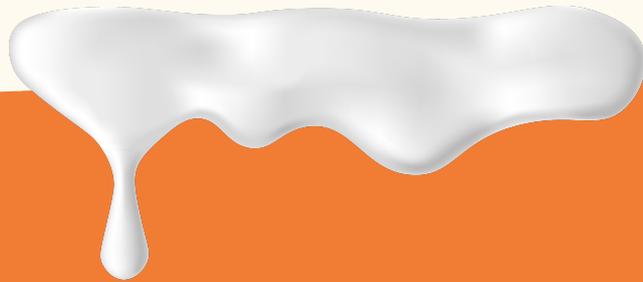


# Tots 2 Teens Allergies



**Emollient or  
Ointment...  
Lotions or Creams?**





**Once you have identified and established the triggers for your child's eczema you are more likely to manage it adequately.**

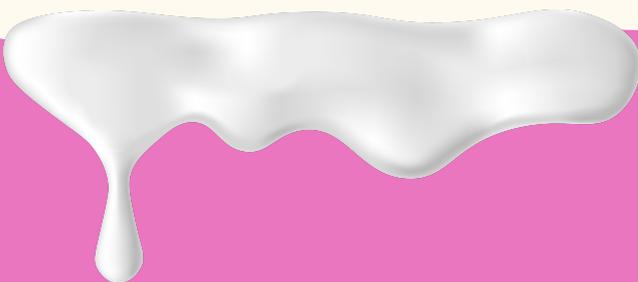
**Managing your child's skin is important for quick recovery and to ensure your child's comfort. When my daughter's skin flared up, the one thing that drove me nuts was that she was so uncomfortable; it was hard to watch her being so irritable and not enjoy being a baby. What made a difference was choosing the right skin care for her. So what options are out there, how do they work and how do they differ?**



# What are emollients?



**These are moisturising treatments applied to the skin to soothe and hydrate it. They cover the skin to ensure moisture is trapped under a protective film and are used in the management of dry, itchy or scaly skin... such as eczema. Emollients can help prevent inflammation and the resulting flare ups.**



# What are the different types of emollients?



Ointments are oily, greasy emollients best used at night. They are great for very dry skin as they are super moisturising and being free from preservatives makes them good for sensitive skin. However, they should not be used on weeping eczema. I used ointment for my daughter, day and night, as her skin was both very dry and super sensitive.



# What are the different types of emollients?



Creams are not so greasy and are rapidly absorbed making them ideal for daytime use. Some creams can be used as soap substitutes since normal everyday soap and skin care can dry out the skin, worsening eczema. I use Zerobase® cream as a soap substitute for my daughter's skin.



# What are the different types of emollients?



**Lotions are thin emollients that can spread easily and as such are suitable for hairy or damaged skin areas that are weeping. The downside is that they are not moisturising.**



# What are the different types of emollients?



Sprays are another type of emollient that are used for hard-to-reach areas as well as sore or infected skin that cannot be touched. They are absorbed quickly.





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