



## Allergies Wreaking Havoc On Your Skin

April 05, 2019



There's really nothing like being outdoors, but... allergies especially this time of the year can wreak havoc. And beyond just a stuffy nose or puffy eyes, allergies can spell trouble for your skin.

Pollen can irritate your skin, causing yellowing, redness or flakes. While not everyone has the same reaction, one way to combat these symptoms early on is to build up your skin's topical barrier. The protective barrier can be reinforced by creaming yourself often, ensuring that fine particles cannot seep through your skin.

Know the signs and check to see if you have hay fever or hives which is likely caused by your seasonal allergies. If you have eczema, psoriasis, or rosacea, you may be more susceptible to breakouts. Check with your doctor if you have troubles as it is important to keep your skin in healthy condition.

We hope this helps this allergy season to keep your skin irritation free.

As always, be well, do good.™

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