

Useful Information For Dealing With Your Eczema



Eczema can be a chronic condition that comes and goes. But during the times when you are experiencing a flair-up, it can [Herpa Greens](#) disrupt your life in many ways. So learning the triggers and what you can do to keep it from taking over is essential. So here are some proven ways to help you keep your breakouts to a minimum.

Understand what makes your eczema act up. It could be that there is a certain type of soap that gets you every time, for example. In most cases, you do not want to use anything that has a scent attached to it. That means it may be necessary to avoid perfume, some body lotions and even certain types of make-up.

Don't scratch if you can avoid it. Eczema can be very itchy and uncomfortable. But be aware that the more you begin scratching, the more often that you'll need to scratch. You could actually harm the skin and bring on an infection. Try using moisturizer often and putting cold compresses on it to relieve symptoms.

The cold weather can damage your skin, particularly the skin on your hands. When you are outside in the winter, make sure you put on a pair of gloves. In particular, either cotton gloves or leather gloves will work the best. Stay away from wool gloves, as they may hurt more than they will help you.

Use PABA-free sunscreens. This is an ingredient that is known to irritate the skin and cause eczema to flare-up. Always thoroughly check the ingredients label thoroughly, even if it claims to be PABA-free. If nothing else works, you should speak to your physician about prescription sunscreen.

Avoid stress. Stress can increase the intensity of eczema flare-ups. While it is true that eczema itself can stress you out, try not to let it. Practice relaxation methods like yoga, medication, and deep breathing exercises. Staying calm is your best defense when it comes to successfully battling your eczema.