

## WHY YOU SHOULDN'T PICK YOUR SCABS

When you hurb yourself, your body works quickly to seal off a bleeding wound and create new skin to close the defect. Scalps are there for a reason.

defect. Scaps are there for a reason.
They are composed of clotted blood and fibres, and picking them will not only undo all your body's hard work, it will also increase the risk of the wound becoming infected.

