























# Toiletries & personal care products





# TOILETRIES & PERSONAL CARE PRODUCTS

CATEGORY	SUITABLE PRODUCTS	GUIDELINES	AVOID
<p><b>SOAP</b></p>  <p><b>SOAP SUBSTITUTES</b></p>  <p><b>OATMEAL BATH</b> For relief of itchy skin</p> 	<p><i>Dove</i> (fragrance-free) <i>Ego QV Bar</i> <i>Dermaveen</i> Cleansing Bar <i>Just Soap</i> <i>Redwin</i> Unperfumed Sorbolene Moisturising Bar</p> <p><i>Cetaphil</i> <i>Dermaveen</i> Shower &amp; Bath Oil <i>Ego QV</i> Wash <i>Ego QV</i> Intensive Moisturising Cleanser <i>Ego QV</i> Flare-Up Bath Oil</p> <p><i>Dermaveen</i> Oatmeal Bath Treatment</p> 	<p>Choose <b>unscented</b> brands.</p> <p><b>VERY SENSITIVE SKIN</b> Use cool bath water or shower. Use moisturizer to wash (eg. sorbolene or emulsifying ointment).</p>  <p><b>TO MAKE AN OATMEAL BATH</b> Put some rolled oats in a stocking, tie a knot and swish around in the bath water.</p> 	<p>Brands with added perfume, fragrance or botanical ingredients (eg. lavender oil, tea tree oil).</p> <p>Do not use <i>Detto!</i> or other harsh disinfectants on the skin. Avoid using strong cleaning agents on the bathtub.</p> <p><b>VERY SENSITIVE SKIN</b> <b>SOAP</b> and <b>BODY WASHES</b> are not suitable for very sensitive skin. Do not use on infants &amp; children with dry skin or eczema. Avoid hot water, chlorine pools, soaps, soap-substitutes and wipes with any foaming agent, cleaning agent or fragrance.</p> <p>Oatmeal baths are not recommended for infants &amp; young children with broken skin.</p>
<p><b>SHAMPOO</b></p> 	<p>Use soap-free wash (<i>Cetaphil</i>, <i>QV Wash</i>) or low-fragrance shampoo/conditioner.</p> 	<p>Some health food stores may have suitable brands.</p> <p>The <i>Soap Kitchen</i> in King St Newtown has a range of products that are usually well tolerated <a href="http://www.soapkitchen.com.au">www.soapkitchen.com.au</a></p>	<p>Shampoo is not suitable for children with eczema.</p> 
<p><b>TOOTHPASTE</b></p> 	<p><i>Soul Pattinson's</i> Plain Toothpaste (from Soul Pattinson's pharmacies) <i>Oral Hygiene Solutions</i> Plain Toothpaste <a href="http://www.plaintoothpaste.com">www.plaintoothpaste.com</a></p>	<p>All brands contain some preservative to prevent mould growth. Use sparingly. If commercial brands are not tolerated, use salt &amp; bicarb soda as a toothpaste substitute.</p>	<p>Brands with mint, peppermint, other flavours, colour. Mouthwashes.</p> 
<p><b>DEODORANTS</b></p> 	<p><i>Ego QV</i> <i>Simple</i> <i>Nivea</i> <i>Mitchum</i></p>	<p>Choose unscented/fragrance-free, roll-on or stick variety.</p>	<p>Products with fragrance. Spray deodorants.</p> 

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<p><b>MOISTURISERS</b></p> 	<p><i>Dermaveen</i> Moisturising Lotion  <i>Dermeze</i> Ointment  <i>Emulsifying Ointment</i>  <i>Eucerin</i>  <i>Hydraderm</i>  <i>QV</i> Moisturising Lotion  <i>Sorbolene</i></p> 	<p><b>Choose a moisturizer that is fragrance-free and doesn't sting.</b></p> <p>For children with broken skin, washing and the application of water-based products cause discomfort, stress and behaviour problems.</p> <p><b>For very dry skin</b> use an <b>OINTMENT</b> rather than a cream.</p> <p>Moisturisers should be applied very gently (not rubbed in vigorously) at least three times/day.</p>	<p><b>For children with eczema and/or food allergy</b> check the product is free from nut oils.</p> <p>Fragrances and natural botanical products can cause localized contact skin reactions or a generalized rash.</p> <p>Once a reaction is triggered the damaged skin can react to tiny amounts on subsequent contact.</p>
<p><b>SUNSCREENS</b></p> 	<p><i>Cancer Council</i> Sunscreens  <i>Ego Sensesense</i> Low Irritant  <i>Ego Sensesense</i> Toddler Milk  <i>Hamilton's</i> Sunscreen  <i>Soul Pattinson's</i> Ultrablock  <i>ZinClear™</i></p>	<p>All creams contain some preservative.</p> 	<p>Look for products that are free from fragrances and do not contain nut oils, PABA or menthol.</p> 
<p><b>MAKE-UP &amp; SHAVING PRODUCTS</b></p> 	 <p>There may not be any suitable products on the market if you have very sensitive skin.</p> <p>If not, use plain <b>SORBOLENE</b> for shaving.</p>	<p>Trial and error is the only way of finding suitable products.</p> <p>Products labelled <b>LOW ALLERGY</b> or <b>HYPOALLERGENIC</b> only need to be suitable for 90% of the population for them to legally carry this claim.</p>	<p>All liquid preparations contain natural or added preservatives.</p> <p>If you care for a baby with eczema or food allergy check your lipsticks, lip care products, moisturisers, shampoos, conditioners, shaving creams and make-up.</p> <p><b>AVOID</b> those containing nut, milk or egg ingredients.</p>

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<p><b>BABY CARE PRODUCTS</b> Disposable nappies</p> 	<p><i>Nature Babycare Nappies</i> (white unbleached with a small green leaf pattern) <a href="http://www.colesonline.com.au">www.colesonline.com.au</a></p> <p><i>Moltex Eco Nappies &amp; WotNot Eco Nappy bags</i> <a href="http://www.ecodirect.com.au">www.ecodirect.com.au</a></p> <p><i>Huggies®</i> suit most but not all children with sensitive skin.</p> 	<p><b>NAPPY RASH TREATMENTS</b></p> <p>Topical products containing an antifungal agent and low dose steroid will treat infection and redness. Liberal application after each nappy change will be needed to treat the rash.</p> <p>Many nappy rash treatments contain castor oil, zinc and pharmacy grade peanut oil. It is not known if they are a source of allergic sensitization. Suitable products free from nut oils are:</p> <p><i>Duncan's Ointment</i> <a href="mailto:diacaf@inet.net.au">diacaf@inet.net.au</a></p> <p><i>David Craig Emulsifying Ointment</i> <a href="http://www.biotechpharma.com.au">www.biotechpharma.com.au</a></p> <p><i>Eucerin</i></p> <p><i>Lansinoh</i> (100% ultra pure lanolin)</p> 	<p>Avoid brands with fragrance.</p>
<p><b>CLOTHES WASHING</b></p> <div data-bbox="105 722 469 1065" style="border: 1px solid #ccc; padding: 5px;"> <p><b>CLOTHING FOR SENSITIVE SKIN</b> Choose clothing with a smooth surface (no rough seams, tags) made from cotton or Dermalisk®. When new, wash a couple of times to remove fabric finish.</p> <p>Wash dirty spots with fragrance-free soap or mild detergent, then machine wash with plain water.</p> <p>For dry-cleaned clothes &amp; furnishings, remove plastic and air outdoors until the chemicals have evaporated.</p> </div> 	<p><i>Omo Sensitive Planet Ark</i></p> <p><i>Lux</i></p> <p><i>Amway</i></p> 	<p><b>CLOTHES DRYERS</b></p> <p>Make sure that the moisture from the clothes is ducted externally – indoor moisture causes growth of mould and dust mite.</p> <p>Clothes need to be very dry before storage.</p> 	<p>All fabric softeners and commercial spray starches.</p> <p>Washing products with scent or odour.</p> 