

## Aromatherapy and Eczema

### What is Eczema?

The National Eczema Society states that:

“Eczema (also known as dermatitis) is a dry skin condition. It is a highly individual condition which varies from person to person and comes in many different forms. It is not contagious so you cannot catch it from someone else.

In mild cases of eczema, the skin is dry, scaly, red and itchy. In more severe cases there may be weeping, crusting and bleeding. Constant scratching causes the skin to split and bleed and also leaves it open to infection.

Eczema affects people of all ages but is primarily seen in children. Those who “grow out” of their eczema during early childhood may see it recur again in later life.

In the UK, **one in five children and one in twelve adults have eczema** while eczema and contact dermatitis account for 84-90% of occupational skin disease.

Atopic eczema is a genetic condition based on the interaction between a number of genes and environmental factors. In most cases there will be a family history of either eczema or one of the other ‘atopic’ conditions i.e asthma or hay fever.”

### How Can Aromatherapy Help with Eczema?

Certain essential oils may help to reduce the occurrence and severity of eczema and reduce inflammation. Potential essential oils include:

- Bergamot (*Citrus bergamia*)
- Palmarosa (*Cymbopogon martinii*)
- Roman Chamomile (*Chamaemelum nobile*)
- German Chamomile (*Matricaria recutita*)
- Geranium (*Pelargonium graveolens*)
- Lavender (*Lavandula angustifolia*)
- Patchouli (*Pogostemon cablin*)

In addition, an infusion of Calendula oil (*Calendula officinalis*) may also be appropriate.



Always contact a qualified Aromatherapist who will guide you on the oils that are suitable for your individual needs.

**References:**

<http://www.eczema.org/types-of-eczema>

The Art of Aromatherapy by Robert Tisserand

Aromatherapy – An A-Z by Patricia Davies

The Complete Guide to Aromatherapy by Salvatore Battaglia

The Encyclopedia of Essential Oils by Julia Lawless

Encyclopedia of Aromatherapy by Chrissie Wildwood

Essential Oils in Colour by Rosemary Caddy

Aromatherapy Workbook by Marcel Lavabre

Aromatherapy for Health Professionals by Shirley and Len Price

(Please do not take essential oils orally without appropriate medical supervision)

To find a practitioner to discuss your needs [click here](#)