



How to Care for Skin with Eczema

(A Skincare Regimen for Eczema-Affected Skin)

STEP 1 : SELECT SKINCARE CONTAINING GENTLE & NATURAL INGREDIENTS

Avoid petroleum derivatives such as mineral oil, petrolatum, propylene glycol and PEGs if possible. Avoid shampoos and soaps containing harsh synthetic detergents such as sodium lauryl/laureth sulphate or cocamidopropyl betaine. Look for moisturisers containing natural oils (rather than oil derivatives such as triglycerides) as they'll contain more of the natural vitamins and fatty acids which are beneficial for the skin. Avoid skincare containing added fragrances, multiple essential oils and strong preservatives.

STEP 2 : BATHE WITH A GENTLE SOAP IN COOL WATER

Always bathe in cool or slightly warm water, and limit baths and showers to 10-15 minutes. Be conservative in the amount of soap used (therefore choose a good one!) and remember, lots of foam doesn't mean a better soap! It's often the opposite. When the skin needs a gentler wash, mix your natural soap with an equal amount of a natural oil for a soothing bath soak. But again, don't sit in for too long.

STEP 3 : THE AFTER BATH ROUTINE

Pat skin gently with a soft towel, never rub! And apply a good natural moisturiser or lotion on immediately. Follow-up with a balm or cream on the eczema-affected areas. And remember to choose clothing which uses gentle and all-natural fibres - such as cotton - which are gentle on the skin and allow it to breathe.

STEP 4 : MOISTURISE REGULARLY THROUGHOUT THE DAY

Every dermatologist agrees that regular, repeated moisturising is key for skin affected by eczema so remember to apply your chosen moisturiser or balm to affected areas regularly throughout the day. For added comfort, keep your lotion or balm in the fridge. Where using Four Cow Farm balms, apply both Calendula Remedy and Tea Tree Remedy together to soothe and protect when skin is particularly dry.

STEP 5 : HELP THE SKIN LEARN TO FUNCTION ON ITS OWN

The skin is a living organ, our largest in fact! So, every now and then, let the skin learn to function on its own by giving it a half-day break from all products.

All Four Cow Farm products use only the highest quality natural food-grade ingredients, even our emulsifiers and preservatives! All ingredients are meticulously researched, tested and chosen for their long history of safe and beneficial use. We recommend Four Cow Farm's Baby Wash (the only 100% traditionally made olive oil wash), Four Cow Farm Baby Lotion (the finest blend of oils for daily use on sensitive skin) and Four Cow Farm Calendula Remedy (the only balm made from over 80% organic calendula-infused olive oil).

ABOUT FOUR COW FARM INGREDIENTS

PURE - Purest natural ingredients. Only the highest quality natural ingredients (all extra-virgin and cold-pressed oils), never cheaper oils or derivatives. All ingredients are meticulously researched, tested and chosen for long history of safe and beneficial use.

GENUINE - All products are authentic. Colours, fragrances, textures are from the ingredients themselves. No additives used, no added fragrances, colours, fillers, texturisers. The safest food-grade preservatives and emulsifiers used.

OUR RANGE

BABY WASH - The ONLY 100% Olive Oil Pure Liquid Castile Soap. The Purest Natural Wash Available. Perfect for Baby Skin or Adults with Dry or Sensitive Skin.

BABY LOTION - Original Blend of the Finest Top Quality Oils (Sweet Almond and Apricot Kernel) for Skin. Most Expensive 100% Natural Preservative, and Highest Quality Olive-Derived Emulsifier. Gentlest for Daily Use on Baby or Sensitive Skin.

NAPPY CREAM - Gentlest Daily-Use Protective Cream Using Sunflower Seed Oil & Castor Oil. Perfect for Protecting and Moisturising Baby's Most Sensitive Area.

TEA TREE REMEDY - Blend of Rich Macadamia & Castor Oils, Infused with Organic Tea Tree Oil (Anti-Bacterial and Anti-Fungal). Great for Bites, Scrapes, Rashes, Cuts and Bruises. Wonderfully Soothing. Apply Direct.

CALENDULA REMEDY - The ONLY Calendula Balm Made from 80% Organic Calendula-Infused Olive Oil. Perfect for Eczema & Dry Skins. Use 3-4 Times Daily. Ideal Nipple Balm for Nursing Mothers. Place in Refrigerator for More Relief.

BABY OIL - Rich & Nourishing Blend of Top Quality Oils (Macadamia, Sweet Almond, Apricot Kernel). Only A Little Needed. Very Light but Very Nourishing.