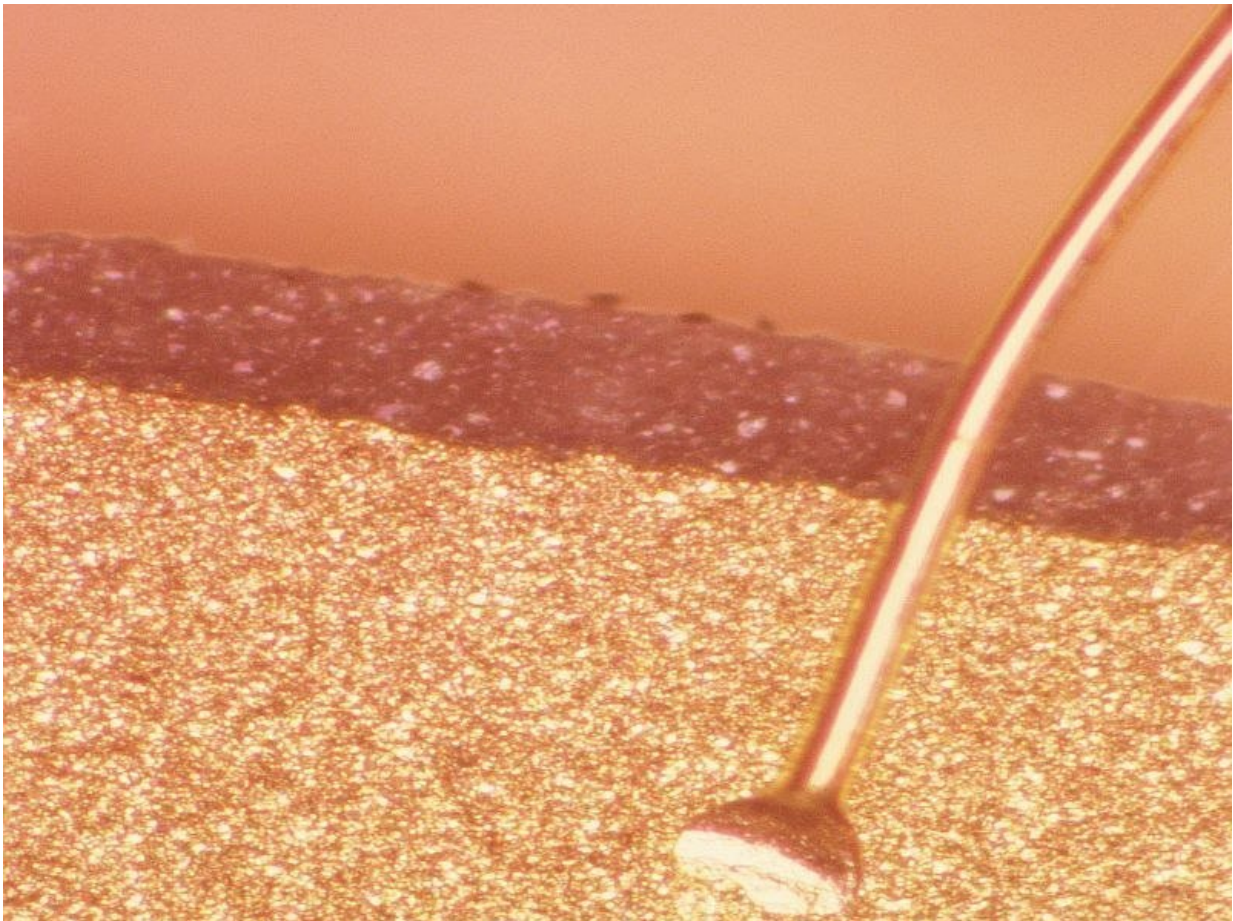


Shower cream, body lotion combo improves atopic dry skin

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(HealthDay)—A shower cream and a body lotion with physiological

lipids are effective in improving skin hydration in patients with dry skin, according to a study published online May 10 in the *Journal of Cosmetic Dermatology*.

Enzo Berardesca, M.D., Ph.D., from the San Gallicano Dermatological Institute in Rome, and colleagues evaluated the efficacy of a shower cream and a lotion, each with skin-identical lipids and emollients, among 40 healthy females with clinically [dry skin](#) on the lower legs. Patients were assessed at baseline, week four, and week six.

The researchers found that skin barrier [function](#) and skin moisture maintenance were significantly improved using the shower cream. The combination of the lotion and the shower cream also improved skin barrier function and moisture. Both products reduced clinical dryness, roughness, redness, cracks, tingling, and itch, according to the dermatologist, and increased feelings of soothing, smoothness, and softness, according to the participants.

"The combination of a shower [cream](#) and a lotion with physiological lipids efficiently restores skin barrier function and increases skin hydration, becoming an effective skin-care option for patients with atopic dry [skin](#)," the authors write.

Several authors disclosed financial ties to the Colgate-Palmolive Company, which funded the study.

More information: [Abstract/Full Text \(subscription or payment may be required\)](#)

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