YOU'D PREFER TO.

LONG SLEEVED SWIM SUITS ARE AMAZING AND YOU CAN BUY THEM PRETTY EASILY NOW AS THEIR POPULARITY HAS INCREASED. MANY OF THEM COME WITH THUMB HOLES WHICH MEANS THEY CAN COVER ARMS ALL THE WAY DOWN FROM YOUR SHOULDERS.

LONG SLEEVED RASH VESTS (USED BY SURFERS) ARE ANOTHER GREAT COVER UP OPTION AS ARE LONG BOARD SHORTS.

ALTERNATIVELY YOU COULD INVEST IN A BEACH KAFTAN AND POP IT ON AS SOON AS YOU GET OUT OF THE WATER.



MANDALA COLOURING PAGE

WELL DONE FOR READING THROUGH ALL THIS INFORMATION. WHY NOT PAUSE AND RELAX FOR A BIT AND TRY COLOURING IN SOME OF THESE MANDALAS BEFORE HEADING BACK INTO YOUR DAY.....

