

## Gentle Skin Care

Stop ALL topicals except the following - this is a skin elimination diet :)

### Recommendations for gentle skin care

1. Moisturizers: creams or ointments, avoid lotions
  - a. CeraVe or Vanicream Moisturizing Cream
  - b. La Roche-Posay Lipikar AP+M Triple Repair Moisturizing Cream
  - c. Vaseline Original Healing Jelly
2. Soap/Shampoo/Conditioner:
  - a. Dove Sensitive Skin
  - b. La Roche-Posay Lipikar AP+ Gentle Foaming Moisturizing Wash
  - c. Vanicream body wash, shampoo, and conditioner
3. Detergent:
  - a. All Free & Clear or Tide Free & Gentle
  - b. NO dryer sheets
4. Deodorant:
  - a. Vanicream Deodorant (Aluminum-Free) or Vanicream Antiperspirant Deodorant
5. Hand Cream:
  - a. Neutrogena Norwegian Hand Cream
  - b. La Roche-Posay Cicaplast Hands
6. Itchy Skin:
  - a. CeraVe Itch Relief
  - b. Sarna Original
7. Scabs/open sores or wounds: Avoid picking, cover if necessary
  - a. Vaseline Original Healing Jelly
  - b. CeraVe Healing Ointment

**Use “Fragrance Free” and “Dye Free” products (“Unscented” is NOT the same as “Fragrance Free”)**