



# Summer skin soothers MDs swear by

Outdoor fun can be tough on little ones' skin, leaving them with minor itches and ouches. To the rescue: natural remedies doctors use to soothe their own kids' seasonal skin woes

## For fungal infections

### → Dandruff shampoo

"Over the summer, my girls have gotten *tinea versicolor*, a fungal infection that shows up as white spots on their backs," says Hal Weitzbuch, M.D., medical director of Calabasas Dermatology Center in California and a father of three. "It's common in hot weather because the electrolytes in sweat feed the fungus." To treat the outbreak, Dr. Weitzbuch had the girls use anti-dandruff shampoo as body wash daily for two weeks. "To ensure the shampoo did its job, the girls let it sit for 10 minutes before rinsing," he says. Look for a shampoo that contains *selenium sulfide*, which works to kill the fungus. One to try: Selsun Blue (available at drugstores). "You'll know the fungus is gone once the rash loses its scaly, dry appearance," says Dr. Weitzbuch. "The white spots, however, may linger a little longer."



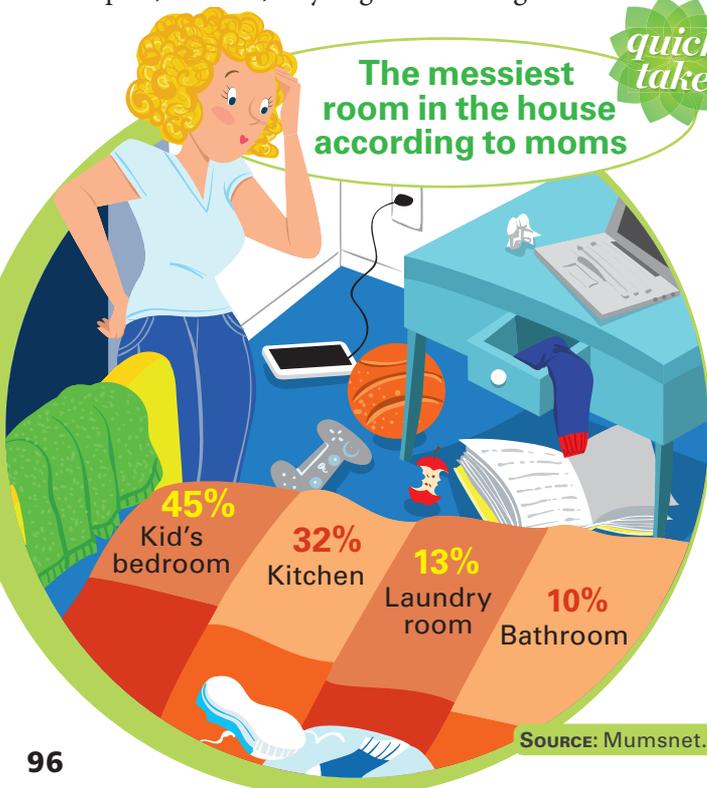
## For playground burns

### → A cooling cream

"Getting burned on playground equipment can hurt—just ask my kids!" says mother-of-two Heather Bartos, M.D., medical director at be. Women's Health & Wellness in Cross Roads, Texas. When a hot slide got the better of her kids, Dr. Bartos iced the injury for 10 minutes, then dabbed the area with a cream containing menthol and zinc oxide, like Calmoseptine Ointment (\$8, Amazon.com). How it works: Menthol cools the skin and zinc oxide tames inflammation. "I cover it with gauze because it can get messy, but it's worth it. The kids feel better in seconds," says Dr. Bartos. If needed, she reapplies the ointment every two hours.

## The messiest room in the house according to moms

quick take



Source: Mumsnet.com

## For poison ivy

### → An oatmeal soak

"While on vacation, my daughter got poison ivy," recalls father-of-three Bruce Robinson, M.D., a dermatologist in New York City. It's a good thing Dr. Robinson always travels with colloidal oatmeal. "I think of it as vacation insurance," he says. "You never know when irritants can spoil a day of fun!" Back at the hotel, Dr. Robinson poured 1/3 cup of colloidal oatmeal into a lukewarm bath. Oatmeal contains compounds called *avenanthramides* that reduce inflammation and calm the itch. After a 20-minute soak, "relief was immediate and lasted for hours," says Dr. Robinson, who repeated the soak up to twice daily until the rash was gone. One to try: Aveeno Baby Soothing Bath Treatment (at drugstores). ❄️