



# Skin Concept

## **Emollients/Moisturizers**

In general, Ointment is better than Cream, & Cream is better than Lotion at holding moisture.

However, ointment can cause clogging up of pores in very hairy area and make scalp hair greasy. In these areas, a lotion or a cream is preferred.

A more expensive cream or ointment does not mean it is better. The texture of different brands may differ and you will have to find one that you like.

### Examples of a cream:

Atoderm cream by Bioderma  
Aveeno cream  
Cetaphil cream  
Cetraben cream  
Cera Ve Cream  
Cliniderm cream  
Glaxal Base  
Lipikar cream by La Roche Posay  
Prevex cream  
Spectro Eczema Care cream  
Trixera cream

### Examples of an ointment:

Aquaphor Ointment  
Lipikar Baume AP by La Roche Posay  
Vaseline Ointment

### Emollients containing ceramide and claims to repair skin barriers:

Impruv  
Epiceram (requires a prescription)  
Cetaphil Restoraderm  
Aveeno Eczema Cream  
Cera Va Cream

### Humectants/Exfoliants/Keratosis Pilaris /Cracked Heel Treatment for adults:

Lactic Acid: Lachydrin, Dermalac cream  
Urea: Eucerin lotion or cream, Kerasal healing foot cream, Uremol, Urisec  
Glycolic Acid: Alyria Body Resurfacing Cream, Neostrata Body Smoothing Lotion,  
Reversa Skin Smoothing Body Lotion

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