



HOW TO CARE FOR SKIN WITH ECZEMA

(A SKINCARE REGIMEN FOR ECZEMA-AFFECTED SKIN)

STEP 1 : SELECT PRODUCTS WITH GENTLE & NATURAL INGREDIENTS

Avoid petroleum derivatives such as mineral oil (a.k.a. liquid paraffin, paraffinum liquidum), petrolatum, propylene glycol and PEGs if possible. Avoid shampoos and soaps containing harsh synthetic detergents such as sulphates or cocamidopropyl betaine. Look for moisturisers containing natural oils (rather than oil derivatives such as triglycerides) as they'll contain more of the natural vitamins and fatty acids which are beneficial for the skin. Avoid skincare containing added fragrances, multiple essential oils and strong preservatives (if in doubt, use your nose and check the expiry date!).

STEP 2 : BATHE WITH A GENTLE NATURAL SOAP IN COOL WATER

Always bathe in cool or slightly warm water, and limit baths and showers to 10-15 minutes. Be conservative in the amount of soap used (therefore choose a good one!) and remember, lots of foam is a sign of a harsh soap or wash. When the skin needs an even gentler wash, mix your natural soap with an equal amount of a natural oil for a soothing bath soak. But again, don't sit in for too long.

STEP 3 : THE AFTER BATH ROUTINE

Pat skin gently with a soft towel, never rub! And apply a good natural moisturiser or lotion onto damp skin immediately. Follow-up with a balm or cream on the eczema-affected areas. And remember to choose clothing which uses gentle and all-natural fibres - such as cotton - which are gentle on the skin and allow it to breathe.

STEP 4 : MOISTURISE REGULARLY THROUGHOUT THE DAY

Every dermatologist agrees that regular, repeated moisturising is key for skin affected by eczema so remember to apply your chosen moisturiser or balm to affected areas regularly throughout the day. For added comfort, keep your lotion or balm in the fridge. When using Four Cow Farm balms, apply first Calendula Remedy followed by Tea Tree Remedy together to soothe and protect when skin is particularly dry.

STEP 5 : HELP THE SKIN LEARN TO FUNCTION ON ITS OWN

The skin is a living organ, our largest in fact! So, every now and then, let the skin learn to function on its own by giving it a half-day break from all products.

All Four Cow Farm products are handcrafted on our very own family farm using only the highest quality natural food-grade ingredients, even our emulsifiers and preservatives! For eczema, we recommend Four Cow Farm's Calendula Castile Wash or Baby Wash (as all-over hair and body washes), Four Cow Farm Baby Lotion (for daily use on maintaining sensitive skin), Four Cow Farm Gotu Kola & Calendula Rich Cream Salve (a rich cream for particularly sensitive and dry skin areas), Four Cow Farm Calendula Remedy (a thick balm for eczema-affected skin) and Four Cow Farm Calendula Concentrate (a cold-pressed oil for use as a booster to the other products or on thinner skin such as facial skin).

OUR APPROACH & INGREDIENTS

THE FINEST & PUREST ALL-NATURAL FOOD-GRADE INGREDIENTS - We use only the purest natural premium food-grade ingredients. All oils are extra-virgin and cold-pressed. All products are carefully formulated and all ingredients are meticulously researched, tested and carefully chosen for their long history of safe and beneficial use.

NANNA'S OWN ORIGINAL RECIPES - All formulations are authentic and original. The colours, fragrances and textures of the product are from the ingredients themselves. No additives, added fragrances, colours, fillers, texturisers. Formulated to be perfectly gentle on baby, sensitive and fine skins.

HANDCRAFTED ON THE FAMILY FARM - All products continue to be handcrafted on our very own 100% green energy farm by the family itself. All ingredients are sourced from local suppliers we know and trust.

OUR HANDCRAFTED BABY SKINCARE RANGE

BABY WASH - The ONLY Traditionally Handcrafted 100% Extra Virgin Cold-Pressed Pure Olive Oil Liquid Castile Soap. The Purest Natural Hair & Body Wash Available. Perfect for Baby Skin or Adults with Fine, Dry or Sensitive Skin. Wonderful on Face, Body or Hair. No Foaming Additives, Fragrances or Preservatives.

BABY LOTION - An Exquisite Blend of the Finest Top Quality Oils (Sweet Almond and Apricot Kernel) for Baby, Fine & Sensitive Skins. Most Expensive 100% Natural Preservative, and Highest Quality Olive-Derived Emulsifier. Gentlest for Daily Use on Baby or Sensitive Skins.

GOTU KOLA & CALENDULA RICH CREAM SALVE - Rich Blend of the Finest Hand-Infused Herbal Oils in a Cream. Excellent for Daily Managing and Soothing of Particularly Dry & Sensitive Skin.

CALENDULA CONCENTRATE - Cold-Pressed Calendula-Infused Olive Oil. Excellent for Hydrating and Calming Inflamed, Irritated or Dry Skin. Use as a Booster or for Thinner Skin such as Facial Skin.

NAPPY CREAM - Gentlest Daily-Use Protective Cream Using Extra Virgin Cold-Pressed Sunflower Seed & Castor Oils. Perfect for Protecting and Moisturising Baby's Most Sensitive Area.

TEA TREE REMEDY - Rich Blend of Macadamia & Castor Oils, Infused with Anti-Bacterial and Anti-Fungal Organic Tea Tree Oil. Extremely Soothing Barrier Balm. Great for Bites, Rashes, Scrapes, Cold Sores, Cuts and Bruises. Apply to Affected Areas & Re-Apply Regularly.

CALENDULA REMEDY - The ONLY Hand-Infused Calendula Balm Made from Over 80% Organic Calendula-Infused Extra Virgin Cold-Pressed Olive Oil. Perfect for Eczema & Dry Skin & Lips. Safe For Use on Dry Lips & Nursing Nipples. Place in Refrigerator for More Relief.

BABY OIL - Original Blend of the Richest Extra Virgin Cold-Pressed Oils (Macadamia, Sweet Almond, Apricot Kernel). Gentle & Perfect for Dry Skin or Massage. A Little Goes A Long Way!

HAND-FARMED POHNPEI SPONGE - All-Natural & Sustainably-Farmed Sponge, Hand-Grown in the Pristine, Crystal Clear Waters of Pohnpei Island in Micronesia. No Dyes, Chemicals or Fragrances Used. Protects the Local Environment & Supports a Social Enterprise.