

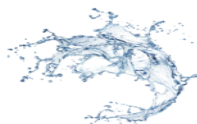
# Steps to Soak and Seal

The Soak and Seal method treats Eczema by putting moisture back into the skin.

## Ingredients



Bathtub



Water



Moisturizer



Medicated Cream

## Follow these steps

## THINGS TO REMEMBER

**1** Soak in a warm bath for 15 minutes. Place wet towels/facecloths on parts of the body not under water (eg. face, neck, chest).

**2** After bathing, pat the skin lightly with a towel & leave it slightly damp.

**3** Apply medicated cream to all areas with eczema as recommended by your doctor.

**4** Then apply a lot of moisturizer all over the body.

- Use warm water that is comfortable to the child (not too hot or cold).
- Wash skin gently without scrubbing the skin.
- Make sure moisturizer is applied within three minutes after bathing.
- Avoid soap, bubble bath or perfumed bath washes.
- Apply moisturizer all over body AT LEAST twice per day.