



SHADES VALLEY

DERMATOLOGY

Bleach Bath Instructions:

Bleach baths can be an effective tool for killing bacteria as well as helping to clear atopic dermatitis.

Take one bleach bath per week.

1. Fill bathtub 1/2 full of lukewarm water.
2. Add 1 cap full of bleach to bath water; if using toddler size tub add 1 tablespoon of bleach.
3. Soak 5 minutes.
4. After soak, rinse off with fresh water.