

## When Dry Skin Is Itchy

Dry skin itches when your skin has developed cracks and fissures (which you may not even see) and bacteria, chemicals or other irritants have entered it. For immediate relief, try 100 percent aloe vera gel or calamine lotion. Benadryl creams, which contain antihistamines, temporarily stop itching. What you really need is to allow your skin time to heal. Use a good moisturizer that contains oils that will lie on top of the skin and act as a barrier – preventing moisture from leaving your skin. Petrolatum, cocoa butter and baby oil (should not be used on the face) are known as excellent barriers. One study has shown that if you coat your skin with petrolatum and wipe it off immediately, you will retain enough barrier protection to make a noticeable difference.