Emollients

What is an emollient?

Emollients are applied to the surface of the skin to soften, add moisture, reduce scaling or dryness, and generally make the skin feel more comfortable. It is also thought that regular use of an emollient can help other topical (applied to the skin) treatments to work more effectively.

Emollients can come in cream, ointment, lotion, gel, and spray forms. Some emollients are added to the bath or used instead of soap, whilst others are applied directly to the skin and left to sink in. Some emollients can be used in more than one way – check the information leaflet that comes with the product.

The terms 'emollient' and 'moisturiser' are often used interchangeably. In Dermatology, the term 'emollient' is used to refer to non-cosmetic moisturisers – they are usually fragrance-free and specifically formulated to treat dry skin conditions such as psoriasis and eczema, rather than for general use.

There are many cosmetic and non-cosmetic moisturisers and emollients on the market, however, the following products are all listed in the British National Formulary as being for use in psoriasis or other dry skin conditions. They should all be available on prescription, or can be purchased in a pharmacy. This list is as comprehensive as possible, however in some cases there are many different-named versions of the same product available, and availability can differ across the country. These details are correct at the time of printing, but are subject to change. Do read the information leaflet that comes with the emollient, and ask a doctor or pharmacist if you have any questions, or for more information.

Some emollients contain paraffin as an ingredient. Paraffin is flammable, and there is a danger that smoking or using a naked flame could cause dressings or clothing that have been in contact with the emollient to catch fire. If you use a paraffin-based emollient, you should avoid naked flames, not smoke, and change clothing and bedding regularly.

Please turn overleaf for list of emollients.

The Psoriasis Association, Dick Coles House, 2 Queensbridge, Northampton, NN4 7BF
Telephone: 01604 251620 **Email:** mail@psoriasis-association.org.uk **Website:** www.psoriasis-association.org.uk
Charity Numbers 1180666 and SC049563

Bath Products

These are usually thin and oily in texture, and are added to the bath water.

Product Name	Main Ingredients	Method of Application
Balneum Bath Oil	Soya oil	Add 20-60ml to bath (5-15ml for infants)
Balneum Plus Bath Oil	Soya oil, lauromacrogols	Add 20ml to bath (5ml for infants) or apply to wet skin and rinse
Cetraben Emollient Bath Additive	Light liquid paraffin	Add 1-2 capfuls to bath (½ - 1 capful for children) or apply to wet skin and rinse
Dermalo Bath Emollient	Wool alcohols, liquid paraffin	Add 15-20ml (children 5-10ml) to bath or apply to wet skin and rinse
Dermol 600 Bath Emollient	Benzalkonium chloride, liquid paraffin, isopropyl myristate	Add up to 30ml to bath (up to 15ml for infants)
Doublebase Emollient Bath Additive	Liquid paraffin	Add 15-20ml to bath (5-10ml for infants)
E45 Emollient Bath Oil	Cetyl dimethicone, liquid paraffin	Add 15ml to bath (5-10ml for infants / children) or apply to wet skin and rinse
Emulsiderm	Liquid paraffin, isopropyl myristate, benzalkonium chloride	Add 7-30ml to bath or rub into dry skin until absorbed
Hydromol Bath and Shower Emollient	Isopropyl myristate, light liquid paraffin	Add 1-3 capfuls to bath (½ - 2 for infants) or apply to wet skin and rinse
LPL 63.4	Light liquid paraffin 63.4%	Add 1–3 capfuls/bath (1/2 – 2 for children or infants) or apply to wet skin and rinse
Oilatum Bath Formula	Light liquid paraffin	Add 1-3 capfuls to bath (½ - 2 for infants) or apply to wet skin and rinse
Oilatum Junior Bath Additive	Light liquid paraffin	Add 1-3 capfuls to bath (½ - 2 for infants) or apply to wet skin and rinse
Oilatum Plus Bath Additive	Benzalkonillum chloride, triclosan, light liquid paraffin	Add 1-2 capfuls to bath (infant over 6 months 1ml)
QV Bath Oil	Light liquid paraffin	10ml in bath (infant 5ml) or apply to wet skin and rinse

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Product Name	Main Ingredients	Method of Application
Zerolatum Emollient Bath Additive	Liquid paraffin, acetylated wool alcohols	Add 15-20ml to bath (5-10ml for children)
Zeroneum Bath Additive	Refined soya bean oil	Add 20ml to bath (5ml for children)

Shower Products

These are used in the shower to wash the body with, in place of shower gel or soap.

Product Name	Main Ingredients	Method of Application
Aquamax Wash	Light liquid paraffin, white soft paraffin, cetostearyl alcohol	Apply to wet or dry skin and rinse.
Aqueous Cream	Emulsifying ointment	Apply directly to skin. Although this comes as a cream, it is primarily for use as an emollient cleanser or soap substitute, and should be washed off.
Dermol 200 Shower Emollient	Benzalkonium chloride, chlorhexidine hydrochloride, isopropyl myristate, liquid paraffin	Apply to skin or use instead of soap
Dermol Wash Emulsion	Benzalkonium chloride, chlorhexidine hydrochloride, liquid paraffin, isopropyl myristate	Apply to skin or use instead of soap
Doublebase Emollient Shower Gel	Isopropyl myristate, liquid paraffin	Apply directly to the skin before, during or after showering. Use instead of soap / shower gel
Doublebase Emollient Wash Gel	Isopropyl myristate, liquid paraffin	Use as a soap substitute
E45 Emollient Wash Cream	Soap substitute, zinc oxide	Use as a soap substitute
Hydromol Bath and Shower Emollient	Isopropyl myristate, light liquid paraffin	Add 1-3 capfuls to bath (½ - 2 for infants) and soak for 10-15 minutes or apply to wet skin and rinse
Oilatum Shower Gel	Light liquid paraffin	Apply to wet skin, massage in, then rinse and dry
QV Gentle Wash	Glycerin (glycerol)	Use as a soap substitute

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Lotions

These are thin or runny in consistency, and easily absorbed. A lotion alone will usually not be effective in treating very dry skin such as psoriasis, but may be useful as part of a larger moisturising regimen.

Product Name	Main Ingredients	Method of Application
Dermol 500 Lotion	Benzalkonium chloride, chlorhexidine hydrochloride, liquid paraffin, isopropyl myristate	Apply to skin or use instead of soap
E45 Lotion	Light liquid paraffin, cetomacrogol, white soft paraffin, hypoallergenic lanolin	Apply directly to skin
Eucerin Intensive Lotion	Urea, benzyl alcohol, isopropyl palmitate	Apply thinly and rub into area twice daily
QV Lotion	White soft paraffin	Apply directly to skin

Creams

These are thicker than lotions, but still easily absorbed.

Product Name	Main Ingredients	Method of Application
Aquadrate Cream	Urea	Apply directly to skin
Aquamax Cream	Light liquid paraffin, white soft paraffin	Apply directly to skin
Aquamol Cream	Liquid paraffin, white soft paraffin	Apply directly to skin
Balneum Cream	Urea, ceramide	Apply directly to skin, twice daily
Balneum Plus Cream	Urea, lauromacrogols	Apply directly to the skin, twice daily
Cetraben Cream	White soft paraffin, light liquid paraffin, glycerin	Apply directly to the skin
Diprobase Cream	Cetomacrogol, cetostearyl alcohol, liquid paraffin, white soft paraffin	Apply directly to skin

Product Name	Main Ingredients	Method of Application
E45 Cream	Liquid paraffin, white soft paraffin, hypoallergenic lanolin	Apply directly to the skin (up to three times a day)
E45 Itch Relief Cream	Urea, macrogol lauryl ether	Apply directly to the skin twice daily
Enopen Cream	Light liquid paraffin, white soft paraffin	Apply directly to skin
Epaderm Cream	Emulsifying wax, yellow soft paraffin, liquid paraffin, chlorocresol	Apply directly to skin, or use as a soap substitute
Epimax Cream	White soft paraffin, liquid paraffin	Apply directly to skin
Eucerin Intensive Cream	Urea, benzyl alcohol, isopropyl palmitate	Apply thinly and rub into area twice daily
Hydromol Cream	Sodium pidolate, liquid paraffin	Apply directly to skin
Hydromol Intensive Cream	Urea 10%	Apply thinly twice a day
ImuDERM Cream	Urea 5% and glycerin	Apply directly to skin
Lipobase Cream	Light liquid paraffin, white soft paraffin	Apply directly to skin
Nutraplus Cream	Urea, hydroxybenzoates, propylene glycol	Apply directly to skin, 2-3 times daily
Oilatum Cream	Light liquid paraffin, white soft paraffin	Apply directly to skin
Oilatum Junior Cream	Light liquid paraffin, white soft paraffin	Apply directly to skin
QV Cream	Glycerol, light liquid paraffin, white soft paraffin	Apply directly to skin
Soffen Cream	Light liquid paraffin, white soft paraffin	Apply directly to skin
Unguentum M Cream	Liquid paraffin, white soft paraffin	Apply directly to skin
ZeroAQS Emollient Cream	Macrogol cetostearyl ether, liquid paraffin, white soft paraffin	Apply directly to skin, or use instead of soap
Zerobase Cream	Liquid paraffin	Apply directly to skin
Zerocream	Liquid paraffin, white soft paraffin	Apply directly to skin
Zeroguent Cream	Light liquid paraffin, white soft paraffin, refined soya bean oil	Apply directly to skin

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Ointments

These are thick and greasy, and usually take some time to be absorbed. However, they are very effective at holding moisture in the skin.

Product Name	Main Ingredients	Method of Application
50:50 Ointment	Liquid paraffin, white soft paraffin	Apply directly to skin
Aquaderm Hydrous Ointment	Magnesium sulfate, phenoxyethanol, wool alcohols	Apply directly to skin
Aquaderm Liquid Paraffin	Liquid paraffin, white soft paraffin	Apply directly to skin
Bell's 50 Ointment	Liquid paraffin, white soft paraffin	Apply directly to skin
Cetraben Ointment	Light liquid paraffin, white soft paraffin	Apply directly to skin
Diprobase Ointment	Liquid paraffin, white soft paraffin	Apply directly to skin
Emelpin Ointment	Emulsifying wax, yellow soft paraffin	Apply directly to skin
Emulsifying Ointment	Emulsifying wax, white soft paraffin, liquid paraffin	Apply directly to skin
Epaderm Ointment	Emulsifying wax, yellow soft paraffin, liquid paraffin	Apply directly to skin, add to bath, or use instead of soap
Hydromol Ointment	Yellow soft paraffin, emulsifying wax, liquid paraffin	Apply directly to the skin, or use as a bath additive or soap substitute
Liquid and White Soft Paraffin Ointment	Liquid paraffin, white soft paraffin	Apply directly to skin
Pure Health Liquid Paraffin	Liquid paraffin, white soft paraffin	Apply directly to skin
QV Intensive Ointment	Light liquid paraffin, white soft paraffin	Apply directly to skin
Thirty:30 Ointment	Emulsifying wax, yellow soft paraffin	Apply directly to skin
White soft paraffin	White petroleum jelly	Apply directly to skin
Yellow soft paraffin	Yellow petroleum jelly	Apply directly to skin

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Gels

These usually feel light and non-greasy, despite having effective moisturising properties.

Product Name	Main Ingredients	Method of Application
Aproderm Gel	Isopropyl myristate, liquid paraffin	Apply directly to skin
Doublebase Gel	Isopropyl myristate, liquid paraffin	Apply directly to skin
Doublebase Dayleve Gel	Isopropyl myristate, liquid paraffin	Apply directly to skin
Hypobase Gel	Isopropyl myristate, liquid paraffin	Apply directly to skin
Isomol Gel	Isopropyl myristate, liquid paraffin	Apply directly to skin
Myribase Gel	Isopropyl myristate, liquid paraffin	Apply directly to skin
Zerodouble Gel	Isopropyl myristate, liquid paraffin	Apply directly to skin

Sprays

These can be useful to moisturise parts of the body that are difficult to reach.

Product Name	Main Ingredients	Method of Application
Dermamist Spray	White soft paraffin, liquid paraffin, coconut oil	Spray onto skin after bathing (from about 20cm distance)
Emollin Spray	Liquid paraffin, white soft paraffin	Spray directly onto skin

More in-depth information on the benefits of using emollients and the properties of certain ingredients can be found on the **Moisturising** information sheet, available from the Psoriasis Association.

The information in this resource is not intended to replace that of a healthcare professional: If you have any concerns or questions about your treatment, do discuss this with your doctor and **always read the patient information leaflet** to make sure you are using it correctly.

For more information, or for a list of resources used in producing this information sheet, please contact the Psoriasis Association.

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