



Bland Skin Care

Follow these suggestions for at least 4 weeks and avoid all other topical therapy. After the 4 weeks, if you feel you are better and there is something you want to use, then only reintroduce 1 item per week to see if it is tolerated.

Keep showers or baths short (under 10 min) and use lukewarm water. Try to reduce the frequency of washing if you can.

Below are a few suggestions, but if you want a more comprehensive list go to www.ProductEliminationDiet.com.

As a general rule,

- Products from CeraVe and Cetaphil are bland and safe for use
- “All natural” does not necessarily mean it is non-irritating
- You cannot rely on the words “hypoallergenic”, “sensitive skin” or “dermatology tested”. Stick to the list
- Creams are thicker than lotions

For shampoo and conditioner:

- Ducray Sensinol
- Green Cricket Sky Shampoo, Conditioner
- DHS Clear Shampoo, Conditioning Rinse with Panthenol
- Curelle Shampoo, Conditioner
- Free and Clear Shampoo, Conditioner
- CeraVe Facial Foaming Cleanser (use as a shampoo)
- Cetaphil Restoraderm Cleanser

For the face (cleanser):

- CeraVe Hydrating Cleanser
- La Roche-Posay Toleriane Dermo-Cleanser
- Cetaphil Gentle Skin Cleanser
- Specto Cleanser for Dry Skin
- Avene Tolerance Extreme Cleansing Lotion

For the face (moisturizer):

- La Roche-Posay Toleriane Ultra Fluide
- Avene Tolerance Extreme Cream
- CeraVe PM Facial Moisturizing Lotion
- The Ordinary 100% Plant-Derived Squalane

For the body:

- You can try to avoid soap and cleansers - just use water
- If you feel you need something for folds, you could try:
 - CeraVe or Cetaphil gentle cleanser or bar
 - Cetaphil Restoraderm Nourishing Body Wash
 - Lipikar Syndet by La Roche-Posay
 - Aveeno Moisturizing Bar
- After washing, pat dry and moisturize while damp (if needed) with:
 - Aveeno Moisturizing Bar
 - CeraVe cream and Lotion
 - La Roche-Posay Lipikar Bauma AP+
 - Cetaphil Moisturizing Cream and Lotion
 - Aveeno Eczema Therapy Moisturizing Cream
 - Coconut oil
 - Plain Vaseline
 - Sunflower Seed oil

For the hands:

- Try Cetaphil gentle cleanser, it can be used with or without water.
 - Try wiping gently off instead of rinsing for regular hand washing. This is a very helpful trick for many
- If you need to rinse hands with water, always apply a thick moisturizer after patting dry, your hands should still be damp when the moisturizer is applied:
 - CeraVe Therapeutic Hand Cream
 - La Roche Posay Cicaplast Mains Barrier Repairing Cream
 - Avene Cicalfate Hand
 - Cliniderm
 - Spectroeczema
- Avoid essential oils, creams with plants or fragrances, as well as over the counter medicated creams (vitamin E, tea tree oil, gold bond, Polysporin)
- Avoid using wipes
- No nail polish/artificial nails

Laundry:

- Nellie's All-Natural Laundry Soda
- Tide free and clear dye and scent free sensitive skin detergent
- Ivory Snow
- EccoEgg Fragrance Free Laundry Egg Detergent
- Norwex Laundry Detergent
- Bounce Free & Gentle Fabric Softener Dryer Sheets
- Any dryer sheets that include the term "fragrance free"
- Static bags/balls
- Vinegar in rinse cycle.
- DO NOT use Downy fabric softener, even the sensitive skin type

Dishwashing:

- Use cotton gloves under a pair of long vinyl gloves
- Nellie's One Soap
- Planet dishwashing liquid
- Bio factor dish soap
- Nature Clean products
- Green Cricket Dishwashing Liquid Fragrance Free

Sunscreen:

- Use one with zinc oxide and titanium dioxide as active ingredients
- No sunscreens with fragrances
- La Roche-Posay Anthelios Mineral Sunscreen
- Avene SPF 50+ High Protection Mineral Cream
- Clinique Mineral Sunscreen
- Skinceuticals Physical Fusion UV Defense SPF 50

Hair Dye (PPD free):

- Goldwell Color Chic
- Goldwell ReShade for Men
- L'Oreal Paris Excellence To-Go 10-Minute Crème Colorant
- Schwarzkopf Igora Royal
- Wella Koleston Perfect
- Wella Color Charm

Makeup:

- Fragrance-free brands: Marcelle, Almay, Clinique
- Powders versus creams
- Pencil liners versus liquid
- Powder blush
- Waterproof mascara
- Avoid shimmer

Toothpaste:

- Jack N' Jill Natural Toothpaste, Flavor Free
- Tom's of Maine (but flavors may irritate)

"Hidden" Irritants in your environment. Try to avoid:

- Scented candles
- Aerosolized products (hair spray, body spray)
- Pet-related exposures (animal bedding, pine dust, etc.)
- House paint
- Nail polish