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TRACK HOW YOUR ENVIRONMENT AFFECTS YOUR SKIN

In a diary, record all medications, foods, household products that you use and see if there are any patterns in your skin flare-ups.

Common products such as ammonia, bleach, air fresheners, laundry detergents, soaps, beauty products and deodorants can contain chemicals that damage the skin and can cause adverse skin reactions.

Making wise choices when buying and using products can reduce exposure to the irritants.

Ensure your home is clean and tidy. Dust, dust mites, pet fur, dander, pollen, mold and grass are all common skin irritants, especially in those with sensitive skin, and they're also very likely to find their way into your home.

Clean bedding and carpets regularly. Wash clothing with eucalyptus and vinegar. Use the template at the end of this guide to track your daily intake, activities and exposures to allergens.



HOW YOUR DIET IMPACTS YOUR SKIN

What you do and don't put into your body can be just as important as what you do or don't put on your body when it comes to managing dry, itchy skin conditions.

A diet free from common irritants like lactose, fructose and gluten, even temporarily - 6 months approx. - can allow the stomach to strengthen and this reduces the skin's signs of distress, known as "leaky gut syndrome."

By supporting your gut's health, improving nutrient absorption and allowing your body the conditions to heal itself, you may notice improvements in your skin - a reduction in the frequency and severity of dry, itchy flare-ups, even after reintroducing the foods to your diet.

Take the time to discuss with your naturopath or dietician whether changes to your dietary habits might be a suitable option for you, personally.



WET-WRAPPING FOR SEVERELY DRY, ITCHY SKIN



Wet-wrapping involves smothering the skin with ultra-hydrating body butter, covering the skin with a layer of wet bandaging and following with a layer of dry bandaging.



This method keeps intensive moisturizing balm on the skin for a maximum amount of time, allowing the skin to absorb the moisture for longer and providing some much needed relief and restoration.

Keep the bandages moist by spraying with a spray bottle occasionally. Reapply the body butter every few hours. Full body bandage suits exist which may make this method much easier for children.

BATHING TIPS

Your bathing routine could be wreaking havoc on your skin, with many soaps, shampoos and beauty products containing a myriad of harsh chemicals that strip your skin of its goodness and leave it struggling for moisture.

1. Don't bathe or shower in *hot* water, it can strip oils from your skin - contributing to dryness
2. Check your bathroom products, and choose natural, gentle alternatives wherever possible. Reducing exposure to harsh chemicals can provide valuable relief to skin!
3. Use gentle cleansers that don't dry out the skin, such as those based on glucosides (gentle surfactants)
4. Add a few drops of tea tree or rosemary oil to baths to benefit from their antibacterial properties defending against infections that can occur when scratching and breaking skin
5. Moisturize with occlusive Body Butter immediately after showering and lightly towel-drying, to lock in moisture on the skin.



SELF CARE IS SELF-PRESERVATION

Managing difficult skin conditions can be physically and psychologically taxing - whether it's yourself or someone you care for - so it's important to make your emotional welfare a priority.

You've got to put your oxygen mask on before you help others with theirs!

Try to:

- Get enough sleep
- Eat healthy meals
- Stay hydrated
- Practice mindfulness
- Journal your thoughts and feelings
- Plan things to look forward to
- Be curious and open-minded





SOME COMMON CHEMICALS TO AVOID



Sodium laureth sulfate (SLS/SLES)

A foaming agent found in shampoos, bubble bath, and foaming cleansers, SLS/SLES can dissolve the oils on your skin, causing a drying effect.

Parabens

A preservative found in many personal care products, parabens can disrupt hormone production and cause fertility issues.



Phthalates

A chemical used to soften plastics, phthalates can be found in cosmetics and personal care products. They have been linked to birth defects and organ toxicity.

Triclosan

Found in toothpaste and antiperspirants, triclosan can increase antimicrobial-resistant bacteria in your body.

Fragrance

A catchall term for a complex mix of chemicals, fragrances can trigger allergies, migraines, and asthma symptoms.

Formaldehyde

A chemical found in cosmetics, lotions, shampoos, and more, formaldehyde can cause allergic reactions and irritate the eyes and respiratory system.

Phenoxyethanol

A colorless, oily liquid that's used as a preservative in cosmetics, soaps, and perfumes. Can cause eczema, redness, swelling, itching, and fluid-filled blisters.

Yeesh.

If you're not sure what's in a product, download and use '**Yuka**' from your app store (it's a carrot icon) to scan product barcodes and breakdown their ingredients and specific risks to your health.



NATURAL TOPICAL SOLUTIONS

We've got solutions!



Our Everyday Body Butter is a deeply nourishing, all-natural, intensive moisturizer that delivers hydration and irritation relief to dry, itchy skin. Made with a rich blend of shea butter, avocado oil, essential oils and other skin-loving ingredients, it melts effortlessly into your skin. Beeswax is nourishing, helps by creating a physical barrier between your skin and irritants like dust and pollution, and helps lock in moisture and hydration.



Our Facial Cleansing Trio is a gentle-yet-effective combination of plant oils, natural surfactants and botanicals that calm irritation, remove impurities and support a healthy complexion without stripping moisture. Tea Tree and Peppermint essential oils help to control bacteria on the skin, which reduces the instance of blemishes and infections in damaged skin.



Our Deodorant Paste, also with Tea Tree and Peppermint essential oils, helps to control odour-causing bacteria, absorbs excessive sweat with it's Bentonite clay, and doesn't contain any nasties like heavy-metals, propellants or harsh chemicals, but does contain all the goodness of shea butter, avocado oil and beeswax!

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Name: _____ Week: _____ to _____

Foods I ate, and their allergens...

Places I went...

Home & beauty products I used...

Medications I used...

Reactions and changes I observed...

Other notes...