Formula for an eczema bath

- 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 (⅓ 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