

Itchy Skin

Itchy skin is a very common skin complaint, and is usually caused by skin dryness, an allergy or from an underlying skin condition. If the cause of your skin itching is not obvious, or there is no pattern to the symptoms, it is advisable to discuss the problem with your GP.

Common allergies include fragrances, preservatives or certain ingredients in skincare products, detergents or household cleaners, rubber, metals, dust mites, pet hair, certain foods and medicines. Contact with any of these can cause skin itching if you have an allergy to them.

Skin conditions associated with skin itching include eczema, psoriasis, lichen planus, dermatitis, and seborrheic dermatitis.

Prickly heat, sunburn and photosensitivity can lead to itchy skin too, as can humid weather or physical exercise that raises your body temperature or makes you perspire.

You may experience skin itching as a symptom of hayfever, or when your body creates very high levels of histamine (known as urticaria) as a reaction to pollen.

Infections such as chickenpox, fungal infections like athlete's foot, thrush or jock itch, and ringworm can all lead to itchy skin.

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Scratching can damage the surface of the skin which makes it more susceptible to infection and further inflammation and itching, so it's important to try and refrain from scratching as much as possible. Not always an easy thing to do!



Contact Customer Services for skincare and product advice

Email: info@salcura.co.uk
Visit: www.salcuraskincare.com
Call: +44 (0)208 979 3592