



DIY OATMEAL BATH

A simple, at-home soak to calm itching, redness, and inflammation during eczema or rash flares – without the tub mess.

Oats contain natural compounds called **avenanthramides** and **beta-glucans**, which help reduce inflammation, restore the skin barrier, and ease irritation. This gentle soak can bring quick relief for both kids and adults.



Ingredients:

- 1 cup plain rolled or quick oats (organic if possible)
- Blender or food processor
- Cotton muslin bag, cheesecloth, or a clean thin sock
- Lukewarm water

How to Do It:

- Grind oats into a fine powder (flour-like).
- Fill the bag with the ground oats and tie securely.
- Hang the bag under the running tap as you fill your tub with lukewarm water.
- Soak for 10–15 minutes, gently squeezing the bag to release the milky “oat water.”
- Use the bag as a soft washcloth over itchy or inflamed areas for extra soothing support.

Tip: Add a splash of cooled chamomile or calendula tea to the bath for an extra calming effect.

Aftercare: Pat skin dry (don't rub) and apply a clean, fragrance-free moisturizer or healing balm right after to lock in hydration.