

BATHING TIPS FOR DRY SKIN RELIEF

When bathing, follow these tips from board-certified dermatologists to prevent dry skin or keep it from getting worse.

KEEP IT SHORT

Limit your bath or shower to five to 10 minutes to avoid drying out your skin.



TURN DOWN THE TEMPERATURE

Use warm water. Hot water removes your skin's natural oils.



MOISTURIZE IMMEDIATELY

Apply moisturizer while your skin is still damp to lock in moisture.



REACH FOR GENTLE PRODUCTS

Use mild, fragrance-free cleansers.



PAT YOUR SKIN DRY

Gently use a soft towel.



If these tips do not bring relief, make an appointment to see a board-certified dermatologist. Very dry skin may require a prescription ointment or cream. Dry skin can also be a sign of an underlying medical condition, such as eczema.

You can find a board-certified dermatologist at [aad.org/findaderm](https://www.aad.org/findaderm).