

Eczema Skincare Routine Recommendations

Dear [Recipient's Name],

I hope this message finds you well. As you manage your eczema, I would like to provide you with some skincare routine recommendations to help soothe your skin and reduce flare-ups.

Morning Routine

1. Gently cleanse your skin with a fragrance-free, hypoallergenic cleanser.
2. Pat your skin dry with a soft towel, avoiding any rubbing.
3. Apply a thick, emollient moisturizer to damp skin to lock in moisture.
4. If needed, apply a topical corticosteroid as directed by your doctor.

Evening Routine

1. Cleanse your skin again with the same gentle cleanser.
2. Moisturize your skin thoroughly, focusing on areas prone to dryness.
3. If prescribed, apply any additional treatments as recommended by your dermatologist.

Additional Tips

- Wear breathable fabrics and avoid triggers that can irritate your skin.
- Keep your environment humid, especially during dry months.
- Stay hydrated by drinking plenty of water throughout the day.

Please feel free to reach out if you have any questions or would like more personalized advice. Wishing you the best in your skincare journey!

Sincerely,
[Your Name]