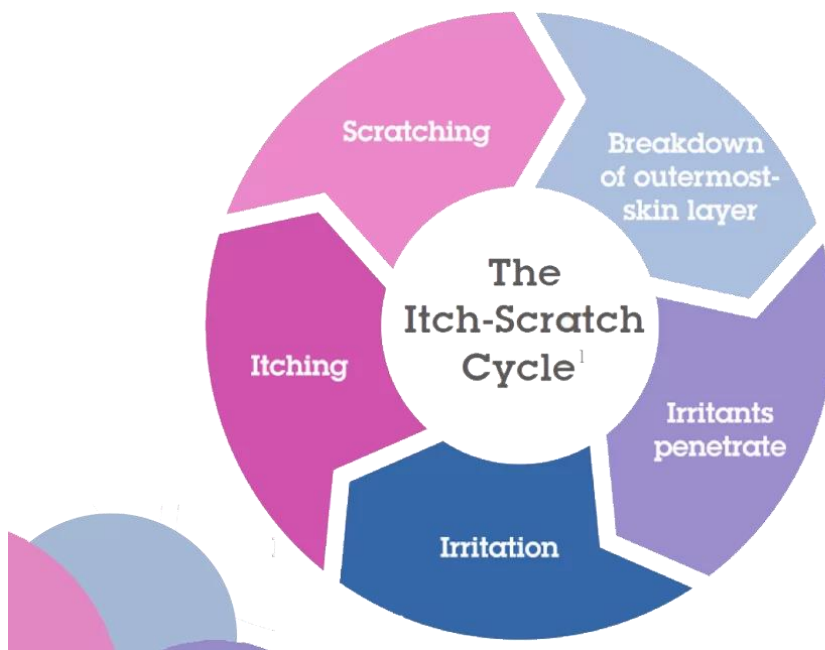


Top Tips for Itchy Skin

Scratching causes damage to the skin, the skin becomes irritated and inflamed, and this causes more itching and then more scratching – it's a vicious circle 😞



1. Moisturise, moisturise, moisturise!
2. Stop using soap! (wash with a soap substitute/ moisturiser)
3. Keep cool – wear cotton, use a fan, turn down the heating
4. Practice Distraction Techniques– (the more you focus on an itch the worse it gets!)
5. Manage stress –try, exercise, yoga, walks in nature, meditation, talking therapies.. etc
6. Keep surroundings free of allergens and avoid perfumes and chemicals
7. Keep nails short to limit damage from scratching. Try rubbing with moisturiser instead, or use a quartz facial roller