

Solid Advice To Help With Your Eczema

Eczema is a skin condition that primarily **Herpesyl Reviews** affects infants and young children, though adults can suffer from it as well. Your skin becomes irritated and inflamed, and it often makes you itch uncontrollably. Fortunately, there are some effective means of treating eczema. Keep reading to find out more about this condition.

When it comes to eczema, what you wear is important. This can be important for your comfort. Wear clothes that are loose on the body and made of cotton. Avoid coarse materials like wool against the skin. All clothes should be rinsed twice and washed using a mild detergent before you first wear them.

Pay attention to your hands. Because you wash them throughout the day, they can get very dry and are prone to more eczema. If you are engaged in an activity that involves water, like washing the dishes, wear rubber gloves. This will help protect your skin from the water throughout the day.

Control your indoor temperature. Eczema tends to flare up during shifts in temps or humidity. Use your air conditioner to stay cool in the warmer months. A humidifier can help you keep your skin from drying out during colder weather. Staying comfortable temp wise will help reduce the frequency of flare ups.