

How to Make Homemade Eczema Cream with All-Natural Ingredients



This fantastic article was written by Megan Thompson, health and beauty blogger at [Gold Mountain Beauty](#). You can follow Gold Mountain Beauty on [Instagram](#) and [Pinterest](#).

D.I.Y Soothing Herbal Eczema Cream

Because the best way to treat your eczema and heal your skin is a natural way!

Itching and red, scaly patches: having eczema is characterized by dry, flaky skin and it's a condition that affects over 35 million Americans.

While modern medicine calls for the use of cortisone creams and other steroidal creams which suppress your immune system in order to curb the symptoms of eczema, those solutions don't tackle the root cause of this skin condition.

If you've been battling your eczema with modern steroidal solutions, it may be time to start considering a more natural, herbal approach to tackling the problem. This post will help you understand why medicinal creams may not be your best option, and it will also help you create the best D.I.Y eczema cream for your specific skin type.

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What Exactly Is Eczema?

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inflammation can then cause your skin to blister and become itchy and red. Eczema can be divided into two different types:

- **Atopic Eczema** – This condition is caused by an imbalance within the body, so sufferers of atopic eczema were born with a greater risk of contracting the condition.
- **Contact Dermatitis** – This condition is caused by an allergic reaction when skin comes into contact with an external substance, which may cause patches of skin to become red and itchy. If you've ever reacted badly to a new detergent or skincare product, this is the reason!

Here's Why You Should NOT Use Steroidal Cream for Eczema

Topical steroid creams – A.k.a **steroidal cream** – all contain steroid medicines, and as such, they work by reducing your skin's inflammation. Some steroidal creams are called corticosteroids, and they're most commonly used in the treatment of eczema symptoms. One of the best ways to get rid of eczema permanently is to avoid the use of cortisone creams.

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Why? Well, there are a few different reasons, but here are the top three:

1. They're a Temporary Fix

We'll kick off with the biggest problem: these creams only suppress the symptoms of your eczema temporarily. This means that once you stop using steroidal creams or corticosteroids, your symptoms will start returning, often worse than they were before and even more widespread. So the longer you use the cream, the more reliant you'll become on it, and the more you'll have to pay as the retail price of your prescription increases.

2. They Can Damage Your Skin

Using medicinal creams to treat the symptoms of your eczema for a prolonged period of time may cause skin thinning (called atrophy) as well as a weakening of your cell tissues. In addition, they can cause darkening of the skin and stretch marks. As these creams **could damage your skin**, a lot of folks try to avoid them as far as possible.

3. They Have Unhealthy Side Effects

Topical steroids that are used for the treatment of eczema symptoms have their fair share of side effects when they're not used correctly. Some of the **common side effects** of these creams include:

- Eye damage
- Cataracts
- Acne
- Folliculitis
- Adrenal suppression

You can also check out [this article](#) about an overdose case where one lady used way too much cortisone cream to treat her eczema.

An Alternative – D.I.Y Herbal Soothing Eczema Creams

If you're now feeling a little skeptical about using steroidal creams to treat your eczema symptoms, you'll be happy to know that there are plenty of other, more natural ways to treat the problem. And they come without the hefty price tag or nasty side effects.

We've rounded up some of our favorite D.I.Y eczema cream recipes, and we're hoping that you'll be inspired to try one of them for yourself!

1. Eczema Cream for Dry and Painful Skin

We love this amazingly easy, soothing eczema cream from Chris at Joybilee Farm because it includes a bunch of good-for-you moisturizing oils and butter that really help relieve the dryness that's caused by eczema. With the addition of Aloe Vera gel, this cream penetrates deeply into the tissue, and thanks to ingredients such as Kombucha, colloidal silver, and green tea, this cream may help combat infections and promote healthy cell growth.

Key ingredients:

- Shea butter
- Coconut oil
- Myrrh
- Bayberry
- Sea buckthorn
- Essential oils

You can check out the full recipe [here](#) if you're keen on giving it a shot!

2. Homemade Eczema Cream

Matt & Betsy from D.I.Y Natural has put together yet another amazingly easy to mix and very effective herbal eczema cream. They created the cream to help their daughter – who suffered from the condition for a long time – and give her some relief from her eczema symptoms. The recipe is perfectly suitable for even the most sensitive skin and really helps add that extra moisture which is needed to improve the appearance of eczema. Lavender Essential Oil and Honey ensure that this cream not only moisturizes on the deepest level, but it also heals the skin as well.

Key Ingredients:

- Shea Butter
- Coconut Oil
- Organic Honey
- Lavender Essential Oil
- Tea Tree Oil

Have a look at their homemade eczema cream recipe [here](#) for more details.

3. Homemade Sensitive Skin Cream for Eczema

Gentle enough to use on babies, this Homemade Sensitive Skin Cream from Thank Your Body is one of our personal favorites. Thanks to the coconut oil in this recipe, this cream is anti-viral, antibacterial, antimicrobial and also has anti-fungal properties, all of which you need to provide some much-needed relief from your eczema symptoms. Melrose Essential Oil, which is a blend of tea tree, rosemary, Naouli, and clove essential oils, supports and promotes healthy skin and cell regeneration. They also threw in a healthy dose of Vitamin E oil, which is a natural preservative and is also great for your skin!

Key Ingredients:

Key ingredients.

- Coconut Oil
- Shea Butter
- Melrose Essential Oil
- Lavender Essential Oil
- Vitamin E Oil

Check out the full recipe for this healing cream over [here](#).

Final Thoughts

We hope that this post has shown you exactly why you need to steer clear of using commercial and medicinal steroidal cream for eczema and how to follow a more natural and holistic approach for treating the problem!

A Quick Note from Our Founder

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Blogger at [Gold Mountain Beauty](#)

Megan is a DIY health & beauty addict. She's committed to making her itchy-bitsy apartment chemical free and her diet as unprocessed as possible. You can find her work at Gold Mountain Beauty where she is responsible for the blog, [Instagram](#) and [Pinterest](#).


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