

Sensitive Skin Care

If you have sensitive skin, you should avoid harsh products and choose those that are mild on the skin.

Family Dermatology recommends the following brands and types of products:

- Laundry care: Use only detergents with no perfumes or dyes, such as Cheer Free, All Free or Dreft. Do not use Tide, Gain or Cheer. Do not use bleach, including color-safe bleaches. Avoid fabric softeners (liquid and sheets). Double rinse all clothes.
- Dish detergents: Use only products labeled "for sensitive skin."
- Skin products: Choose products that are labeled "for sensitive skin."
- Face wash: Good choices include Neutrogena Extra Gentle Cleanser, Purpose Gentle Wash, and Cetaphil.
- Body wash: Mild cleansers include Dove unscented soap, Basis soap and Aveeno soap.
- Body lotions: Recommended brands include Vaseline, Cetaphil, Eucerin, Aquaphor, Aveeno and Vanicream.
- Hair care: A good choice is Free and Clear shampoo and conditioner.

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