

# Eczema

written by: Sarah Villafranco, MD



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## Simple changes can make your life so much less itchy.

Whether you've struggled with eczema yourself, or have family and friends who deal with it, you've probably seen how frustrating and uncomfortable it can be. Luckily, a few simple changes can make a dramatic difference, and allow your skin to begin healing itself.

I have had at least three forms of eczema in my life so far: nummular eczema, dyshidrotic eczema, and atopic dermatitis on my face. Nummular eczema appeared as a small, perfectly circular patch of dry skin on my arm, and responded quickly to topical treatment. Dyshidrotic eczema, on the other hand, showed up as wildly itchy spots and blisters on my fingers and toes and almost drove me to madness. As with all the skin problems I've experienced, though, I'm grateful to eczema for making me educate myself about what could be causing it, from diet

to household products, and how I could best support my skin during the healing process.

There are lots of treatments for eczema, but the most powerful cure involves removing common irritants from your life so your skin can stop getting triggered by your daily habits. By discovering and removing eczema triggers, you can pave the way for your skin to stop sending distress signals. Follow this simple plan to get started.

### SO... WHAT IS ECZEMA?

The other term for eczema is "atopic dermatitis," a broad term meaning "skin irritation just about anywhere." Eczema affects up to 20% of children and at least 3% of adults, and is often linked to asthma, food allergies, and seasonal allergies. It can cause significant emotional and physical distress, making it harder to manage stress, which worsens the symptoms. Depending on its cause or location, eczema can have other names: on your scalp, it's seborrheic dermatitis; on your face, it's perioral dermatitis; under your wedding band, it may be contact dermatitis. So many forms of eczema exist and overlap with each other that a distinct diagnosis can be difficult. Luckily, the management is similar for most of them.



Let's do this,  
together.

You'll need to become an expert label reader, and pay close attention to your diet and stress levels. With patience and attention to details, you can start to remove things that are making your skin mad.

**1** CRITICAL BEGINNING STEPS

**STOP USING**

**Steroids**

*If possible, weaning off steroids is worth discussing with your doctor. It may be a very gradual plan, but if you rely on steroids to control your eczema, you may be stuck with them for good.*

**Sodium lauryl/laureth sulfate**

*SLS is a foaming agent in almost everything that bubbles, excluding soap. You will find it in your toothpaste, your shampoo, your laundry detergent, your dish washing liquid, and your body wash. There are many ways to make SLS, some of them plant-based, so don't assume that your "green" detergent or hair care doesn't use it. Unfortunately, SLS has been shown to be a serious skin irritant, even in its gentler forms, so it really, truly has to go.*

**Synthetic fragrance**

*Fragrance is composed of hundreds of undisclosed ingredients, many of which are allergens. Because eczema often has an allergic component, synthetic scent should be avoided entirely.*

**Abrasives**

*It may seem like you can scrub away your flaky skin, but it's already irritated and upset, so save the scrubbing for the near future, when your skin is on the mend.*

**Essential Oils**

*If your eczema is very aggravated, with redness and itching or cracking and bleeding, you may want to avoid using leave-on products with essential oils. Until things start to heal, fewer ingredients are preferable.*

**START USING**

**Oh So or Oh So Detox Soap**

*These unscented bars do not contain any scent, and have a low, creamy lather suitable for irritated skin. Wash with them once daily.*

**Naked Body Oil and Mousse**

*Simple formulas with no essential oils help reestablish the normal barrier function of your skin. Apply after cleansing to sopping wet skin, massaging the oil or mousse into the water on your skin.*

**Note: if you have facial eczema, please download our [Natural Skin Solutions: Perioral Dermatitis](#).**

**2** SUPER IMPORTANT NEXT STEPS

*Once you've started to see your skin settle down a bit from having fewer chemicals thrown in its path, you can experiment with adding one or two gently scented products into the routine.*

*For example, after a few weeks of improvement, you could blend a few pumps of Night Body Oil in with your Naked Mousse, or some Lavender Mousse in with your Naked Body Oil. Move slowly with changes, and if you notice any irritation, go back to the unscented goodies and try again in a week or two. The aromatherapy effect of adding a bit of lavender to your routine can help with the stress management part of your eczema plan.*

**3** NOW FOR THE FUN PART: THE SHOPPING LIST!

**FOR THE SKIN**

[Osmia Oh So Soap](#)

[Osmia Oh So Detox Soap](#)

[Osmia Naked Body Oil](#)

[Osmia Naked Body Mousse](#)

[Osmia Lip Doctor](#)

*After three solid weeks of improvement, consider adding:*

[Osmia Night Body Oil](#)

[Osmia Lavender Body Mousse](#)

[Osmia Lavender Shea Soap](#)

**HAVING TROUBLE?**

*Everyone reacts differently to skincare plans—if you are not seeing results, [please email us](#) and we can help adjust your routine or suggest a few products from other brands that are gentle enough to try. While we hope Osmia works as well for you as it has for so many others, we are committed to helping you see results. We'll do our absolute best to customize your routine and guide you toward your healthiest skin.*



## Additional homework for greater success:

Switching to the right household and skin products is only one piece of the puzzle. Diet and stress management are two other important pieces.

You'll need to keep a food diary, and make notes about the effects of certain foods on your skin. Start by eliminating processed sugar and dairy for two weeks, and see if you notice any improvement. Corn is an eczema trigger for some people, so an elimination trial may be worthwhile—just remember to take detailed notes!

Stress is a critical piece of every skin-related issue, whether it serves as an initial trigger or an exacerbating factor. Active, meaningful stress management with exercise, yoga, meditation, reading, and restorative time must be taken as seriously as any other medicine.

Finally, [read here](#) for tips, like which supplements may help and how humidity can be your best friend.

### WE ARE HERE FOR YOU.

Reach out anytime at  
[info@osmiaorganics.com](mailto:info@osmiaorganics.com)

*We're here to answer questions, and to hear your success stories!*

## You can do this.

Eczema can make you feel trapped and persecuted, as if the entire world, from your clothing to the weather to skincare products, is out to get you. It can make you hesitant to put on your bathing suit or wear your favorite tank top. And we simply can't have that! Lots of these changes are simple, and will have a relatively fast effect on your skin. Some of these changes are challenging, but the payoff will be more than worth it when it comes to your skin—and your sanity. You have a plan in hand and we're here to help you make it happen.

With health and joy,

