How Your Skin Can Benefit From Lotion for Eczema

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Boost Your Skincare Routine With Lotion for Eczema

No matter what type of eczema you have, you know how uncomfortable, irritating and often painful it can be. Red and itchy skin, inflammation and blisters are never fun to deal with. Finding relief from these eczema symptoms can be difficult. One of the best things you can do for your skin is to use an eczema lotion that moisturizes and protects your skin.

But with so many different lotions and moisturizers to choose from, it can quickly get confusing. What is eczema lotion, and how can it help ease your symptoms and benefit your skin? Let's find out.

What is Eczema Lotion?

Dermatologists and skin care experts recommend using eczema lotion regularly to soothe and repair your skin. Eczema lotion is created specifically with eczema in mind.

Not all moisturizers are the same; there are many different types on the market. Many of these lotions are not ideal at helping to control and manage your eczema. Some of these moisturizers may even make your eczema symptoms worse. It's important that you know what to look for in an eczema lotion so that you can keep your eczema under control and give your skin the hydration it needs.

Lotions contain both oils and water. The more oil a lotion has, the better it will be for your eczema symptoms, as it will help keep moisture in your skin and keep the irritants out. Good-quality lotions feel creamy and thick because they have more oil in them than regular skin moisturizers.

When applying an eczema lotion, first gently wash and pat the affected skin dry, leaving it slightly damp to help seal in more moisture. Then, carefully apply the lotion, reapplying a few times throughout the day. If you have eczema on your hands, try to avoid washing your hands as much as possible. The more you wash, the more you will dry out your skin.

Benefits of Using Eczema Lotion

Not only does a lotion soothe your dry and itchy skin, it helps build up a protective barrier. Eczema damages your skin and makes it more sensitive to allergens, bacteria and irritants. Building up skin protection makes it easier for your skin to retain water and stay hydrated to avoid eczema flare-ups.

Using a lotion is even more important in the winter months when your eczema can be at its worst. Dry, cold air outside and dry heat inside can quickly damage your skin and cause eczema to rear its ugly head. Using a lotion helps hydrate your skin.

When you have eczema, using a lotion is essential to help control and manage eczema symptoms. Some of the

main benefits for your skin include:

- Relieving dry, itchy skin.
- Moisturize, hydrate and seal in moisture.
- Build a protective skin barrier from allergens and irritants.
- Manage eczema and reduce the risk of flare-ups.

Types of Eczema Lotion

There are different kinds of eczema lotions to choose from. While all are designed for eczema symptoms, the main difference between them is the amount and types of oils they contain.

Lotions that contain the highest levels of oil are best if you have severe eczema. They can feel quite thick and creamy as they build up a protective barrier on your skin. These lotions contain ingredients that are particularly good for sensitive skin and sealing in moisture. They include ingredients such as ceramides, mineral oil and petroleum jelly.

Other eczema lotions contain less oil but are equally as good for treating your eczema. They feel less greasy and can be easier to apply to the affected skin. When used daily, these lotions can help strengthen the skin barrier, and provide you with long-lasting hydration and moisturization. Use these lotions when you have medium to severe eczema symptoms. Ingredients in these lotions can include glycerin and dimethicone, a silicon that is easily absorbed into the skin so that it provides fast relief from eczema dryness.

For mild eczema symptoms, a lighter lotion that has a higher water content is a good option. These lotions are easy to apply as they glide on smoothly and are quickly absorbed into your skin. This makes them ideal for moisturizing and hydrating your skin, particularly when applied throughout the day. Ingredients in lighter eczema lotions include glycerin and mineral oils.

You'll find that some eczema lotion has added natural ingredients that are known to soothe dry and irritated skin, such as chamomile, lavender and rose essential oils. These added essential oils will give the lotion a natural fragrance. While these natural ingredients can be beneficial, be cautious when any of these therapeutic essential oils have been added to a lotion as they may cause an allergic reaction on your skin.

What to Look for in Eczema Lotion

When choosing an eczema lotion, look for the following ingredients, as they will help soothe your symptoms. These ingredients work by repairing the skin barrier and preventing water loss. They also help calm dry and irritated skin and make it feel less itchy.

- Ceramides.
- Fatty acids.
- Glycerin.
- Hyaluronic acid.
- Mineral oil.
- Petrolatum.
- Silicone.

No matter how severe your eczema is, or what ingredients you look for in an eczema lotion, choose products that are alcohol-free and contain zero fragrances, dyes, parabens, or lanolin. These ingredients can cause skin irritation and possible allergic reactions. When you already have a sensitive skin condition it is imperative that you use an eczema lotion that will not irritate your skin any more than it already is.

Finding the Right Product

When looking for an eczema lotion, use the information in this article to find the right lotion for your needs. What

works for one person may not work with your eczema, as everyone’s skin is different. If one lotion is not giving you the relief you need, give another lotion a try. When you first use a new lotion, only apply a small amount to your affected skin. You want to be sure you do not have an allergic reaction to the product, as it may worsen your eczema symptoms.

Once you find an eczema lotion that works for you, remember to apply it often to keep your skin hydrated and well protected.