

CHAPTER 2

HOW TO MAKE A WET WRAP

How to Make a wet wrap

For severe eczema or for extra moisturising, a wet wrap can be worn after moisturizing.

◆ STEP 1

Dampen a gauze or cotton fabric in warm water



◆ STEP 2



Wrap round affected area after generous application of prescribed emollient or recommended emollient from a pharmacist

◆ STEP 3

Leave for a few hours or overnight

