



**NATIONAL**  
**Eczema**  
**ASSOCIATION**

# Steps to Soak and Seal

The Soak and Seal method of treating eczema is recommended by many providers to combat dry skin and reduce flares. To get the full therapeutic benefit, Soak and Seal often and follow the steps in order.

## INGREDIENTS



Bathtub



Water



Moisturizer



Prescription topical medication

## DIRECTIONS

### STEP

**1** Fill bath with warm water and soak for 5 to 10 minutes

### STEP

**2** After bathing, pat the skin lightly with a towel, leaving it slightly damp

### STEP

**3** Apply prescription topical medication to the eczema-affected areas of skin as directed

### STEP

**4** Within three minutes, liberally apply a moisturizer all over the body

### STEP

**5** Wait a few minutes to let the moisturizer absorb into the skin before dressing or applying wet wraps

## THINGS TO REMEMBER

DO NOT use excessively hot or cold water

DO NOT scrub the skin with a loofah or rough washcloth

DO NOT wait longer than 3 minutes after bathing to apply moisturizer

DO avoid using soap, harsh bubble baths or perfumed bath washes

DO Soak and Seal several times a week or as your schedule allows.

### ABOUT THE NATIONAL ECZEMA ASSOCIATION

National Eczema Association (NEA) is the leading advocacy organization serving people with eczema and those who love them. NEA provides information, resources and support to more than 6 million people each year, while funding research leading to better treatments and a cure for the millions of Americans affected by eczema. Go to [nationaleczema.org](http://nationaleczema.org) to find out more.