

# Ingredients to Soothe Psoriasis

Ingredients in some over-the-counter (OTC) products may ease some psoriasis symptoms. Ask your doctor which might work for you. Make sure to follow the product's package directions carefully. And tell your doctor if you have a reaction of any kind.



## Calamine

The old-school pink lotion can temporarily ease itching. Some people keep it in the fridge for a cooling effect. You can also find calamine in creams that help counter its drying effect.



## Coal Tar

This ingredient, a byproduct of processing coal, eases itching and flaking. It works by slowing the growth of new skin cells and helping dead ones to shed. Find it in shampoo, soap, bath solutions, and ointments.



## Hydrocortisone

This steroid medication calms your body's immune response. You can get mild versions over the counter. Use a cream or ointment to reduce inflammation and itching.



## Menthol

This mint-like ingredient may help with both itching and pain. That's because its cooling freshness distracts your brain from other sensations. It's found in itch-relief creams and lotions.



## Salicylic Acid

Helping dead skin to shed is this ingredient's superpower. That's how it helps thin and soften psoriasis scales. You can get it in cleansers, creams, shampoos and over-the-counter psoriasis treatments.

Reviewed by Brunilda Nazario, MD, on November 29, 2023

SOURCES: National Psoriasis Foundation: "Over-the-Counter Topicals." American Academy of Dermatology: "What Psoriasis Treatments Are Available Without a Prescription?" NHS: "Hydrocortisone." Consumer Reports: "Pick the Right Products to Stop Itchy Skin."