

HEALTHY SKIN Malolo e kili he tino

Fakameā he kili he tino * Fakameā tumau e tau lima * Hele e tau mahina lima * Ufiufi e tau matamotu ti pili aki e palatitā



Tama tote malolo

- Tau kai mitaki, lolo moe huhua, mahuiga lahi ke lata moe malolo he kili he tino
- Fakameā tumau e kili he tino
- Tau onoono tumau e kili he tino he tau aho oti
- Tui e tau mena tui meā
- Fakaaoga e vala vai mo e vala moli ke holoholo aki e tau lima
- Unu fakameā tumau e tau kafu mo e tau tauvela
- Fakameā e fale i loto mo fafo
- Leveki mo e tului e tau manu he tau moko ikiiki



Tama tote ne fai matamotu tutia, pakia poke fai gagao foki e kili he tino

- Fakaaoga e vala vai mo e vala moli ke holoholo aki e tau lima
- Fakameā mo e uufi aki e palatitā e tau matamotu
- Fakaati e tau matamotu he tau aho oti
- Hele mo e fakameā e tau mahina lima
- Levekiaga ma e falu gagao he kili he tino tuga e tau magiho (ekesemā) - fakaaoga e kulimi moe vai tului gagao
- Fakaaoga e tau kafu mo e tauvela haau ni
- Ka fia manako lagomatai a koe ole atu ke he nosi poke taha tagata gahua malolo tino



Tama tote ne fai gagao tote ke he kili he tino

Pete ni kua malolo e tama, finatu kehe toketa poke nosi ka pehe kua mamahi poke kula, fakatai tuga e:

- ka tata kehe mata
- ka lahi tuga e hogufulu sene poke lahi atu foki
- fakakaupela
- mafana ka aamo
- mamahi e kili
- kua lahi atu fakahaga
- tau vakavaka kula kua tafe mai i ai
- kaeke kua nakai la mitaki he ua e aho

Velavela e tama poke nakai



Tama tote kua kelea fakahaga e gagao he kili he tino

- Kumi e Ekekafo poke nosi. Liga lata mo e taha vai tului maō ke fakainu aki
- Moua e vai mai he fale talavai ti kamata ke inu he magaaho ia ni
- Inu ke oti e tau vai tului maō ke tuga ne fafati ki ai
- Ua age e tau vai haau ke inu falu tagata
- Leveki fakamakutu e tau fanau inu vai tului gagao
- Tau onoono tumau e kili he tino he tau aho oti
- Kaeke kua nakai la malolo ia, ti liu atu ke he Ekekafo



Tama tote kua kelea lahi e gagao ke he kili he tino

Mafiti lahi e totolo he tau gagao papala he kili he tino. Ko e mena ia kia mailoga tumau mo e aua neke fakateaga haau a tau kitekiteaga ke he tau gagao papala nei he kili he tino.

- Kua lahi e gagao mo e mamahi e tama haau Very unwell
- Lata ke taatu ke he fale gagao
- Ligoaligo kua lata ke ihi

Tau gagao he kili he tino, ka nakai tului tuai to fai gagao kelea lahi ka moua.

Tau fakailoaga ma e tau gagao he kili he tino moua ke he www.rph.org.nz

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