

Washing your skin with lotion

Lotion washing can be used to wash dry skin and eczema areas. It is suitable for all ages for washing hands, face, body and even hair. Lotion washing can also be used to remove make up.

In lotion washing, you use light lotion instead of liquid soap or any soap. Lotion washing removes both water-soluble and lipid-soluble dirt but it does not dry the skin as soaps do.

Lotion washing is an important part in hand eczema treatment especially. Regardless of the difficulty of the eczema, lotion washing should become a part of your daily routine. Lotion washing can also be used when treating other skin diseases.

1. Remove rings, wristbands, and your watch before washing your hands. Moisture and dirt easily collect under rings. First, wet your hands.



2. Then apply light lotion on your hands.



3. Wash off the lotion with lukewarm water.



4. Finally, dry your hands with a clean towel or a paper towel. Take extra care with the skin between your fingers. It is best to moisturise your hands with lotion after washing.

