

## **DRY SKIN CARE RECOMMENDATIONS**

### **DO**

1. Use luke warm water.
2. Bathe just long enough to cleanse your skin.
3. Eat a balanced diet. Fruits, vegetables, and fiber provide fluid and important nutrients to your skin
4. Drink lots of water, preferably 8 glasses a day. The upper layer of your skin is about 10% water, while the deepest layers are close to 60% water.
5. Use a humidifier in the winter to keep the air from drying out your skin.
6. Use a mild cleanser such as Cetaphil, CeraVe™, Dove, Aveeno Wash & Moisturizer or Oil of Olay. The Aveeno Skin Relief Body Wash moisturizing wash is especially gentle.
7. Pat yourself dry with a soft towel after bathing or showering.
8. Use moisturizers immediately after toweling off. The best moisturizers include CeraVe™, Eucerin®, Cetaphil®, white petrolatum, Aquaphor®, mineral oil, Aveeno (all brands) or other unscented lotions. Prescription lotions such as Salex and Lac-Hydrin or OTC AmLactin have additional ingredients to help with scaly skin.
9. Avoid wool, nylon and itchy fabrics.
10. Get your “beauty sleep”.

### **DO NOT**

1. Use hot water.
2. Bathe too long. Soap and water can cause skin to become excessively dry.
3. Scrub your skin with a brush or harsh sponge.
4. Rub yourself dry.
5. Shower or bathe too frequently, especially in the winter.
6. Forge about what you eat. Eat a healthy diet. Your diet can affect your skin.
7. Overheat your home in the winter.
8. Lose sleep. Fatigue can slow your circulation and impede delivery of oxygen and nutrients to your skin.