

Title:

Dermatitis & Eczema

Word Count:

600

Summary:

This article explains the causes and treatments of dermatitis and eczema.

Keywords:

dermatitis,eczema

Article Body:

Clear Skin Remedies

Maybe the first question you asked yourself after the doctor diagnosed your condition was, "What

The following tips are designed to help those with diagnosed conditions of eczema or dermatitis.

Beware Of Dry Air

Dermatitis is aggravated by dehumidified air, especially during winter months when forced-air

Like It Lukewarm.

While some experts feel excessive bathing can aggravate the condition, others feel that regular

Go For Grease.

Regular soap need not be avoided in your bath as long as a moisturiser is applied after its use.

Take An Oatmeal Bath.

For an additional soothing treat, add colloidal (fine powder) oatmeal to the bath water. You can

Take Comfort In Cotton.

Cotton clothing worn next to the skin is much better than either wool or polyester. Avoid synthetics.

Compress To Soothe.

Cold wet dressings can help soothe and relieve the itching associated with contact dermatitis.

Cool With Calamine.

Calamine lotion is good for many types of rashes that ooze and may need to be dried out. Also,

Beware Of Body Lotions.

Sometimes baby lotions aren't the best thing for childhood eczema. They have a high water content.

Wash Once, Rinse Twice.

When it comes to doing the laundry for people with eczema or dermatitis, make sure the detergent

Thank you for reading this article. I hope it has been helpful. Author - John Moore - Please visit

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