

## Using skin care to manage eczema<sup>1</sup>

Whilst Everleaf Herbal Skin Salve will most certainly help with treating and managing skin outbreaks such as eczema, it is still important to identify and address the underlying cause. The following is a brief guide to help you give your skin the best chance of recovery.

1. Results may not be immediate. As your 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 is often triggered by specific factors, such as stress, 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 symptoms is an effective way to identify your triggers.
3. Moisturising is key to managing eczema. Use the Everleaf Skin Salve at least twice a day to help soothe dry, itchy skin.
4. Use gentle, fragrance-free products: Avoid using products that contain fragrances, dyes, or other harsh chemicals as they can irritate your skin instead opting for mild, unscented products.
5. To manage your eczema, especially during the healing process it is recommended to take warm, not hot baths. Hot water can eliminate the natural oils of your skin. Avoid harsh soaps or bubble baths.
6. Avoid wearing rough, scratchy fabrics that can irritate your skin. Instead, opt for soft, breathable fabrics like cotton.
7. Keep your nails short as scratching can make eczema worse by breaking the skin.
8. Stress can trigger eczema flare-ups. Try to find ways to manage stress and experiment with calming techniques such as deep breathing or meditation to help you relax

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<sup>1</sup> Disclaimer: