

clémence®
ORGANICS

Eczema

A naturopathic treatment plan



64870128
clémence®
ORGANICS

ultimate
hand + body lotion

ACO
CERTIFICATION LTD.
COSMOS
ORGANIC

100ml e 3.38fl.oz



Congratulations on downloading this ebook!

The information provided in these pages is gathered from my years of practice as a naturopath, research and first-hand experience with my own and my family's skin issues. To have great skin, you need to address not only your beauty regime, but also your diet and lifestyle. In each of these areas, I have provided my top tips to help you gain your best skin yet.

Please remember, eczema (atopic dermatitis) is a multi-factorial skin disorder with many factors affecting its progression including immune dysregulation, barrier dysfunction, stress and dietary intolerances. These pages contain general naturopathic recommendations. Individual cases may require specific treatment measures so please seek medical advice if symptoms persist.

I wish you all the best.

Bridget X



clémence[®]
ORGANICS



ACO
CERTIFICATION
COSMOS
ORGANIC

repair
face serum

30ml e 1.01fl.oz

Beauty

KEY STEPS

1. Protect

Skincare products should provide protective qualities, help repair barrier dysfunction, be anti-inflammatory and have a slightly elevated pH. All Clémence Organics skincare products are designed for sensitive skin and are particularly suited for reducing eczema incidence.

2. Flare Ups

Treat flare-ups with an anti-inflammatory balm. Our [Ultimate SOS Balm](#) is particularly suited to eczema. It contains several beneficial ingredients but one in particular, chamomile, has been shown in clinical studies to be almost as effective in treating eczema as hydrocortisone cream.

3. Cleanse

For eczema on the face, neck or décolletage area, it's important to choose the right skin cleanser. You want to keep your skin clean, without stripping it and upsetting the natural sebum balance. To do this, cleanse with a natural cream cleanser, like our [Refining Cleanser](#), once daily.

4. Tone

It's also important to keep pH levels in check and soothe any inflammation. After cleansing, spritz with our [Tone + Hydrate Spritz](#) to gently astringe the skin, balance pH levels and reduce any redness.

5. Serum

Follow with our [Repair Face Serum](#). It contains the purest of certified organic ingredients that help to reduce skin inflammation.



Diet

KEY STEPS

1. Allergens

Identify food allergens. Common foods include dairy, gluten, soy, eggs, tree nuts and shellfish.

2. Mediterranean Diet

Eczema is benefited by a diet providing anti-inflammatory effects. The Mediterranean diet is perfect because it is high in antioxidants and has a low glycaemic index. It's also rich in whole grains, low in refined sugar, and contains those all-important, skin-loving omega 3s (e.g. avocado, olive oils, fatty fish).

3. Nutrients

Increase intake of foods rich in essential fatty acids (omega 3s, evening primrose oil), vitamin D and zinc. These nutrients have been shown to reduce eczema incidence.

3. Probiotics

Probiotics should also be added to your diet (e.g. kombucha, kefir, sauerkraut, kimchee, supplements). Good gut flora can help improve the absorption of key nutrients necessary for healthy skin, including zinc and vitamins A, C, D and E. It also benefits the immune system and is anti-inflammatory.

clémence[®]
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ultimate
face crème

ACO
COSMOS
ORGANIC

50ml e 1.69fl.oz

clémence[®]
ORGANICS

repair
face serum

ACO
COSMOS
ORGANIC

30ml e 1.01fl.oz

Lifestyle

KEY STEPS

1. Stress

Stress can aggravate eczema because it increases production of the key stress hormone, cortisol. Cortisol has an inflammatory effect on skin and can contribute to flare-ups. To reduce stress, use daily stress management practices e.g. yoga, meditation, and breathing exercises. Gentle exercise can also help regulate cortisol levels.

2. Fabric

Choose clothing that is breathable (cotton, bamboo, wool) and does not cling tightly to skin.

3. Detergent

Bedding, towels and clothing should be washed with a natural, low-allergic laundry detergent.

4. Temperature

Avoid excessive climatic extremes – too much heat, too cool, high winds, and high humidity.

Before



After

"I struggle with eczema all over my body, particularly during winter. I was having flare ups around my neck which were visible and made me self conscious. The SOS Balm and Ultimate Hand + Body Lotion cleared this up in a few days - I can honestly say I'll never be using cortisone creams again. The other products in the range have decreased my breakouts and made my skin feel so smooth. I would highly recommend."

BRIGID

Before



After

"First photo taken Friday, second today (4 days).

Also the first one taken after using steroid cream once a day for 2 weeks! I reckon it looked worse."

MOTHER OF BABY ISLA

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