

How to care for your child's skin

- Before applying any product to your child's skin always patch test.
- Keep your child's skin moisturized and hydrated to minimize itching and dryness use an emollient moisturiser that is completely unscented. This means no essential oils and no synthetic fragrances. Apply this to your child's skin at least 4 times per day.
- Medical Research has shown that by following this procedure the incidences and severity of an outbreak are significantly reduced.
- When applying your cream apply in downward strokes e.g. from shoulder to wrist. The reason for this is skin is already inflamed by going against the hair growth the skin can become further inflamed and infection may develop.
- Avoid chemicals and fragrances on your child's skin the fun of a bubble bath can be the worst trigger for a baby's eczema.
- Maintain moisture in the skin by using a humidifier as it keeps the air moist.
- Keep bath time to warm not hot water and short baths no longer than 5 minutes.
- Pat skin partially dry and apply emollient cream to skin within 3 minutes to help lock in moisture.

What else can I do to help my child's Atopic Dermatitis (Eczema)?

- Become educated, talk to your family doctor or child health specialist to properly diagnose the problem.
- Get in touch with organizations such as the Eczema Association of Australasia who are a wealth of information.
- You will also find further information and tips at www.naturewithin.com.au

Skin Safety & Patch Testing

Even though a product is advertised natural and organic this doesn't mean that allergies won't occur. For example Lavender and Chamomile are 2 of the most widely used and researched herbs in the world, they have been around for centuries and contain many medicinal properties based on scientific research, while generally considered safe they have been known to cause mild to severe allergic reactions in very sensitive individuals. Reactions from dermatitis to respiratory issues, usually this is due to a chemical component in the plant that the individual is extremely sensitive to. This is why patch testing is always important before the use of any skin care product regardless of the claims made by the manufacturer as everyone is different.

How to patch test

For children use a small area on the upper back to shoulder, approx 3cms in size or 1 inch.

Little hands can't reach this area and it will be easy for you to assess for a reaction.

Usually a reaction can occur straight after the application of the product but this isn't always the case. If a reaction doesn't occur continue applying the product a few times over a 24 hour period in case of a delayed reaction.

What to check for

Usually the first signs of a reaction are redness, itching, burning, welts or blistering. If these symptoms should occur flush the skin immediately with cold water and discontinue using the product.

Baby's should always be rinsed after a bath so all traces of bath wash are removed from the skin and reducing the chances of irritations occurring.



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DRY, sensitive Eczema prone skin



*Soothing Moisturising
Eczema Cream
from Nature Within*



Nature Within Soothing Moisturising Eczema Cream

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Nature Within Soothing Moisturising Eczema Cream is a listed product with the TGA (Therapeutic Goods Association).

It has been specifically formulated to ease symptoms of eczema and relieve dry itchy skin.

It contains the following active ingredients:

- Shea Butter
- Vitamin B5
- Gota Kola Extract
- Calendula Extract
- Aloe Vera Juice



How should I use Nature Within Soothing Moisturising Eczema Cream?

- First time use: patch test on a small area of healthy skin
- Apply a small amount to affected areas 2 to 3 times daily
- If symptoms persist consult your healthcare practitioner

What is Atopic Dermatitis (Eczema)?

- A condition that affects the skin, it is recurring and is one of the most common conditions affecting 1 in 5 children.
- Characterized by a red, inflamed rash that could be either dry and scaly or wet and weeping, the person usually experiences an intense constant itching to the area affected.
- It tends to make its first appearance during infancy approximately 2-6 months of age and starts on the face, behind the knees, behind the ears or on the elbows. Some people may have it all over their body.

What causes Atopic Dermatitis (Eczema)?

- Research is finding that genetics play a major role in the development of eczema, if one parent has either eczema, asthma or hay fever then the child has a 30% chance of developing eczema. If both parents have either of these conditions then the child's chances can increase to 50-80%.
- Another factor playing a major part in the development of eczema in babies is an impaired skin barrier. When the skin is exposed to potential irritants it can breakdown the stratum corneum (skin barrier) which is responsible for keeping water in and potential irritants out.

What triggers Atopic Dermatitis (Eczema)?

- Certain chemicals used in house hold and personal care products including baby skin care such as soap, surfactants (bubble baths), washing
- powders, fragrances, preservatives, essential oils
- Woollen clothing
- Prolonged swimming in a chlorinated pool or salt water
- Food sensitivities – dairy, wheat, eggs, nuts, seafood, soy
- Food additives, preservatives, food colourings
- Stress e.g.: in babies this could be teething
- Dust mites, moulds, grasses, pollens, some plants, animal hair,
- tobacco smoke, sand
- Exposure to heat and cold conditions such as changes in weather or use of heaters and air conditioners

Is there a cure for Atopic Dermatitis (Eczema)?

There is no known cure for eczema - Eczema treatment aims at observation, assessment and management of the condition.

