

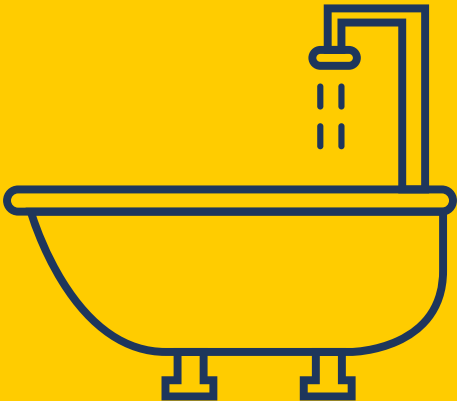
# The GeSkin Regimen

A specialized skincare regimen involving nightly dilute vinegar soaks and emollient application to preserve skin barrier integrity.

## Prepare

Fill a clean bathtub, with warm water (body temperature: 98-100°F) and 1-2 cups of 1% white table vinegar.

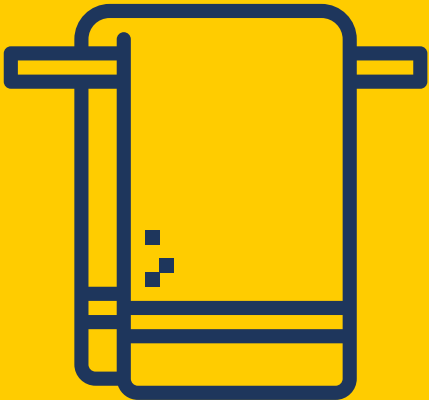
### STEP 01



### STEP 02

## Soak

Soak in bathtub, with water up to neck, for at least 20 minutes. Make sure to keep water warm.



## Dry

Gently pat skin dry with a clean towel. Keep skin damp and do not rub skin.

### STEP 03



### STEP 04

## Apply

Apply a bland emollient +/- steroid ointment to the skin. If applying a steroid, a staggered regimen is recommended: one week on, one week off. Apply emollient +/- steroid twice daily (once in the morning and once at night after vinegar soaks).

## Cover

Following application, cover skin with plastic wrap followed by cotton pajamas. If the skin feels cold, consider warming up the bed using a heated blanket.

### STEP 05

