

# Hypoallergenic Skin Care Products

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Hypoallergenic skin care products are those that do not contain the most common sensitizers (which are fragrance, dye, lanolin, and formaldehyde). It is less likely for someone to develop a problem with these products, but it is still possible. Here are a few tips about skin care and hypoallergenic skin care products.

**1. Read labels:** The fewer the number of ingredients, the less likely you are to have a problem. Fragrance and dye enhance only the appearance and esthetic qualities of a product, not its efficacy. Most companies make several skin care lines that have many similar products, but with slightly different uses.

**2. Natural and organic:** Using natural and organic skin care products does not guarantee that you won't have a problem with one of them. (Poison oak is both natural and organic.)

**3. Moisturizers:** There are three major types of moisturizers: **Lotion**, which is more water-based and lighter, is best suited for the face and oilier body areas. **Creams** (water in oil emulsions) are thicker and more soothing and are suitable for most body areas. **Ointments** (Vaseline-type moisturizers) are very thick and are best suited for extremely dry areas, especially the arms and legs, and also for children's skin (e.g., Aquaphor ointment, Vaseline ointment).

**4. When to use a moisturizer:** The best time to use a moisturizer is immediately after bathing, while the skin is still damp and hydrated, because a moisturizer seals in the moisture. Moisturizers applied to dry skin are not nearly as effective.

**5. Soaps:** True soaps are alkali based and very irritating. Most mild, hypoallergenic soaps and body washes today are actually soap substitutes that are soothing and moisturize the skin.

**6. Individual preferences:** Not everyone will tolerate the same product, even though it is mild, hypoallergenic, or for sensitive skin. Try out new skin care products on limited areas. For example, you might apply a body moisturizer to the inner part of your arm for a few days. Similarly, you could apply a facial moisturizer on or under the jaw line.

**7. Skin care routine:** Keep your skin routine simple. The more products you use, the more likely you are to develop a problem with one of them.

**8. Delayed sensitivity:** Individuals may become sensitive to products they have used for months or even years. This is may be due to the individual's developing an allergy to one of the components or to a change in the ingredients on the part of the manufacturer, which may or may not be indicated (for example, "New and Improved").

## Some Products to Try

The following is a brief list of mild, hypoallergenic skin care products: cleansers, moisturizers, make-up, etc. This list is not complete but does cover well-known and readily available brands.

- Soaps/Soap Substitutes/Body Washes: Dove (unscented), Oil of Olay (unscented), Oilatum, Purpose, Aveeno, Cetaphil, Neutrogena
- Non-soap Cleansers(great for removing make-up): Aquanil lotion, Cetaphil lotion
- Creams and/or Lotions: DML lotion, Neutrogena, Oil of Olay, Purpose, Cetaphil, Aveeno
- Ointments: Vaseline, Aquaphor
- Shampoos: DHS Clear
- Make-up: Almay, Allerderm, Clinique, Neutrogena