

Managing Dry Skin and Eczema

Managing dry skin and eczema requires selecting moisturizers that effectively hydrate and soothe the skin. Below is a curated list of top moisturizers available in Canada, suitable for individuals with dry skin and eczema:

CeraVe Moisturizing Cream

This cream contains ceramides and hyaluronic acid to restore the skin's barrier and retain moisture. It's non-irritating and suitable for sensitive skin.



Aveeno Eczema Care Moisturizing Cream

Formulated with colloidal oatmeal, this cream soothes itchy, irritated skin and is gentle enough for daily use.



Cetaphil Restoraderm Eczema Soothing Moisturizer

This moisturizer provides long-lasting hydration and relief from eczema symptoms, thanks to its ceramide and filaggrin complex.



La Roche-Posay Lipikar Balm AP+

A rich, non-greasy balm that replenishes lipids and provides 48-hour hydration, suitable for both adults and children.



Eucerin Eczema Relief Cream

This cream contains colloidal oatmeal and ceramides to relieve itchiness and improve skin condition. It's free from fragrances and dyes.



Bioderma Atoderm Intensive Balm

This balm soothes and restores very dry, irritated skin, reinforcing the skin barrier and providing comfort.



When selecting a moisturizer, consider products that are fragrance-free, hypoallergenic, and contain ingredients like ceramides, hyaluronic acid, and colloidal oatmeal to effectively manage dry skin and eczema.