

## 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 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](http://www.dipanddoze.com)

*Organic cotton bed linen*

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**Eczema Clothing**, Cotton Comfort Ltd, Seebeck House,  
Seebeck PI, Milton Keynes MK5 8FR

Tel: 0333 240 0886

[www.eczemaclighting.com](http://www.eczemaclighting.com)

Email: [enquiries@eczemaclighting.com](mailto:enquiries@eczemaclighting.com)

*100% cotton adults' and children's clothing:  
nightwear, underwear, gloves, socks, tights and leggings*

**Frugi**, Units 2 & 2a Indian Queens Industrial Estate,  
Indian Queens, St. Columb TR9 6TF

Tel: 0333 400 9771

[www.welovefrugi.com](http://www.welovefrugi.com)

Email: [info@welovefrugi.com](mailto: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](http://www.greenfibres.com)

Email: [hello@greenfibres.com](mailto: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](http://www.johnlewis.com)

*Cotton bed linen*

**JulieMay**

[www.juliemay.co.uk](http://www.juliemay.co.uk)

Email: [cs@juliemay.co.uk](mailto:cs@juliemay.co.uk)

*Bras and pants made from pima cotton and silk*

**Little Mika**

[www.littlemika.com](http://www.littlemika.com)

Email: [Hello@littlemika.com](mailto:Hello@littlemika.com)

*100% cotton clothing for newborns, babies and young  
children*

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

Tel: 0333 400 0463

[www.naturalcollection.com](http://www.naturalcollection.com)

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

**Nomads**

Tel: 01566 777 567

[www.nomadsclothing.com](http://www.nomadsclothing.com)

Email: [mailorder@nomadsclothing.co.uk](mailto:mailorder@nomadsclothing.co.uk)

*Organic cotton fashion mainly for women*

**Rapanui**

[www.rapanuiclothing.com](http://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](http://www.seasaltcornwall.com)

*Organic cotton fashion mainly for women*

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

Tel: 01773 824388

[www.slenderella.co.uk](http://www.slenderella.co.uk)

Email: [sales@slenderella.co.uk](mailto: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](http://www.spiritofnature.co.uk)

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

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

Tel: 01234 871 901

[www.suzannecharles.co.uk](http://www.suzannecharles.co.uk)

*Cotton nightwear and underwear mainly for women*

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

[www.wearethought.com](http://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](http://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](http://www.dreamskinhealth.co.uk)

Email: info@dreamsilkhhealth.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](http://www.gingerlily.co.uk)

Email: sales@gingerlily.com

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

**John Lewis & Partners** (see details under Cotton  
stockists)

*Silk duvets and pillowcases*

**JulieMay** (see details under Cotton stockists)

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

Tel: 020 3179 9988

[www.patra.com](http://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](http://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**, Unit 10, Langage South Road,

Langage Business Park, Plymouth PL7 5FL

Tel: 01752 581 458

[www.bambooclothing.co.uk](http://www.bambooclothing.co.uk)

*Bamboo fashion for adults*

### School uniform

#### EcoOutfitters

Tel: 07506 568 172 or 07540 374 395

[www.ecooutfitters.co.uk](http://www.ecooutfitters.co.uk)

Email: info@ecooutfitters.co.uk

*Organic cotton school uniform and children's wear*

**Eczema Clothing** (see details under Cotton stockists)

#### Marks & Spencer

Tel: 03330 148 000

[www.marksandspencer.com](http://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)

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### Other

**Allergy Best Buys**, c/o Whistl Fulfilment SW Ltd,  
Woodview Road, Paignton TQ4 7SR  
Tel: 01274 56 56 99

[www.allergybestbuys.co.uk](http://www.allergybestbuys.co.uk)

Email: [customerservices@allergybestbuys.co.uk](mailto: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,  
Sheffield S6 10 5HQ  
Tel: 01462 346 100

[www.dermatherapybedding.co.uk](http://www.dermatherapybedding.co.uk)

Email: [info@esperhealth.co.uk](mailto:info@esperhealth.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](http://www.ethicalbedding.com)

Email: [hello@ethicalbedding.com](mailto: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](http://www.scratchsleeves.co.uk)

Email: [info@scratchsleeves.co.uk](mailto: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, 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](mailto:info@eczema.org)

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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. 1009671). Registered Office: 11 Murray Street, London NW1 9RE

**National Eczema Society Helpline: 0800 448 0818 Email: [helpline@eczema.org](mailto:helpline@eczema.org) [www.eczema.org](http://www.eczema.org)**