

# HELP YOUR HANDS



COMBATING DRY SKIN FROM EXCESS  
HAND-WASHING AND SANITISING



While regular hand-washing and using an alcohol-based hand sanitizer is crucial in reducing the spread of COVID-19, it can also lead to and exacerbate dry skin issues; Repetitive hand-washing can damage the integrity of the skin as a barrier, stripping away natural oils and causing hands to become dry, irritated and sore. Here is our advice on how to minimise the negative impact on your skin, while still maintaining high levels of hygiene.



### **Wash hands with warm water**

Do not wash hands in a hot water, as it can strip your hands of natural oils. Instead, use lukewarm or cooler water to avoid excess dryness and irritation. Also, once you've finished washing your hands, make sure you rinse them completely. Any soap residue that you don't wash off will clog the pores and irritate your skin. If you wear rings, also make sure you don't leave soap residue under your rings.

### **Use a good quality moisturising cleanser**

Use a moisturising cleanser to wash your hands instead of a traditional soap, as it can help to soften and hydrate the skin, especially when you're suffering from conditions such as eczema or dermatitis. Avoid products that contain synthetic detergents and preservatives. Instead, opt for fragrance-free products that are full of natural ingredients, such as shea butter and aloe vera.

### **Pat, don't rub**

Pat your hands dry with a soft cotton towel after washing. Do not rub the skin, as this can break the surface and cause further irritation of the skin. Also, ensure your hands are fully dry, as skin irritation can occur when there is excessive moisture, soap residue and water trapped against the skin and underneath rings.

### **Moisturize immediately after washing your hands**

After drying your hands or using hand-sanitising gel, apply a generous layer of hand cream to help keep them nourished. The best hand creams are those that contain active ingredients with moisturizing, nourishing, softening and restorative properties, for example jojoba oil, beeswax, or rose water.

### **Try a moisturizing mask for hands**

For even more hydration, try using hand masks, as they are a great treatment method for concentrating active ingredients. They work just like face masks and while some consist of a thick cream that you apply to the backs of your hands, others come in ready-made gloves that you leave on for a certain amount of time, as the product soaks in.

### **Seek professional help if needed**

If your hands are inflamed, itchy, swollen or painful and any dryness is not showing any signs of improvement, seek advice from a medical professional. A dermatologist can determine if there is an underlying cause of the skin condition, such as irritant eczema, and find the best treatment for you.