

Skin-Care Ingredients to Look for (and Avoid) with Eczema

INGREDIENTS TO LOOK FOR



Hyaluronic acid



Glycerin



Ceramides



Niacinamide

INGREDIENTS TO AVOID



Fragrances



Preservatives,
like parabens



Essential oils



Chemical exfoliants

The best ingredients for eczema tend to be those that lock in moisture, soothe skin, and don't cause irritation. However, your skin's tolerance is unique to you. And make sure to do a patch test before adding a new ingredient or product to your routine.