Clothing and eczema factsheet

Many people with eczema find that wool and synthetic materials, such as polyester and nylon, cause overheating, sweating and irritation, which set off the dreaded itch. Other fabrics that can irritate skin include sequins, leather, lace, 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 interact with creams and ointments, and whether it will cope with frequent washing.

Cotton tends to be the most commonly recommended textile 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 a proportion of elastane/spandex/lycra. The processing of bamboo viscose is chemical 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 is more environmentally-friendly is Tencel™ Lyocell. This is a cellulose fibre derived from bamboo or wood pulp in a closed-loop manufacturing system that uses less toxic chemicals and recycles almost 100% of solvent in the process.

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 can’t 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.

Cotton stockists

**Cottonique Lingerie via Herroom**

www.herokuapp.com/cottonique.shtml

100% cotton bras and pants that are latex- and spandex-free. This is a United States-based organisation but they ship to the UK

**Frugi**, Hornsby House, Wheal Vrose Business Park, Helston, Cornwall TR13 0FG

www.welovefrugi.com

Email: info@welovefrugi.com

Organic cotton adults’, children’s and babies’ fashion and nightwear
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**Green Fibres**, 99 High Street, Totnes, Devon TQ9 5PF
Tel: 01803 868 001
www.greenfibres.com
Email: mail@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

**The Healthy House**
Tel: 01453 752 216
www.healthy-house.co.uk
Email: info@healthy-house.co.uk
Organic cotton bed linen. Adults’ and children’s silk gloves, and house-dust-mite-proof bedding covers

**The Healthy House**
Tel: 01453 752 216
www.healthy-house.co.uk
Email: info@healthy-house.co.uk
Organic cotton bed linen. Adults’ and children’s silk gloves, and house-dust-mite-proof bedding covers

**John Lewis Partnership**, stores UK-wide
www.johnlewis.com
Cotton bed linen

**Little Mika**
www.littlemika.com
Email: Hello@littlemika.com
100% cotton clothing for newborns, babies and young children

**Natural Collection**, c/o Spark Etail Ltd, 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**, Nomads Clothing, Priory Yard, Launceston, Cornwall PL15 8HU
Tel: 01566 777 567
www.nomadsoutdoor.com
Email: mailorder@nomadsoutdoor.com
Organic cotton fashion mainly for women

**People Tree**, 26 Camden High Street, London NW1 0JH
www.peopletree.co.uk
Email: people@peopletree.co.uk
Organic cotton and Tencel™ Lyocell fashion and underwear for women

**Pure Cotton Comfort**, Cotton Comfort Ltd, Woodview Road, Paignton TQ4 7SR
Tel: 0333 240 0886
www.eczemaclothing.com
Email: enquiries@eczemaclothing.com
100% cotton adults’ and children’s clothing: nightwear, underwear, gloves, socks, tights and leggings

**Rapanui**, Hooke Hill, Freshwater, Isle of Wight PO40 9BG
www.rapanuiclothing.com
Email: hello@rapanuiclothing.com
Organic cotton fashion and underwear for adults

**Seasalt**, stores UK-wide
Tel: 01326 640 075
www.seasaltcornwall.co.uk
Organic cotton fashion mainly for women

**Spirit of Nature**, c/o Spark Etail Ltd, 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 women’s nightwear and underwear, and men’s underwear

**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 adults
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Silk stockists

DermaSilk, Shefford House, 15 High Street, Shefford SG17 5DD
Tel: 01462 346 100
www.dermasilk.co.uk
Email: info@esberehealth.co.uk

*Therapeutic silk clothing: adults’ and children’s gloves and undergarments*

Dreamskin, Health Limited, The Melon Ground, Hatfield Park, Hatfield AL9 5NB
Tel: 01707 260 505
www.dreamskinhealth.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.co.uk

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

John Lewis Partnership (see details under Cotton stockists)

Silk duvets, pillows and pillowcases

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. Specialises in silk but also sells adults’ and children’s cotton clothing and some bamboo clothing

Skinnies, Dermacea Ltd, Dermacea House, 1 Western Road, West Hagley DY9 0LB
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

BAM Bamboo Clothing, Airport Business Centre, 10 Thornbury Road, Plymouth PL6 7PP
Tel: 01752 581 458
https://bambooclothing.co.uk/

*Bamboo fashion for adults*

School uniform

EcoOutfitters
Tel: 07506 568 172 or 07540 374 395
www.ecooutfitters.co.uk

*Organic cotton school uniform and children’s wear*

Marks & Spencer, stores UK-wide
www.marksandspencer.com

*Search for the “Skin Kind” range, although range is limited*

Natural Collection (see details under Cotton stockists)

Pure Cotton Comfort (see details under Cotton stockists)

Other

Allergy Best Buys, Clientbase Fulfilment Ltd, Paignton
Tel: 01274 56 56 99
www.allergybestbuys.co.uk

Email: customerservices@allergybestbuys.co.uk

*House-dust-mite-proof bedding cover sets, bamboo bed linen and towels, adults’ and children’s gloves made from bamboo, cotton and silk, adults’ and children’s cotton pyjamas, and adults’ silk undergarments*

DermaTherapy Bedding, Shefford House, 15 High Street, Shefford SG17 5DD
Tel: 01462 346 100
www.esberehealth.co.uk/product-range/fabrics/dermatherapy-bedding.html
Email: info@esberehealth.co.uk

*Bed linen designed to help manage eczema by dissipating heat and moisture*
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Effieal Bedding Company, 33 Cavendish Square, London W1G 0PW
www.ethicalbedding.com
Email: hello@ethicalbedding.com
Bed linen made from 100% Tencel™

HappySkin, James Taylor House, St Albans Road East, Hatfield AL10 0HE
Tel: 01707 260 505
www.happy-skin.com
Email: hello@happy-skin.com
Baselayers and pyjamas for babies and children made from DreamSkin polymer-coated Tencel™/cotton fabric

Scratchsleeves, Threeways, Sleepers Hill, Winchester
SO22 4ND
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

Masks/face coverings (Covid-19)
Etsy
www.etsy.com/uk
Greenfibres (see details under Cotton stockists)
Pure Cotton Comfort (see details under Cotton stockists)
Seasalt (see details under Cotton stockists)
Skinnies (see details under Silk stockists)
Spirit of Nature (see details under Cotton stockists)

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National Eczema Society is the UK charity for everyone affected by eczema. We help support people with eczema, providing information and advice, which we deliver through our website, social media, campaigns, publications and nurse-supported Helpline. We also provide a voice for people with eczema, raising awareness of the condition, supporting research into new treatments and campaigning for better medical care.

National Eczema Society is a registered charity in England and Wales (No. 1109478). Registered Office: 11 Murray Street, London NW1 9RE

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