



The "Fix your Skin" Checklist

TEN Do's & Don'ts to get your skin from dry to smooth.
(with help for eczema, too!)



10 Do's and Don'ts to Fix Your Problematic Skin FOR GOOD!

1. DON'T use lotions that contain water. Water can take up 80% of a lotion product! Added water = added unhealthy preservatives.



2. DO use skin care with pure ingredients, like healthy oils and butters, that nourish the skin.



3. DON'T take hot showers. It dries out the skin and can leave it feeling itchy.



4. DO wash with goat milk soap instead of regular soap. Regular soap contains detergents that can strip the skin of natural oils.



5. DON'T use products containing synthetic fragrances. Many are made of hundreds of ingredients not listed on the label.



6. DO look for products that contain beeswax. It binds the nourishing ingredients together and lasts longer in the skin.



7. DON'T eat foods that aggravate the skin, especially if you have eczema: top offenders are dairy, wheat and eggs.



8. DO recognize that STRESS affects the skin. Take mindful action to manage the stress in your life.



9. DON'T use steroids! They thin the skin and frequent use only addresses the symptom of a more serious underlying problem.



10. DO look for safe skin care ingredients to heal the skin: beeswax, coconut oil, shea butter, zinc oxide, essential oils...





Have you tried our Beesilk Lotion Bar?

Made with only 3 ingredients (beeswax, shea butter and coconut oil), Beesilk helps problematic skin soft and smooth.

Join the tens of thousands of people who have fixed their skin with a Beesilk hard lotion bar.

[Try a sample](#)