

# Eczema Home Treatment



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[Home Remedies for Eczema](#)   [Over-the-Counter Eczema Treatment](#)   [Infant Eczema Home Remedies](#)   [Home Remedies for Eczema in Children](#)

10 min read

## Home Remedies for Eczema

### How to Ease Eczema Itch at Home

Treat irritated, itchy skin caused by eczema with these remedies.

Home remedies for [eczema](#) can be simple or complex. The easiest, most effective treatment is to make changes to avoid or remove whatever is causing the allergic reaction. But try not to expect a quick response. Eczema is easier to control than cure.

Here are some at-home treatments you can try and routines you can change to help ease the irritation of eczema.

### Laundry detergent and eczema

Write Your New CV in 5 Minutes

### Shower routine for eczema

Take lukewarm (not hot) showers or baths for no more than 10 to 15 minutes to prevent [dry skin](#). Dry yourself very carefully (pat dry, instead of rubbing hard) and apply moisturizing lotion, cream, oil, or ointment all over your body.

### Oatmeal treatment for eczema

Add colloidal oatmeal to the bath or as a paste on your skin. This finely ground oatmeal helps with itchy, dry skin. Or try a baking soda bath or paste.

### Bleach bath for eczema

A mild solution of bleach and water may ease inflammation and itching, as well as kill the bacteria that can cause skin infections when you have eczema. Add a half-cup of household bleach to a full tub of water, soak for 10 minutes, and rinse. Talk to your doctor before giving this a try because chlorine can cause problems for some people.

### Apple cider vinegar bath for eczema

Add apple cider vinegar to bathwater. Use an amount between 1 and 2 cups. If you have eczema, your skin probably has a higher than normal pH. A natural skin pH level under 5.0 is considered healthy. Apple cider vinegar is a mild acid, so applying it to your skin may restore the natural pH level, relieving eczema symptoms.

### Best soap for eczema

Use mild soaps or body cleansers. Look for something that's superfatted (with extra fats) and non-alkaline (with a lower pH level). Watch out for sodium lauryl sulfate, which can irritate skin. Rinse completely to get rid of residue or leftover product.

### Moisturizing lotion for eczema

Moisturize your skin twice a day. Look for products that have a high oil content and help seal moisture into your skin. The best options are ointments, like petroleum jelly and mineral oil. If you don't like how ointments feel on your skin, you can also use creams. Choose products that include ingredients such as oat or shea butter, aloe, hyaluronic acid, vitamin E, humectants, niacinamide, and glycerin.

Avoid moisturizers that have fragrance or dyes, which can be irritating and drying. Lotions may not work as well as creams or ointments because they are made up mostly of water, evaporating too fast to be helpful and irritating broken skin.

### Coconut oil for eczema

Apply coconut oil to damp skin once or twice a day. It may fight the bacteria that can cause skin infections. Check the label to be sure it's "virgin" or "cold-pressed" oil.

### Sunflower oil for eczema

Put on sunflower oil twice a day. It helps your skin hold moisture and eases inflammation. But don't use it if you're allergic to sunflower seeds.

### Vitamins and supplements for eczema

Ask your doctor about vitamins or supplements. Some people who have eczema use things like vitamin D, fish oil, zinc, selenium, prebiotics and probiotics, turmeric, and CBD to feel better.

### Clothing for eczema

The fit, fabric, and color of your clothing can make a difference. Soft fabrics, natural fibers, light colors, and loose-fitting garments tend to be less irritating to skin. Choose clothes that are made of cotton, silk, linen, bamboo, or lyocell/TENCEL. When sweat dries on the skin, it can lead to itching, so sweat-wicking fibers like cotton may help keep you comfortable in warmer weather.

Stay away from rough materials and tight-fitting garments. Depending on the fabric, some dyes, especially blues, can be irritating. Avoid clothes made of wool, mohair, and synthetic fabrics, such as polyester. Some people with eczema can wear merino wool, which has very fine fibers that can be less irritating to skin.

### Try not to scratch the rash

During a flare, it may help to do less intense exercise that doesn't cause you to sweat a lot. Sweat on the skin may cause itching as it dries, leading to flares or making flares worse. Because sweat is mostly water, sweating during exercise steals fluids from your body, and it can dry out your skin. Minerals in sweat, such as sodium, may further dry out and irritate your skin during a flare.

### **Stress and eczema**

Manage your physical and mental stress. A balanced diet, light activity, and plenty of [sleep](#) will help you stay healthy, which can help prevent flares.

### **Massage for eczema**

Getting a massage is another good way to relieve stress. Look for a massage therapist who has experience with eczema or similar skin conditions. Be sure they use oils or lotions that won't irritate your skin.

### **Acupressure for eczema**

This is similar to acupuncture but uses pressure at certain spots on your body, instead of needles. Some research shows that it can help with the symptoms of eczema.

### **Wet wraps for eczema**

Use wet wraps to hydrate and calm skin during a severe flare. Dampen clothing or gauze in warm water and wrap it around the affected area. Cover it with a dry layer and loose clothing. You can leave this on for several hours or overnight. Adding apple cider vinegar may help your skin's pH. Try a solution of 1 cup of warm water and 1 tablespoon of vinegar. Check with your doctor first because it can cause a reaction in some people.

### **Lifestyle changes for eczema**

You might consider changing jobs or moving to a new climate. These are extreme solutions, but they may be worth considering if eczema is severely affecting your day-to-day life.



Various over-the-counter treatments may help relieve eczema flares. Lotions, allergy medicines, and some skin care products can ease symptoms that often interfere with daily life, such as dryness and itching. Here are some over-the-counter home remedies for eczema.

### Lotions for eczema

Creams and ointments tend to be more effective moisturizers than lotion for eczema flare-ups. But for other symptoms, lotion-based treatments can help. Here are some things to look for:

- Hydrocortisone is a mild steroid that can temporarily relieve itching and rashes.
- Calamine lotion is antibacterial and moisturizing. It can help clear the skin and relieve itching.
- Lotions containing menthol feel cooling on the skin and may offer relief during flares.
- Camphor is an anti-inflammatory ingredient that can stop itching, swelling, and redness.

### Allergy medicine for eczema

Allergy medicines called antihistamines control histamine, a substance in the blood. For some people with eczema, taking antihistamines can relieve itching. Look for nonprescription options such as Allegra Allergy, Claritin, and Zyrtec. If your itching is more severe, Benadryl could help, but it may make you drowsy.

### Skin care routine for eczema

If you have eczema, your outermost layer of skin, known as the skin barrier, is damaged. This makes it more sensitive and less effective at holding moisture. But sticking to a skin care routine can help lessen symptoms and clear your skin.

Daily moisturizing may help protect your skin barrier from allergens, irritants, and bacteria that can cause flares. Creams and ointments are good options. You can also try over-the-counter skin barrier creams that are rich in lipids and ceramides. Lipids and ceramides are found naturally in the skin and form a protective barrier that can help skin heal.

## Infant Eczema Home Remedies

Eczema is common in infants. Roughly 60% of people with eczema have symptoms during their first year of life. The good news is that some home remedies for adults with eczema are also safe and provide relief for infant flares. Diaper changes may be a good time for parents to check infants for eczema rashes and apply home treatments. Rashes often show up on the torso and face.

Here are some treatments you can try at home to ease your infant's eczema rash.

**Coconut oil.** Coconut oil is often used as an eczema natural home remedy. It is absorbed quickly and can restore the skin barrier. It also has antibacterial fatty acids that may help clear up eczema. Look for cold-pressed or virgin coconut oils, which have fewer chemicals that could be irritating.

**Sunflower oil.** This oil may help lock in moisture and relieve itching. Apply it after a bath, while your infant's skin is still wet. Anyone with a sunflower seed allergy should avoid using this oil.

**Oatmeal bath.** Soaking in a lukewarm oatmeal bath can be a helpful eczema treatment at home. It can reduce inflammation and help restore the skin barrier, easing your infant's eczema symptoms. Look for products with colloidal oatmeal, or make your own from whole oats in a food processor. You can also make a paste with colloidal oatmeal and apply it directly to your infant's skin for itch relief.

**Aloe vera.** Applying aloe vera products (or aloe taken directly from the plant) can help soothe itchy skin. Use it on your infant's eczema before a wet wrap or for relief at any time.

**Wet wraps.** This technique can help moisturize infants' skin and stop them from scratching. Overnight wet wraps work best, but half-hour wraps can also help. First, apply petroleum jelly ointment to the affected area. Put a pair of damp cotton pajamas on your infant, and top with a dry pair if you like. Itchy ankles and wrists can be wrapped in plastic wrap if needed.

**Avoid irritants.** Remember that it's easier to control eczema than cure it. Limiting irritating triggers, like fragrant detergents and soaps, is the first step in helping relieve and prevent eczema symptoms in infants. Rough fabrics and extreme temperatures can also make flares

sure it won't irritate them.

**Prevent scratching.** Putting mittens on your infant's hands before sleep or keeping their nails clipped short can help stop them from scratching.

## Home Remedies for Eczema in Children

Cool compresses and colloidal oatmeal baths can help many children who have eczema. Parents might also:

- **Distract your child.** Play a game, give your child a snack, or tell them a story. Don't just tell them to stop scratching. This usually makes things worse.
- **Use eczema mittens or sleeves.** These will keep babies from scratching and damaging skin.
- **Give a gentle pinch near the irritated skin.** A very soft pinch on unaffected skin can ease itching.
- **Have older kids tap the skin around an itchy spot.**

## Takeaways

There are many home remedies for eczema symptoms in adults and infants. Daily moisturizing can be key to preventing flares and easing symptoms. It's also important to avoid irritants, such as fragrance, dyes, rough fabrics, and tight-fitting clothes. Over-the-counter medicines can help you manage flares.

## Home Remedies for Eczema FAQs

**Is eczema contagious?** Eczema is not contagious. You don't need to worry about spreading it to other people or catching it from others.

**Can stress cause eczema?** Stress can cause eczema to flare up. This includes stressful situations or life events, as well as things that can stress your body, such as a food allergy or sensitivity.

**How does eczema differ from psoriasis?** The age it starts, appearance, and location of eczema and psoriasis on the body are all different. Eczema tends to first appear in infants and children, while psoriasis typically emerges between ages 15 and 35. Eczema patches are usually red and of no particular shape, while psoriasis patches are usually more defined, thicker, and may be red, white, or silvery. Eczema is often found in skin folds, such as elbow creases, as well as the face or hands. Psoriasis is more likely to appear on the outside of body parts, like elbows or the soles of the feet, but it can appear anywhere on your body.

**How does eczema affect children?** About 15% of children have eczema. It can interfere with their sleep and make them feel uncomfortable and cranky, leading to behavior issues. The whole family may feel the effects of a child with eczema, so it's important to help your child find relief from symptoms.

**Is there a specific diet to control eczema?** There's no officially recommended diet for controlling eczema, but some people discover that certain foods and ingredients, such as eggs or wheat, trigger flares. Eliminating different foods from your diet may help you identify triggers.

**What are the natural remedies for dyshidrotic eczema?** Dyshidrotic eczema can affect the sides of your fingers and your feet. Keep your hands and feet clean and moisturized. Creams and ointments, as well as wet wraps, can moisturize your skin and relieve itching. Avoid alcohol-based hand sanitizers, harsh soaps, and hot water. Protect your hands with gloves when you're washing dishes, gardening, cooking, cleaning, or in cold weather.

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