

Dry Skin/Sensitive Skin/Eczema Skin Care

General Tips:

- Avoid heavily scented soaps, lotions, and detergents. Do not use perfume directly on skin.
- Look for **fragrance free** products for skin care and detergents/dryer sheets/fabric softener.
- **Moisturize at least once daily** after showering or bathing. Moisturize more often when skin is red/itchy/scaly.
- **Avoid hot water** for showers/baths. Use lukewarm or tepid water.
- Consider using a humidifier during winter months.

Cleansers:

- Avene Xera Calm Cleansing Oil (sold here or online)
- Cetaphil Gentle Cleanser
- CeraVe Hydrating Cleanser or CeraVe anti-itch cleanser
- Aveeno Body Wash (regular or Eczema care)
- Dove for Sensitive skin (bar, not wash)

Moisturizers:

- Avene Xera Calm Lipid Replenishing Balm (sold here or online)
- CeraVe Lotion or Cream (Regular or Anti-itch)
- Cetaphil Cream or lotion
- Aveeno Eczema Therapy Cream, Lotion or Balm
- Aquaphor Healing Ointment
- Vanicream
- Vaseline
- Coconut Oil
- Sunflower Seed Oil

Detergents:

- ALL Free & Clear
- Tide Free

Hair/Scalp Care:

- Free & Clear Brand
- VMV Hypoallergenic (online only)
- Neutrogena T Sal