## BATHING TIPS FOR DRY SKIN RELIEF

When bathing, follow these tips from board-certified dermatologists to prevent dry skin or keep it from getting worse.



Limit your bath or shower to five to 10 minutes to avoid drying out your skin.



## DOWN THE TEMPERATURE

Use warm water.

Hot water
removes your skin's
natural oils.



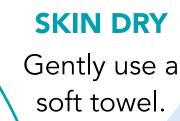
## MOISTURIZE IMMEDIATELY

Apply moisturizer while your skin is still damp to lock in moisture.



## REACH FOR GENTLE PRODUCTS

Use mild, fragrance-free cleansers.



**PAT** 

**YOUR** 

If these tips do not bring relief, make an appointment to see a board-certified dermatologist. Very dry skin may require a prescription ointment or cream.

Dry skin can also be a sign of an underlying medical condition, such as eczema.

You can find a board-certified dermatologist at aad.org/findaderm.

