

January 2026

M	5	12	19	26	
T	6	13	20	27	
W	7	14	21	28	
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

Kz[®] Plus
 MEDICATED SOAP

LzHH[®] XL

January

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 New Year	2	3	4
5	6	7	8	9	10	11
12	13	14 Makar Sankranti / Pongal	15	16	17	18
19	20	21	22	23	24 National Girl Child Day	25
26 Republic Day	27	28	29	30	31	

DAMAGED SKIN BARRIER

DON'T IGNORE THE SIGNS OF A DAMAGED SKIN BARRIER



INFLAMMATION



DRYNESS



BREAKOUTS



ROUGH, UNEVEN
TEXTURES



RASHES LIKE
ECZEMA



FINE LINES &
WRINKLES

February 2026

M	2	9	16	23
T	3	10	17	24
W	4	11	18	25
T	5	12	19	26
F	6	13	20	27
S	7	14	21	28
S	1	8	15	22

February

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
						Maha Shivaratri
16	17	18	19	20	21	22
23	24	25	26	27	28	

Causes of Dandruff



March 2026

M	30	2	9	16	23
T	31	3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

March

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31 Mahavir Jayanti					1
2	3 Holika Dahan	4 Holi	5	6	7	8 International Women's Day
9	10	11	12	13	14	15
16	17	18	19 Ugadi / Gudi Padwa	20 Eid-ul-Fitr (Ramzan Id)*	21	22
23	24	25	26	27 Rama Navami	28	29

*Tentative date for Eid festivals.

TREAT FUNGAL INFECTIONS



01

Keep the affected area **clean and dry** to prevent recurrence.

02

Avoid sharing personal items to **prevent infection** spread.

03

Consult a **dermatologist** for stubborn or **recurring fungal issues**.

04

Proper hygiene reduces the risk of fungal infections.

April 2026

M	6	13	20	27	
T	7	14	21	28	
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	
S	4	11	18	25	
S	5	12	19	26	

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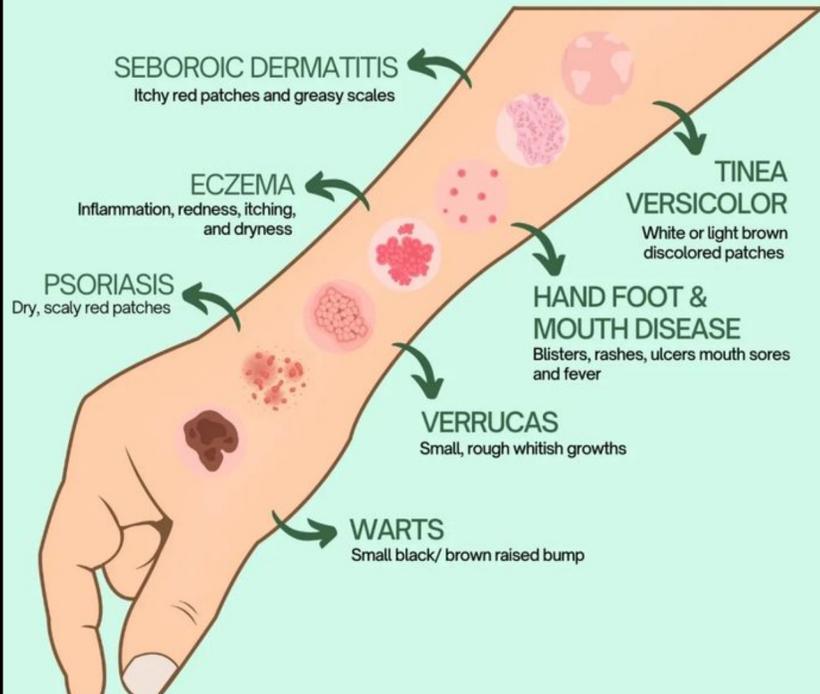
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April

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3 Good Friday	4	5
6	7 World Health Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

SKIN CONDITIONS WE TREAT



May 2026

M	4	11	18	25	
T	5	12	19	26	
W	6	13	20	27	
T	7	14	21	28	
F	1	8	15	22	29
S	2	9	16	23	30
S	3	10	17	24	31

May

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Labour Day / Maharashtra Day	2	3
4	5	6	7	8	9	10 Mother's Day
11	12 International Nurses Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Dandruff vs Dry Scalp

How to tell the

Difference



Dandruff



Dry Scalp

June 2026

M	1	8	15	22	29
T	2	9	16	23	30
W	3	10	17	24	
T	4	11	18	25	
F	5	12	19	26	
S	6	13	20	27	
S	7	14	21	28	

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June

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

International Yoga Day

Muharram / Ashura*

Eid-ul-Adha (Bakri Id)*

*Tentative date for Eid festivals.



How to Protect yourself from Fungal Infection ?



Do's & Don'ts for Fungal Infection

Do's



Wash Your Hands & Feet Regularly.



Shampoo Your Hair. Shower regularly & Wash Thoroughly.



Always Keep your infected Skin Clean and Dry.



Wear washed and dry cotton clothes.



Wash your Clothes in Hot Water & Dry them in the Sunshine.



Wear loose-fitting undergarments and change it daily.



Use separate Soft Towel to clean the Infected Skin.



Use ventilated footwear.

Don'ts



Do not rub, scratch or touch the infected area.



Do not walk bare foot. Wear your footwear, wherever you go.



Do not cover the infected area too tightly.



Do not wear nylon clothes.



Do not visit gym, public pools, or public bathing areas until your infection is cured.



Do not share your clothes, towel, shoes, socks & hair brush with others.



Do not use perfumed cosmetic products.



Do not pick or chew your fingernails.

July 2026

M	6	13	20	27
T	7	14	21	28
W	1	8	15	22
T	2	9	16	23
F	3	10	17	24
S	4	11	18	25
S	5	12	19	26

July

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 National doctor's day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

REASONS FOR ITCHY SCALP

Dandruff

Head Lice

Fungal
Infection

Scalp
Psoriasis

Hives

Reaction
to Hair
Products



August 2026

M	31	3	10	17	24
T		4	11	18	25
W		5	12	19	26
T		6	13	20	27
F		7	14	21	28
S	1	8	15	22	29
S	2	9	16	23	30

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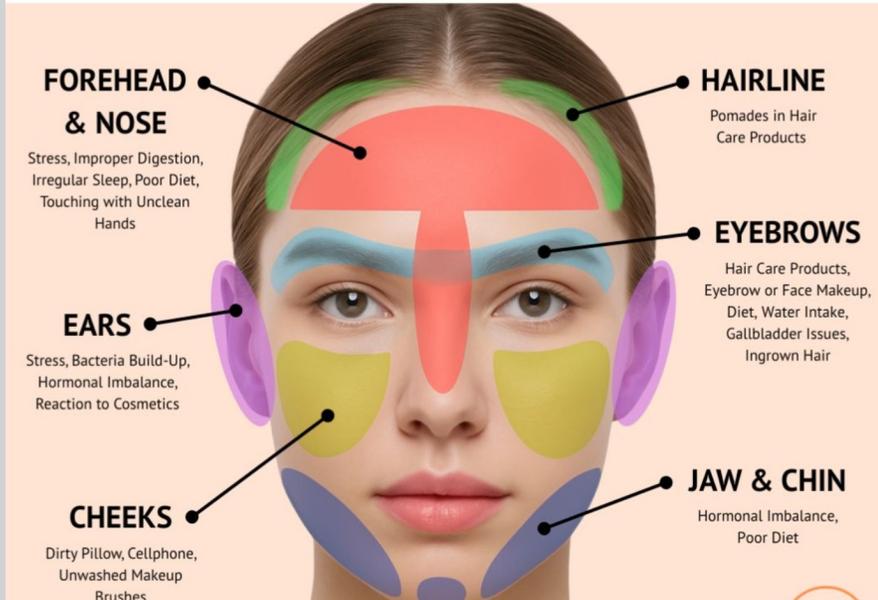
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August

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
					Independence Day	
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Onam			Raksha Bandhan		

ACNE FACE MAP



September 2026

M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

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September

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4 Janmashtami	5	6
7	8	9	10	11	12	13
14 Ganesh Chaturthi	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

EARLY SYMPTOMS OF VITILIGO:

- 1 Appearance of white patches
- 2 Premature greying of hair
- 3 Mild itching on skin



October 2026

M	5	12	19	26	
T	6	13	20	27	
W	7	14	21	28	
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

October

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 Gandhi Jayanti	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Dussehra / Dasara & World's Osteoporosis Day	21	22	23	24	25
26	27	28	29	30	31	

SKIN TYPES



NORMAL

- balanced
- few discolorations
- blemish free



DRY

- dry, flaky, or red patches
- feels tight
- looks dull or lackluster



OILY

- shiny appearance
- enlarged pores
- prone to acne



COMBINATION

- dry in some areas
- oily in others
- larger pores on T-zone

November 2026

M	30	2	9	16	23
T		3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

November

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30						1
2	3	4	5	6	7	8 Diwali / Deepavali
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Guru Nanak Jayanti	25	26	27	28	29

PIGMENTATION

CAUSES



- Hormonal changes
- Inflammation

PREVENTION



- Use sunscreen

TYPES



Sunspots



Melasma



Post-inflammatory



Freckles



Wear a hat

December 2026

M		7	14	21	28
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	31
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

December

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				Christmas		
28	29	30	31			
			New Year's Eve			