

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.herroom.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

Clothing and eczema factsheet

GreenFibres, 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

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.nomadsclothing.com

Email: mailorder@nomadsclothing.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.eczemacllothing.com

Email: enquiries@eczemacllothing.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

Clothing and eczema factsheet

Silk stockists

DermaSilk, Shefford House, 15 High Street, Shefford
SG17 5DD

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 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.esperehealth.co.uk/product-
range/fabrics/dermathrapy-bedding.html](http://www.esperehealth.co.uk/product-range/fabrics/dermathrapy-bedding.html)

Email: info@esperehealth.co.uk

*Bed linen designed to help manage eczema by
dissipating heat and moisture*

Clothing and eczema factsheet

Ethical 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)

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, National Eczema Society 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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National Eczema Society is a registered charity in England and Wales (No. 1009671). Registered Office: 11 Murray Street, London NW1 9RE