



Repairing Sensitive Skin

I often have dry skin, and sometimes get symptoms of eczema on my hands, so my doctor prescribed a treatment and recommended that I always use a moisturizer for my sensitive skin.

My pharmacist provided additional advice on how to care for sensitive skin:

- Wash with warm water and mild cleansers without perfumes, dyes or antibacterial additives.
- Don't scrub or scratch skin, as this may lead to infections.
- Wear gloves when working with detergents and household cleaners.
- Choose fragrance-free laundry detergents and avoid fabric softeners.
- Keep jewellery away from affected areas, as some metals can trigger a reaction.
- Use a humidifier in the winter.
- Drink plenty of water.

She also recommended an emollient that restores my skin's ability to retain moisture.

your pharmacist and you



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