

TIPS FOR DRY AND/OR EZCEMA-PRONE SKIN

1

CHOOSE FRAGRANCE AND DYE-FREE PRODUCTS.

Stick to fragrance-free and dye-free soaps, moisturizers, shampoos, body washes, laundry detergents, etc. cleansers as they typically contain less irritating ingredients.

2

REACH FOR CREAMS, BALMS, OR OINTMENTS.

Avoid products labeled as "lotion" or products with a foam or gel formula. Creams, balms, and ointments are thicker, more hydrating, and less likely to contain drying alcohols. Bonus tip: moisturize the skin at least twice a day.

3

CONSIDER PURCHASING A HUMIDIFIER.

Run a humidifier in your bedroom to restore moisture to the air and prevent dry air from worsening the skin.

4

AVOID LONG, HOT SHOWERS/BATHS

Keep your showers and/or baths short (less than 10 minutes) and use lukewarm water. Extended exposure to hot water can dry out the skin. Bonus tip: apply your skincare products immediately to towel-dried skin to lock in hydration.

5

ALWAYS PROTECT YOUR SKIN FROM THE SUN.

Everyone should be wearing sunscreen on a daily basis, especially those with sensitive or eczema-prone skin. Find a sunscreen that is SPF 30+, broad spectrum, and non-irritating.

6

SEE YOUR DERMATOLOGIST.

Check in regularly with your dermatology provider, who can help keep your skincare routine individualized and introduce you to new treatment options. Bonus tip: book an appointment with me the next time you are in NYC!