



Using skin care to manage eczema in babies¹

Although Everleaf Herbal Skin Salve is a highly effective treatment for skin disorders like eczema, it's crucial to comprehend the root cause of the issue to prevent recurring outbreaks. To give your baby's skin the best possible chance of recovery, we've put together a concise guide that will assist you in achieving just that.

1. Results may not be immediate. As your baby's skin begins to heal, it will start to release toxins allowing affected cells to break apart. This will pave the way for the repair of your skin. During this time, especially in the first few weeks you may see an initial deterioration. The length of time this process takes depends on several factors, including the severity of the issue.
2. Eczema in babies is often triggered by specific factors, such as harsh soaps, certain foods, or exposure to allergens. By taking note of when outbreaks occur, you can determine the root cause and take steps to prevent future flare ups. Keeping a journal of your baby's symptoms is an effective way to identify the triggers.
3. Keep your baby's skin clean by using a gentle, fragrance-free cleanser to wash your baby's skin and avoid over-bathing. Rinse the skin thoroughly and pat dry, avoiding rubbing the skin.
4. Moisturising is key to managing eczema. Use the Everleaf Skin Salve at least twice a day to help soothe dry, itchy skin.
5. Avoid dressing your baby in synthetic fabrics or wool as these can irritate the skin. Instead choose soft, breathable fabrics like cotton.
6. Dry air can worsen eczema, using a humidifier in your baby's room will help to keep the air moist.
7. Overheating can cause sweating, which can irritate eczema. Dress your baby in light, breathable clothing and avoid overdressing.
8. If your baby's eczema flares up, treat it promptly with the Everleaf Herbal Skin Salve.
9. Eczema can increase the risk of bacterial or viral infections. Watch for signs of infection, such as redness, swelling, or oozing, and contact your doctor if you suspect an infection.

¹ Disclaimer:

The information provided in this guide to managing eczema is intended for general informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a qualified healthcare professional regarding any medical condition or concerns you may have, including eczema.