

Title:

3 Steps to Managing Skin Allergies

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629

Summary:

An effective approach to managing skin allergies has three components. This article outlines t

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allergy, eczema, skin allergy, skin reaction, latex, nickel, emollient, moisturize, moisturise

Article Body:

An effective approach to managing skin allergies has three components. Firstly you must under

Many people think that allergies only affect the respiratory or digestive systems, but they ca

The second component in managing a skin allergy is identifying then eliminating the allergens

A common man-made trigger is latex, which comes from the sap of the Brazilian rubber tree. The

Nickel is another trigger. In addition to the obvious nickel-containing metallic objects like

The third component of effective management is looking after your skin. The easiest thing to d

Managing your skin's condition means firstly moisturizing and softening the skin to ensure it

When you take a bath soak in lukewarm water for 20 to 30 minutes. Do not have hot baths or sho

Use a mild soap or a non-soap cleanser with neutral pH (pH7). If you wish to add bath oils do

After the bath dry yourself by patting your skin with a soft towel. This helps retain moisture

To look after your skin you will also need to avoid situations where you will experience extre

Follow these three steps and you will be able to control your skin allergy and minimize its im

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