

The Best Skincare Products for Eczema-Prone Skin, According to Dermatologists

Victoria Moorhouse | August 18, 2017

Applying beauty products isn't supposed to ignite a flame of intense anxiety, but when you have eczema-prone skin and the wrong ingredient can flare up an itchy red rash and a lot of sensitivity, the simplest act of cleansing can be understandably stressful.



Because ditching your serum or moisturizer isn't a solution at all (in fact, regular hydration actually *helps* eczema), we reached out to top dermatologists for their thoughts on the best skincare products to use when you're dealing with this chronic skin condition.



CeraVe Moisturizing Cream

Dr. **William Kwan**, a board-certified dermatologist in San Francisco and an ethnic skin expert recommends CeraVe Moisturizing Cream because it's rich in ceramides which "help restore some of the deficiency in the skin" and also has the hydrating benefits of hyaluronic acid.



Eucerin Eczema Relief Body Crème

"My ethnic skin type patients become especially concerned with the dark or white spots that can develop during an eczema flare up," says Dr. Kwan. "To help reduce flares in ethnic skin, one should moisturize regularly. Patients with eczema also have a barrier defect in the skin which allows the outside allergens to penetrate and irritate the skin more easily. This defect also causes moisture loss, due to the skin's lack of ceramides and lipids."

To tackle this, he also recommends Eucerin Eczema Relief Body Cream because it's filled with ceramides, oatmeal, and licochalcone.

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