


A Quick Start Guide to Applying Emollients

It is important to ensure that emollients are used correctly to achieve the maximum benefit.

Below are some simple steps for successfully applying emollients to dry skin.



 How do emollients help dry skin?
Open here to find out more.

The Irish Skin Foundation offers support for those with dry skin conditions. Visit their website for further information.

Irish Skin Foundation (ISF):
www.irishskin.ie



DoublebaseTM Emollient Gel

www.MyDoublebase.ie

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A quick start guide to dry skin

DoublebaseTM Emollient Gel



**Fine tuned
for dry skin**

What is Doublebase Emollient Gel?

Doublebase Emollient Gel is a highly moisturising and protective emollient (a medical moisturiser) which is designed to help **soften**, **moisturise** and **protect** dry skin and conditions such as eczema, psoriasis and ichthyosis.



The innovative GEL formulation of Doublebase Emollient Gel looks different and performs differently to other over the counter moisturisers.

Doublebase Emollient Gel is simple to apply and easily absorbs when smoothed into the skin.

Free from ingredients such as SLS, perfumes and parabens that are known to aggravate sensitive, delicate skin.

Suitable for all age groups, including babies.

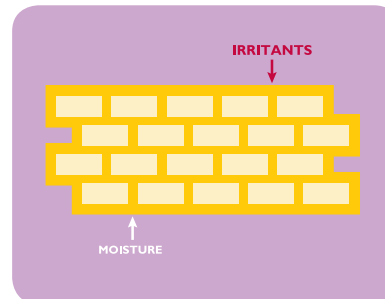
Please note that dried emollient residue collecting on dressings, clothing and bedlinen makes these materials burn more easily, so it's important to keep them away from lit cigarettes and other sources of ignition and wash them regularly.

Always read the label

What is dry skin?

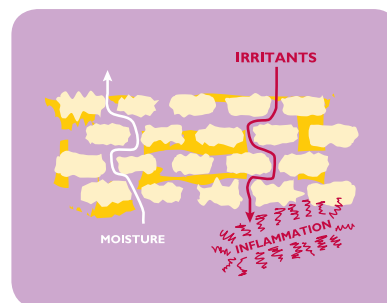
Healthy skin provides a barrier between the body and the external environment.

In healthy skin, natural oils fill spaces between plump skin cells to form a good skin barrier – keeping moisture in and irritants out.



Skin cells and the surrounding natural oils are often shown as a brick wall. The skin cells are the 'bricks' and the natural oils are the 'mortar'.

Dry skin – An impaired skin barrier



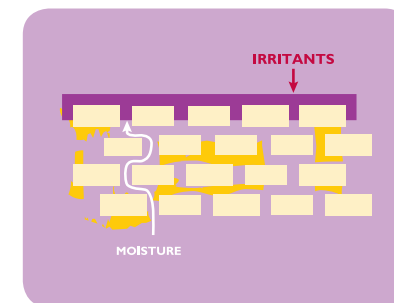
An impaired skin barrier has a shortage of natural oils which allows moisture to escape from the skin too quickly.

The skin cells shrink, opening cracks which allow greater moisture loss and the entry of irritants. The skin will become dry and may be itchy. Scratching damages the skin even more.

People with dry skin conditions, such as eczema or dermatitis, psoriasis and ichthyosis, have an impaired skin barrier. Certain factors can make dry skin conditions worse, such as air conditioning, central heating or bathing or showering with soaps or detergents.

How do emollients work?

Emollients rehydrate the skin by forming a layer of oil which traps moisture in the skin allowing cells to swell and close the cracks.



Some emollients also contain humectants, such as glycerol, which help to keep water within the skin.

As dry skin is 'thirsty', emollients should be applied regularly in large amounts to soften and moisturise the skin, making it smooth, supple and less itchy. Continued use helps to maintain improvement.

Emollients are available in various formats, including applied emollients, soap substitutes and bath oils.

Avoid using soaps, bubble baths or foaming shower gels, which tend to dry and irritate the skin. Use an emollient soap substitute for washing in the bath, under the shower or at the sink – it does not need to lather. Wash with lukewarm water rather than hot water.

Ask your pharmacist for further information about different emollient types.



Smooth your emollient onto your skin – avoid vigorous rubbing