



# MEDIHONEY®

## Dry, Itchy Skin Management Plan

Name: \_\_\_\_\_



### WASHING

- Wash in warm, not hot water with a **SOAP FREE WASH**
- Use \_\_\_\_\_ instead of soap
- Use \_\_\_\_\_ instead of shampoo
- Pat the skin dry, do not rub

### MOISTURISING

- Moisturise **at least** twice per day
- Apply creams in the direction of hair growth
- Apply \_\_\_\_\_ Where \_\_\_\_\_ When \_\_\_\_\_
- Apply \_\_\_\_\_ Where \_\_\_\_\_ When \_\_\_\_\_

### WOUNDS

- Cover all wounds with a sterile dressing
- Change dressing daily until healed
- Apply \_\_\_\_\_ Where \_\_\_\_\_
- Cover with \_\_\_\_\_

### OTHER TREATMENTS AND SUPPLEMENTS

- Apply \_\_\_\_\_ Where \_\_\_\_\_ When \_\_\_\_\_
- Take \_\_\_\_\_ When \_\_\_\_\_

**Comvita has a full range of Medihoney® products for the natural relief of dry, itchy and sensitive skin.**

- Medihoney®** Natural Soap Free Wash
- Medihoney®** Natural Moisturising Lotion
- Medihoney®** Natural Derma Cream
- Medihoney®** Natural Skintensive™ Cream
- Medihoney®** Antibacterial Wound Gel™