

Eczema skin care

Bathing/showering

- Bath: add a plain DISPERSIBLE bath oil. These are different products from standard oils (which do not disperse throughout the water).
- Bath oil helps to soften and moisturise the skin.
- Do not use antibacterial products unless specifically advised. Avoid products containing fragrance, essential oils and botanicals which can be irritating or even allergic.
- Bath oil is recommended for everyone, regardless of age, if there is a readily accessible bath.
- If bath oil is used, baths can be taken every day.
- Showers should be short and not as hot.

Cleanser

- Avoid cleansers (even soap-free ones) and shampoos as much as possible
- A fragrance free, non-soap cleanser should only be used on visibly dirty or sweaty areas, or skin folds (face, armpits, groin).
- Avoid antibacterial products. Hand sanitizer should be avoided if hands are affected, as much as possible.
- Babies and young children only need infrequent use of shampoo, if at all, and ideally no more than once weekly if. A hypoallergenic shampoo should be used, which does not contain isothiazolinone as preservative (check the label or online for ingredients).

Moisturizer

- Moisturizer should be used immediately after bathing. Pat the skin dry, and while it is still damp, apply the moisturizer to the entire skin surface.
- This traps moisture in the skin, and with less chance of it drying out.
- Moisturizer should be applied as often as needed to keep the skin smooth and soft. A product which only requires once or twice daily application is recommended. Moisturizer can be applied at each nappy change for babies.
- Ointments are thicker than creams. Lotions are light.
- If a product stings it should be avoided.
- Sometimes a different, oil free product should be used for the face in older children and adults.

Laundry detergent

- Choose a hypoallergenic, "sensitive" POWDER, rather than a liquid. Liquids have to contain preservatives and masking fragrances, while powders do not.
- Avoid the use of fabric softeners, and antibacterial additives.

- Appropriate skin care products need not be expensive, and are usually available in chemists, and often supermarkets.
- Botanical and essential oil ingredients are not necessarily helpful and may sometimes cause irritation and even allergy. Products marketed as “Natural” and “Organic” are not necessarily better than standard products.