

Rub it in! Skin Care Chart

Bathing and moisturizing are one of the most important steps toward improving your eczema.

You can start to see great improvement of eczema after just two weeks of sticking to your skin care routine. Use these charts to keep track of your skin care.

Remember: always apply a moisturizer immediately after bathing or showering.



WEEK 1	BATHING & MOISTURIZING CHART						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bath or shower using a gentle cleanser							
A.M. Moisturizer							
P.M. Moisturizer							

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WEEK 2	BATHING & MOISTURIZING CHART						
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Bath or shower using a gentle cleanser							
A.M. Moisturizer							
P.M. Moisturizer							

Take our eczema assessment before and after to track your progress!



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How to Bathe & Moisturize

What to do:

- bath or shower in warm water (avoid hot water) for 5 to 10 minutes
- gently pat the excess moisture from the skin with your towel, leaving some water on the skin
- apply your moisturizer to your entire body within 3 minutes of exiting the water
- apply a generous amount of moisturizer to your skin, which should have a sheen and be slightly tacky
- apply your moisturizer with gentle strokes in the direction of the hair growth
- apply moisturizer at least one more time during the day

How do I select a moisturizer and gentle cleanser?

Look for our Seal of Acceptance on products that we have reviewed and identify as suitable choices for people with eczema.



If you are using prescription products, apply at times directed by your doctor. Then apply moisturizer at least 30 minutes after application.

What you will need:

- **bathtub or shower, soft clean towel, timer (soak for no more than 10 minutes)**
- **a gentle cleanser and moisturizer**

How to Use this Chart

1. **Bathe or shower at least once daily. After a warm bath or shower, apply a moisturizer to the skin right away, after gently towelling off the excess water.**
2. **Apply moisturizer to the skin twice daily. Moisturizing after the bath counts as one application. If your doctor has given you prescription products, remember to apply them at least 30 minutes before or after the moisturizer.**
3. **Check it off on the charts! Charting your skin care habits will help to make you aware of how you are caring for your skin, and will remind you to make sure you take the daily steps toward healthier skin.**

This information should not be considered an exclusive treatment course. Speak to your doctor about the use of this card, and about your specific eczema treatment regimen.

We thank dermatology nurse Michelle Lee for her contributions to this educational tool.



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