

Clothing and eczema

Many people with eczema find that wool and synthetic materials, such as polyester and nylon, cause overheating, sweating and irritation, which set off itch. Other materials and embellishments that can irritate skin include leather, lace, sequins, fake fur, tulle, velvet and denim. Rough seams, scratchy labels, dyes and fastenings (e.g. zips, buttons and poppers) can also cause problems for sensitive skin. As well as its potential for skin irritation, people with eczema need to think about how well an item of clothing is likely to cope with cream and ointment residue, and frequent washing.

Cotton tends to be the most commonly recommended material for people with eczema. Cotton is soft, cool, great at absorbing sweat, easily washable and allows the skin to 'breathe'. 'Cotton rich' blends can contain a significant proportion of polyester, so be sure to read labels carefully to see exactly what proportion of cotton is included before you buy.

Bamboo, another soft, breathable material, is more absorbent than cotton, highly effective at regulating temperature (keeping you cool in summer and warm in winter) and has antibacterial properties.

Bamboo can be confusing – the bamboo in clothing is generally described as 'bamboo viscose' or 'viscose derived from bamboo'. It tends to be teamed with cotton and elastane/spandex/lycra. The processing of bamboo viscose is chemically intensive and not very environmentally friendly, but the material has the properties that make bamboo an attractive option to people with eczema.

An equally eczema-friendly option that's more environmentally-friendly is Tencel™ Lyocell. This is a cellulose fibre made from bamboo or wood pulp.

Silk is another good regulator of body temperature that is also soft and breathable. As well as ordinary silk clothes, it's possible to buy close-fitting silk garments specifically designed for people with eczema and other skin conditions. These garments are usually worn underneath regular clothes. Ordinary silk clothes (as opposed to therapeutic garments) are less practical than cotton or bamboo: silk cannot be washed as easily and creams are more likely to mark it.

The following list contains details of stockists of cotton, silk (both ordinary and therapeutic silk), bamboo and Tencel™ Lyocell clothing and bed linen. While the information is up-to-date at the time of writing, we cannot guarantee the continued validity of all entries. We do not recommend any particular company or supplier. The addresses listed are mostly contact addresses rather than shop locations.

Cotton stockists

Colorful Standard
<https://colorfulstandard.com>
Organic cotton adults' clothing, mostly T-shirts and sweatshirts

Dip & Doze, Centrepoint, Trafford Park, Manchester M17 1PP
Tel: 0161 537 1797
www.dipanddoze.com
Organic cotton bed linen

Frugi, Units 2 & 2a Indian Queens Industrial Estate, Indian Queens, St. Columb TR9 6TF
Tel: 0333 400 9771
www.welovefrugi.com
Email: info@welovefrugi.com
Organic cotton women's, children's and babies' fashion and nightwear

Greenfibres, 1 Malt Mill, Totnes, Devon TQ9 5NH
Tel: 01803 868 001 www.greenfibres.com
Email: hello@greenfibres.com
Organic cotton adults' and children's clothing: nightwear, underwear, socks, tights, vests, bathrobes and a range of bedding, plus 100% silk women's underwear

John Lewis & Partners
www.johnlewis.com
Cotton bed linen

JulieMay
www.juliemay.co.uk
Email: cs@juliemay.co.uk
Little Mika www.littlemika.com
Email: Hello@littlemika.com children
Bras and pants made from pima cotton and silk 100% cotton clothing for newborns, babies and young

Cotton stockists continued...

Natural Collection, c/o Spark Etail Ltd, Unit 5B, Follingsby Avenue, Follingsby Park, Gateshead NE10 8HQ

Tel: 0333 400 0463

www.naturalcollection.com

Organic cotton adults' and children's clothing, and cotton and bamboo bed linen

Nomads

Tel: 01566 777 567

www.nomadsclothing.com

Email: mailorder@nomadsclothing.co.uk

Organic cotton fashion mainly for women

Rapanui

www.rapanuiclothing.com

Organic cotton fashion and underwear for adults

Seasalt, Unit 8 Falmouth Business Park, Bickland Water Road, Falmouth, Cornwall TR11 4SZ

Tel: 01326 640 075

www.seasaltcornwall.com

Organic cotton fashion mainly for women

Slenderella, Slenderella House, Queen Street, Belper DE56 1NR

Tel: 01773 824388

www.slenderella.co.uk

Email: sales@slenderella.co.uk

Cotton adults' nightwear and underwear

Spirit of Nature, c/o Spark Etail Ltd, Unit 5B, Follingsby Avenue, Follingsby Park, Gateshead NE10 8HQ

Tel: 0333 400 1800

www.spiritofnature.co.uk

Organic cotton adults' and children's clothing and eco nappies

Suzanne Charles, Units 22 & 24, High Barns Farm, Roxton, Bedford MK44 3ET

Tel: 01234 871 901

www.suzannecharles.co.uk

Cotton nightwear and underwear mainly for women

Thought, Westgate House, 149 Roman Way, London N7 8XH

www.wearethought.com

Email: orders@wearethought.com

Organic cotton, bamboo and Tencel™ fashion and underwear for women

Silk stockists

DermaSilk, 11D Old Bridge Way, Shefford SG17 5HQ

Tel: 01462 346 100

www.dermasilk.co.uk

Email: info@esperehealth.co.uk

Therapeutic silk clothing: adults' and children's gloves and undergarments

DreamSkin Health, James Taylor House, St. Albans Road East, Hatfield AL10 0HE

Tel: 01707 260 505

www.dreamskinhealth.co.uk

Email: info@dreamsilksilkhealth.co.uk

Therapeutic silk clothing: adults', children's and babies gloves and undergarments

Gingerlily, Studio 7, 16 Porteus Place, London SW4 0AS

Tel: 020 8877 9905

www.gingerlily.co.uk

Email: sales@gingerlily.com

Silk-filled duvets, silk bed linen and women's nightwear

Patra, 1-5 Nant Road, London NW2 2PS

Tel: 020 3179 9988

www.patra.com

Email: customerservices@patra.com

Silk fashion and nightwear for adults and silk bed linen. Also sells adults' and children's cotton clothing and some bamboo clothing

Skinnies

Tel: 01562 884 898

www.skinniesuk.com

Email: accounts@skinniesuk.com

Therapeutic silk clothing: adults', children's and babies' gloves or mittens and undergarments

Bamboo clothing stockists

BAM Bamboo Clothing, Unit 10, Langage South Road,
Langage Business Park, Plymouth PL7 5FL
Tel: 01752 581 458
www.bambooclothing.co.uk
Bamboo fashion for adults

School uniform

EcoOutfitters
Tel: 07506 568 172 or 07540 374 395
www.ecooutfitters.co.uk
Email: info@ecooutfitters.co.uk
Organic cotton school uniform and children's wear

Marks & Spencer
Tel: 03330 148 000
www.marksandspencer.com
School uniform range contains some items that are 100% cotton. Check the composition of each item Natural Collection (see details under Cotton stockists)

Other

Allergy Best Buys, c/o Whistl Fulfilment SW Ltd, Woodview Road, Paignton TQ4 7SR
Tel: 01274 56 56 99
www.allergybestbuys.co.uk
Email: customerservices@allergybestbuys.co.uk
House-dust-mite-proof bedding cover sets, bamboo towels, adults' and children's gloves made from bamboo, cotton and silk, adults' and children's cotton pyjamas, and adults' silk undergarments

DermaTherapy Bedding, 11D Old Bridge Way, Shefford SG17 5HQ
Tel: 01462 346 100
www.dermatherapybedding.co.uk
Email: info@esperehealth.co.uk
Bed linen designed to help manage eczema by dissipating heat and moisture

Ethical Bedding, 33 Cavendish Square, London W1G 0PW
www.ethicalbedding.com
Email: hello@ethicalbedding.com
Bed linen made from eucalyptus wood pulp

Scratchsleeves, Unit 2, Grosvenor Ct, Ampfield Hill, Ampfield SO51 9BD
Tel: 01962 890 210
www.scratchsleeves.co.uk
Email: info@scratchsleeves.co.uk
Sleeves and pyjamas for babies and young children to help reduce scratching. Made from cotton and silk.

Disclaimer

Our publications contain information and general advice about eczema. They are written and reviewed by dermatology experts, with input from people with eczema.

We hope you find the information helpful, although it should not be relied upon as a substitute for personalised advice from a qualified healthcare professional. While we strive to ensure the information is accurate and up-to-date, Eczema UK does not accept any liability arising from its use.

We welcome reader feedback on our publications, please email us at info@eczema.org

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