

Your daily skin care routine is as easy as 1, 2, 3...



STEP ONE: ADJUST BATH TEMPERATURE!

Keep water temperature lukewarm, not hot. Avoid hot tubs and bubble baths.

Pro Tip: Use a bag bath (smooth, plush cotton washcloths saturated with a mixture of water, liquid soap and moisturizer and warmed in a plastic bag) to expose you to less water than soaking in a bath and help reduce dryness. Be sure to wash gently—don't scrub your skin!



STEP TWO: LATHER UP!

Restrict soaping to oily and odor-causing parts of your body including scalp, armpits, and groin.

Pro Tip: Avoid cleansers with alcohol, particularly traditional bar soaps, as they can alter your skin's natural barrier.



STEP THREE: MOISTURIZE!

Immediately after bathing, apply a thin layer of a hypoallergenic, unscented moisturizing cream.

Pro Tip: After moisturizing, gently pat—don't rub—your skin dry with a soft towel. Do this to eliminate any slippery or sticky residue.





My skin is so itchy! What can I do to soothe it?

Try an emollient cream first. If your itch is concentrated in one specific area, you can even try a bag of frozen vegetables like peas, but for no more than a few minutes. If you notice any complicating symptoms such as pain, redness, bluish discoloration, spread, swelling, or skin hardening, remove the frozen vegetables immediately and run the spot under lukewarm water. Consult a healthcare professional immediately if symptoms do not improve. Finally, make sure to keep your nails short – it will help prevent you from traumatizing your skin if you scratch!



What else can I do as part of my daily skin care routine?

Examine your skin daily, immediately attend to any wounds, and report concerning changes in skin condition and/or color to your dermatologist or health care professional as soon as possible.





I'm a caregiver, and my loved one can't sleep due to skin problems. What should I do?

With your doctor's permission, consider using a non-sedating antihistamine, but be careful – these medicines can sometimes cause over sedation or other effects that could cause falls! If you have an Apple Watch, check out Nestlé Skin Health SHIELD's new Itch Tracker app.

