



Is aloe vera good for eczema?

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Aloe vera is a natural moisturizer, rich in antioxidants and anti-inflammatory properties. Many people find that aloe vera gel can hydrate and soothe eczema-damaged skin.

Individuals may use natural remedies such as aloe vera gel to soothe eczema patches.

Eczema, or atopic dermatitis, is a condition that causes patches of skin to become itchy and irritated. Treatments aim to hydrate the skin, reduce inflammation, and prevent infections.

Benefits of aloe vera



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Researchers have long studied aloe vera for its health-promoting properties.

The plant's skin, flowers, and gel are particularly rich in [antioxidants](#) and [may speed up](#) the regeneration of damaged skin with topical application.

It may also reduce [inflammation](#) and has antibacterial, [antiviral](#), and [antiseptic](#) properties, which may promote wound healing.

Learn more about [the benefits of aloe vera](#).

Can aloe vera help relieve eczema?

Many people recommend aloe vera as a natural, gentle moisturizer for dry skin. And while few scientific studies have looked at aloe vera's specific effects on eczema, [some evidence](#) shows promising results, including properties such as:

- antioxidant
- antimicrobial
- immune boosting
- wound healing

Eczema causes the skin to crack and bleed, making skin infections more likely. Aloe vera's antimicrobial effects may help prevent these infections.

Aloe vera's wound-healing properties may help patches of broken skin heal more quickly. However, while natural treatments may reduce eczema symptoms, there [is no cure](#), according to the National Eczema Association (NEA)

To prevent eczema, it is important to identify the specific causes and triggers and try to avoid them where possible. Individuals can also speak to a doctor about treating and preventing eczema.

Learn more about [eczema](#).

How to use aloe vera for eczema

People can use aloe vera products in the same way as other moisturizers. However, a person should consult their doctor before trying aloe vera as a treatment in case it interferes with other topical treatments. Sometimes, the substance [can cause](#) **Trusted Source** burning, itching, and other symptoms of eczema.

When using aloe vera, a person should apply the gel directly to the affected areas of the skin and gently rub it in.

First, they should clean the skin with unscented soap and water, then apply aloe vera to the eczema to prevent the skin from drying out. They can reapply this twice daily or according to a doctor's recommendation.

Before using any new product, including aloe vera, a person should try it on a patch of skin first to check for potential allergies.

Learn more about [how to use aloe vera](#).

Which types of aloe vera are best?

To get the most natural form of the substance, people can take the gel straight from the leaf of a live aloe vera plant.

People can also find aloe vera gels at pharmacies and in online stores.

They should look for products with a high concentration of pure aloe vera and use products featuring only natural ingredients.

What to look for

Aloe vera gel usually comes with more recommendations than other forms of aloe vera, such as extracts. It has cooling properties and [can help](#) [Trusted Source](#) soothe and moisturize the skin.

It is also important to check the ingredients list carefully when shopping for aloe vera gels or other skin care products.

Products should list aloe vera or aloe juice as the main ingredient. Because products within ingredient listings generally appear in order of quantity, aloe vera should be the top ingredient on the label.

Aloe vera products should also be free from fragrances and alcohol, which can dry and irritate the skin.

Learn more about the [health benefits of aloe vera juice](#).

Side effects and risks

Aloe vera is generally safe, but it can [cause](#) [Trusted Source](#) mild skin reactions, such as itching or burning, in some people.

To avoid these adverse effects, a person can apply aloe vera to a small patch of skin first and check for any signs of irritation or allergies. They can apply it to a larger area if no side effects appear within a few days.

An individual should speak with their doctor if they notice signs that their eczema has contracted an infection. Symptoms of this include:

- [pus](#)
- increased inflammation
- pain
- hot to touch

Learn [how to perform a patch test](#).

Other natural eczema treatments

According to the [NEA](#), some adults with certain eczema symptoms may benefit from the following

- [sunflower seed oil](#)
- topical [vitamin D](#)
- [apple cider vinegar](#)
- [probiotics](#)
- bathing
- massage
- [acupuncture](#)
- [acupressure](#)
- [hypnosis](#)
- antibacterial fabrics

However, the NEA says insufficient evidence supports the effectiveness of vitamins or supplements for eczema. What works for one individual may not work for another. Some vitamins or supplements can also cause harm if a person uses them together or with other prescription medications.

Learn about other [home and natural remedies for eczema](#).

Frequently asked questions

Do dermatologists recommend aloe vera?

Aloe vera may be an inexpensive remedy for aiding eczema, but many dermatologists may recommend stronger medication and topical treatments for managing eczema.

Can aloe vera make eczema worse?

Aloe vera is unlikely to worsen eczema unless a person is allergic to it. However, it is always best to perform a patch test by applying a small amount to the skin to check for irritation.

Can aloe vera help treat eczema in children and babies?

Though many people use aloe vera to treat eczema, caregivers should speak with a pediatrician before using new products on a baby or child.

Why is aloe vera good for the skin?

Aloe vera is rich in antioxidants, boosts antimicrobial properties, and supports wound healing.

How does aloe vera help with itching and rashes?

Aloe vera can reduce inflammation, which could help relieve itching and rashes. Additionally, its antimicrobial properties may help protect against infection.

What are other remedies for eczema rashes and itch relief?

Keeping skin moisturized or adding [oatmeal](#), baking soda, or [apple cider vinegar](#) to a bath could help [relieve](#) itching. The NEA indicates that probiotic supplements, vitamins, and topical treatments, such as sunflower and [coconut oil](#), [may provide](#) some benefits for eczema. However, it is important to always consult a doctor before using these treatments.

Summary

Aloe vera gel is a natural moisturizer with antibacterial properties. Using the substance for eczema can hydrate the skin and reduce the risk of the skin acquiring infections.

According to anecdotal evidence and some existing studies, aloe vera may play a role in treating eczema. Health experts consider it safe, though irritation and rashes can sometimes occur.

It is possible to mix aloe vera with another natural remedy, which may increase its effectiveness.

A person should perform a patch test first to help avoid potential irritations and allergies. Many other natural treatment options are also available for people whose eczema does not improve following aloe vera treatment.