

# **Eczema-Like Psoriasiform Skin Reaction Due to Brazilian Keratin Treatment, So Avoid this BKT by Taking Nutrients that Helps to Produce Keratin**

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**Abstract:** *The use of formaldehyde and the formaldehyde releasers in hair straightening formulation started in Rio de Janeiro in 2003 this is known as BKT. This Brazilian keratin treatment is common hair straightening method widely used by women in the world. The aim of this study was to analyze the Brazilian keratin treatment products contain the insupportable high levels of formaldehyde. This hair straightening products may lead to severe allergic contact dermatitis, by means of the responsible allergens such as formaldehyde and its releasers. The possible consequence of the absorption of formaldehyde by hair dressers or clients are still to be verified by the scientific community however this skin and scalp reactions observed in our cases suggest a drug reaction phenomenon and not only eczemas of irritant or allergic origin. In the BKT when hairs are heated by blow drying and hot ironing the eczema like psoriasiform skin reactions that develop afterwards might be under diagnosis. So we can avoid this BKT treatment by increasing body keratin by eating biotin rich foods, food vit A etc.*

**Keywords:** BKT, formaldehyde, Eczema-like psoriasiform skin reaction, nutrients