

## Sensitive skin care

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1. What you need to know about soaps: Only sweaty areas such as the armpits and groins and private areas need soap. The other areas such as the arms and legs do not need to be cleaned with soap. Plain water will suffice. You can choose from any of these gentle soaps: Dove, Cetaphil, Aveeno, Aquanil.
2. Avoid hot water. Use lukewarm water with shower or bath.
3. Take showers/baths at most once per day, and limit to 5 minutes duration.
4. Pat dry with cotton towel, leaving your skin damp.
5. Immediately apply moisturizer all over your body: Cetaphil Cream, Vaseline Petroleum Jelly.
6. Reapply moisturizer 2-3 times per day.
7. Wear 100% cotton loose clothing.
8. Please avoid fragrance. Use fragrance free products only.