



Skin Care for Gentle, Sensitive or Eczema-prone Skin

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1. What you need to know about soaps: Only sweaty areas such as the armpits, groin and private areas need soap.

The other areas such as the arms and legs do not need to be cleaned with soap. Plain water will suffice.

Gentle soaps (and cleansers) include Dove, Cetaphil, Aveeno, Aquanil.

2. **Avoid hot water.** Use cooler, lukewarm water with shower or bath.

3. Take showers/baths at most once per day, and limit to 5 minutes duration.

4. Pat dry with cotton towel, leaving your skin damp.

5. Immediately apply moisturizer all over your body:
CeraVe Cream, Vaseline Petroleum Jelly.

6. Reapply moisturizer 2-3 times per day.

7. Wear loose **100% cotton** clothing.

8. Please avoid fragrance. Use products labeled as **fragrance free** only. The term "Unscented" does not mean fragrance free. Consider sensitive skin laundry detergents eg: ALL Free & Clear. Avoid dryer sheets or fabric softeners.