

Meijer Beauty Buyers Offer Recommendations on New Eczema Creams to Try

Fluctuations in weather can cause eczema flare ups; new creams can bring relief

GRAND RAPIDS, Mich. – As temperatures ebb and the cold dryness of winter blows across the Midwest, there is one constant: managing winter skin. For some, this means dealing with the annoyance of tight, itchy skin. For others, “winter skin” is defined as a constant fight against eczema or psoriasis flare ups.

According to the [National Eczema Association](#), sudden changes in temperature could cause eczema or psoriasis to flare. In fact, the Meijer beauty buyers report that the retailer moves more than 2 million units of skin care products during the winter months.

Moisturizing is key to managing more severe dry skin conditions like eczema or psoriasis. In recent years, the moisturizer category has grown to include more skin protectant products that help to manage eczema and psoriasis without a prescription. The Meijer beauty buyers say that ideally a good moisturizer should help to rebuild an effective skin barrier and rehydrate the skin. If you suffer from frequent flare ups in the winter, here are newest lotions to try:

- **[Dove Derma Series Body Lotion Eczema Relief](#)** – Accepted by the National Eczema Association, this product is perfect for rough spots and very dry skin patches.
- **[CeraVe Psoriasis Skin Therapy Cleanser](#)** – This product is specially formulated to manage psoriasis-prone skin. It contains [salicylic acid](#), which according to an article published in Allure Magazine, is perfect for exfoliating dry skin.
- **[Eucerin Eczema Relief Hand Crème](#)** – This gentle, non-greasy moisturizer contains oatmeal, which soothes itchy, irritated skin, and Cermide-3 and Licochalcone, which strengthens the skin’s barrier and reduces redness.
- **[Psorent Psoriasis Topical Solution](#)** – This over-the-counter topical solution relieves the itching and flaking often associated with a psoriasis flare up. The solution provides relief for mild to moderate psoriasis all over the body, including the scalp.

Adding a [humidifier](#) to your home may also bring some relief to severe dry skin as it helps to add moisture back into the air, especially if you’ve cranked up the heat. In fact, dermatologists recommend keeping your humidifier below 60 percent humidity to prevent condensed moisture. This can lead to harmful bacteria growth. Also, consider adding Epsom salts or using an oatmeal-based bar soap during showers.

For more skincare tips to reduce eczema symptoms, visit [More for a Healthier You at Meijer](#). If you have questions or experience severe symptoms, see a board-certified dermatologist.

About Meijer:

Meijer is a Grand Rapids, Mich.-based retailer that operates 235 supercenters and grocery stores throughout Michigan, Ohio, Indiana, Illinois, Kentucky and Wisconsin. A privately-owned and family-operated company since 1934, Meijer pioneered the “one-stop shopping” concept and has evolved through the years to include expanded fresh produce and meat departments, as well as pharmacies, comprehensive apparel departments, pet departments, garden centers, toys and electronics. For additional information on Meijer, please visit www.meijer.com. Follow Meijer on Twitter [@twitter.com/Meijer](https://twitter.com/Meijer) and [@twitter.com/MeijerPR](https://twitter.com/MeijerPR) or become a fan at www.facebook.com/meijer.

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