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Keratosis pilaris (KP) is a skin condition in which your hair follicles are blocked with a build-up of keratin, causing small, painless bumps, usually on your arms, thighs or bum (though they can occur elsewhere).It’s a totally harmless condition but can’t be cured, so if the texture or look of your skin bothers you, there are products that can help.The dream combination when it comes to treating KP is exfoliation and hydration. For the former, don’t just look for scrubs that offer manual exfoliation with grains or beads, but those that include AHAs, BHAs or PHAs – much as you would when it comes to picking a toner for your face.To max out your exfoliation, apply to dry skin rather than wet and leave on for a few minutes before rinsing off. You may be tempted to overdo it, but only use a scrub two or three times a week because irritation can worsen KP.For hydration, use a daily nourishing, unscented body wash and an exfoliating lotion used twice a day or as directed (if you have sensitive skin, you may be better off with a standard moisturiser instead). Exfoliating acids make skin more sensitive to sunlight, so be sure to wear an SPF after use.Read more>We’ve been using products in all three categories to test their packaging, application and results. Even if you don’t have keratosis pilaris, these products will help smooth and soften rough, dry skin and help deal with those pesky ingrown hairs.Best overall – Sunday Riley charcoal smoothie jelly body scrub: £32. Cultbeauty.co.ukBest for specialist care – Ameliorate transforming body lotion: £40. Ameliorate.comBest luxury scrub – Kate Somerville exfolikate resurfacing body scrub: £48. Spacenk.comBest for sensitive skin – Ameliorate nourishing body wash: £9. Feelunique.comBest value moisturiser – CeraVe SA smoothing cream: £12. Cultbeauty.co.ukBest value luxury – Drunk Elephant TLC glycolic body lotion: £21. Boots.comBest kit – Medik8 smooth body exfoliating kit: £39.20. Lookfantastic.comBest value cleanser – CeraVe hydrating foaming oil cleanser: £12.50. Superdrug.comBest. OverallRating: 10/10When we saw Eily Curshen recommending this on Instagram for treating KP, we knew it was going to be good. Firstly, we love the packaging; completely malleable and squishable, you can squeeze out every last bit of product, and the holographic silver adds some fun to our shower shelf. It offers both manual and chemical exfoliation, combining salicylic and lactic acids and grains, and also contains purifying charcoal and moisturising joboba and avocado oils. Skin is left softer and smoother, and bumps are visibly less red and raised. {{#hasItems}} {{#items}} {{ merchant }} £{{ price }} Buy now {{/items}} {{/hasItems}}Best: For specialist careRating: 9/10Ameliorate was founded by a woman who wanted to successfully treat her KP, and this lotion is touted as the holy grail of the range. It contains lactic acid to exfoliate the top layer of skin, conditioning sweet almond oil and the brand’s LaH6 complex, a combination of six humectants that draw moisture into the skin and help it stay there. It sinks in quickly and leaves skin noticeably softer immediately after use. Over time, bumps are reduced. You get the best value for money with this 500ml bottle, but smaller sizes are available (down to 50ml), so you can test it at a lower cost before you shell out. {{#hasItems}} {{#items}} {{ merchant }} £{{ price }} Buy now {{/items}} {{/hasItems}}Best: Luxury scrubRating: 8/10The latest addition to the ExfoliKate range and the brand’s first foray into body care in the UK market, this scrub contains manually exfoliating pumice, lactic and salicylic acids and papaya, pineapple and pumpkin enzymes to slough away the build-up of dead skin cells. Honey, aloe and soybean oil help restore the barrier and prevent tightness after use, though we were definitely craving a moisturiser on top. {{#hasItems}} {{#items}} {{ merchant }} £{{ price }} Buy now {{/items}} {{/hasItems}}Best: For sensitive skinRating: 7/10This soap-free body wash cleans without stripping moisture or damaging the skin’s natural barrier. It lathers beautifully, so you don’t need much, meaning it lasts well, and it leaves skin soft and eliminates stiffness and flaky dryness. It’s the perfect balancing act for your exfoliator to prevent irritation. {{#hasItems}} {{#items}} {{ merchant }} £{{ price }} Buy now {{/items}} {{/hasItems}}Best: Value moisturiserRating: 8/10This contains salicylic and hydroxy acids to gently slough away the build-up of dead skin and clear pores. Meanwhile, ceramides and hyaluronic acid nourish, but the really noteworthy ingredient is the 10 per cent urea. Urea has been found to moisturise dry skin (it’s a humectant, meaning it draws water to itself) and exfoliate, breaking down the keratin on the top layer of your skin – ideal for treating KP. There is a bigger tub available, which is better value for money, but we prefer the squeeze tube because it’s more hygienic and we don’t get cream under our fingernails. {{#hasItems}} {{#items}} {{ merchant }} £{{ price }} Buy now {{/items}} {{/hasItems}}Best: Value luxuryRating: 10/10We love when a brilliant brand offers facial-quality products for your body; after all, why shouldn’t the rest of you get some TLC? This lightweight lotion contains a 10 per cent blend of four AHAs (glycolic, tartaric, lactic and citric). Nourishment comes from plant oils and butters, such as apricot, marula and shea, as well as squalane, niacinamide and hyaluronic acid. These work together to banish dryness, calm irritation and redness, clear congestion and restore a healthy, strong skin barrier. All this for just £21 is incredible value. It also comes in Drunk Elephant’s signature white packaging with a pop of colour. {{#hasItems}} {{#items}} {{ merchant }} £{{ price }} Buy now {{/items}} {{/hasItems}}Best: KitRating: 9/10If you don’t want to have to make decisions, the luxury, results-driven skincare brand Medik8 kit contains both a scrub and a lotion, as well as an exfoliating mist to amp up your smoothing action. The scrub offers both manual (pumice) and chemical (lactic acid) exfoliation, while shea butter and morninga oil give it its creamy texture. Follow it up with the lotion, which delivers exfoliation with lactic acid, salicylic acid and urea and nourishment from moringa butter and squalane. The combination left our skin silky soft but not tacky, and within a week, our bumps were significantly reduced. {{#hasItems}} {{#items}} {{ merchant }} £{{ price }} Buy now {{/items}} {{/hasItems}}Best: Value cleanserRating: 7/10You know a cleanser is going to be kind to your skin when it’s suitable for use on babies. This body wash contains every good hydrating ingredient we can think of: ceramides, glycerin, hyaluronic acid, triglyceride and squalane. It leaves skin feeling clean and comfortably moisturised. It’s also fragrance-free and gynaecologist-approved, so you know it’s safe to use everywhere. {{#hasItems}} {{#items}} {{ merchant }} £{{ price }} Buy now {{/items}} {{/hasItems}}Registration is a free and easy way to support our truly independent journalismBy registering, you will also enjoy limited access to Premium articles, exclusive newsletters, commenting, and virtual events with our leading journalistsAlready have an account? sign inRegistration is a free and easy way to support our truly independent journalismBy registering, you will also enjoy limited access to Premium articles, exclusive newsletters, commenting, and virtual events with our leading journalistsAlready have an account? sign inPlease refresh the page or navigate to another page on the site to be automatically logged inPlease refresh your browser to be logged in There are also just 2 more days to join the 11th TT Transformation Contest.=> hope you'll help us reach our goal of a total of 500 Pounds of Fat Lost among all contestants. Your help would mean a lot to me. Thanks and I look forward to your successAs Certified Turbulence Trainer Daniel Woodrum said on my Facebook page:"Hey Craig, I have one of my clients who is going to enter into the contest. We are going to take his measurements and pictures today. I am going to have him start with the Beginner phase of the TT original Manual. Can't wait to see his progress using the Best Fat Loss System hands down!!"Today's Kickbutt Minder Tip Go confidently in the direction of your dreams. Live the life you have imagined. - Henry David ThoreauToday’s Independence Tip: “People will do almost anything to stay in their comfort zones. If you want to accomplish anything, get out of your comfort zone.” - Kekich Credo #1Craig Ballantyne, CSCS, MS Certified Turbulence Trainer AMELIORATE Transforming Body Lotion, proven to help people with Keratosis Pilaris, dry and rough skin and ingrown hairs.AMELIORATE Transforming Body Lotion resurfaces the uppermost layers of your skin.Optimum levels of Lactic Acid, a naturally occurring Alpha Hydroxy Acid, encourage the skin’s natural exfoliation process, gently removing surface dead skin and debris whilst also stimulating the renewal of healthy skin cells.Together with our unique LaH6 Skin Hydration Complex, moisture levels are immediately replenished and significantly enhanced, providing instant comfort and a healthier look. This lightweight, easily-absorbed formulation is proven to work around-the-clock, progressively refining and improving skin texture and condition.Skin is left feeling softer, smoother and healthier-looking.Clinically proven to significantly increase moisture levels in the skin for up to 12 hourswith ALPHA HYDROXY THERAPY- DERMATOLOGICAL SKINCARE FOR-Bumpy Skin, Very Dry Skin, Dehydrated Skin, Rough Skin, Ingrown Hairs.VISIBLE BENEFITS:1) REMOVES DEAD SKIN CELLS2) UNBLOCKS HAIR FOLLICLES 3) PROMOTES SURFACE SKIN CELL RENEWAL4) RESURFACES ROUGH, DRY, BUMPY TEXTURE5) INTENSELY HYDRATES6) SOFTENS, SMOOTHES AND CONDITIONSIMPROVED THE APPEARANCE OF BUMPY CHICKEN SKIN (KERATOSIS PILARIS)*IMPROVED THE APPEARANCE OF INGROWN HAIRS **87% agreed that the appearance of their skin had improved and felt softer and smoother **Tested on 77 people with rough, dry, bumpy chicken skin (Keratosis Pilaris) in a 4 week independent consumer trial** Tested on 60 people with ingrown hairs in a 2 week independent consumer trial Aqua/Water/Eau, Ammonium Lactate*, C12-15 Alkyl Benzoate, Glycerin, Prunus Amygdalus Dulcis (Sweet Almond) Oil, Ethylhexyl Palmitate, Cetearyl Alcohol, Glyceryl Stearate, PEG-100 Stearate, Dimethicon, Hydroxyethylcellulose, Phenoxethanol, Cetearyl Glucoside, Xanthan Gum, Sodium Benzoate, Sodium Stearoyl Glutamate, Tocopheryl Acetate, Fragrance (Parfum), Potassium Sorbate, Pentylene Glycol, Hydrolyzed Milk Protein, Disodium EDTA, Lactic Acid, Serine, Sodium Lactate, Sorbitol, Urea, Linalool, Citronellol, Sodium Chloride, Citrus Aurantium Dulcis (Orange) Oil, Alpha-Isomethyl Ionone, Allantoin, Pelargonium Graveolens (Geranium) Oil, Geraniol. *From Lactic Acid.