

# Formula for an eczema bath



## Dermatology

- The temperature should be **NO** hotter than 30 degrees
- Fill the bath to desired level by using a household bucket to fill (each bucket = 10 litres of water)
- Do **NOT** rinse your child after bathing in salt/bleach or bath oil
- Fresh towels for each bath
- Wet the face and head every bath

## Add the following to each bath

### 1. Bath Oil

1-2 capfuls of bath oil per bath

### 2. Salt (Pool salt)

100 grams ( $\frac{1}{3}$  of a cup) for each bucket (10 litres of water)

### 3. Bleach

12 mls of White King Bleach (4%) for each bucket (10 litres of water)

- Every day for one month then
- Three times a week for one month then
- Once a week for one month
- If eczema starts to flare again increase the frequency of bleach then wean off

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### Dermatology

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