

PEOPLE WHO SUFFER FROM ECZEMA

The main problem of eczema and swimming in chlorinated water lies with the chlorine's intense drying effect on the skin. To a non-sufferer, this is not particularly harmful but if you or your children suffer from eczema this can cause a real problem for the skin. Dry skin can be the sole trigger for eczema, so chlorine can be one of eczema's worst enemies.

The effects vary. It can depend on how severe the condition is, how regularly you go swimming and exactly how much chlorine is in the swimming pool – the more chlorine, the more irritation.

There are some things you can do to minimise the risk. Applying a natural, effective emollient to the skin before you enter a swimming pool is highly advisable, and then apply again immediately after you have left the pool and showered. Avoid chemical based emollients at all costs – you are aiming to completely rid your skin of the chemicals from the swimming pool water, not add more to it!

If chlorinated pool water is enough to trigger an eczema attack, imagine what it is doing to your skin.