



**NATIONAL  
Eczema  
ASSOCIATION**

# Bleach Bath Recipe Card

Taking bleach baths two to three times per week is thought to reduce inflammation and the risk of developing staph infections by safely decreasing bacteria on the skin. This bleach bath recipe has the same level of chlorine in your average swimming pool.

## INGREDIENTS



Bathtub



Water



Regular or  
"unconcentrated"  
household bleach  
(5.25% sodium  
hypochlorite)



Measuring  
spoons/cups

## DIRECTIONS

### STEP

**1** Fill bath tub with lukewarm water

### STEP

**2** Add 1/2 cup bleach for a full standard-size bathtub of water (approx. 40 gallons); 1/4 cup for a half bathtub of water (approx. 20 gallons); 2 tablespoons for a baby bathtub (approx. 4 gallons)

### STEP

**3** Get in and soak for 10 minutes

### STEP

**4** Rinse off completely with warm tap water

### STEP

**5** Proceed with daily skin care routine

## THINGS TO REMEMBER

DO NOT use excessively hot or cold water

DO NOT add any other products or ingredients to the bath

DO NOT soak for longer than 15 minutes

DO NOT submerge your head or face under the water

DO consult with your health care provider first before trying a bleach bath or giving one to your child for the first time

### ABOUT THE NATIONAL ECZEMA ASSOCIATION

National Eczema Association (NEA) is the leading advocacy organization serving people with eczema and those who love them. NEA provides information, resources and support to more than 6 million people each year, while funding research leading to better treatments and a cure for the millions of Americans affected by eczema. Go to [nationaleczema.org](http://nationaleczema.org) to find out more.