

Suffer from psoriasis? This healing skincare line can help — and our readers save 15%

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This skincare line is specially designed for people with psoriasis. (Photo: Amazon)

Living with psoriasis means regularly dealing with itchy, red, scaly patches that can crop up on your skin. And, while psoriasis — and an effective treatment plan — can look slightly different for everyone, having the right tools to prevent and calm flares is important.

"Psoriasis comes in different forms. For some patients, itch is the most bothersome symptom. For others it's scale. For others, skin redness," **Dr. Gary Goldenberg**, a dermatologist in New York City, tells Yahoo Life. There is a range of treatment options for psoriasis, including prescription creams and ointments, light therapy and certain medications that can help, but skincare products can also impact your skin when you have psoriasis, he says. "It's important for the skincare products to be gentle, yet moisturizing and soothing," Goldenberg adds.

Dermatologist Dr. Ife J. Rodney, founding director of Eternal Dermatology + Aesthetics, agrees. "Your skin needs gentle ingredients and antioxidants that help soothe inflammation while still hydrating the skin," she tells Yahoo Life. Some of the most important ingredients for people with psoriasis to look for in skincare include coal tar, salicylic acid, vitamins C and E, colloidal oatmeal, aloe extract, ceramides and zinc, she says.

"Products that are tailor-made for psoriasis-prone skin give better results because they directly target the inflammation and increased turnover of skin cells that we see in psoriasis," Rodney says.

There's a skincare line called Kenkōderm that's specially designed for people with psoriasis — and it's available at Amazon. Kenkōderm was created by a dermatologist for her husband, who suffered from psoriasis and wanted an alternative treatment that didn't use steroids or biologics. Right now, you can save 15% off Kenkōderm products through Sunday by using the code, **15YAHOOCREAM**.

While dermatologists say that using Kenkōderm products may help with your psoriasis, they stress that it's really best to talk to your doctor if you have the skin condition. "It's important to realize that using these products alone may not completely control your condition," Rodney says. "You should work with your dermatologist, who will likely also recommend prescription medications for your skin."

Interested in trying out Kenkōderm products for your skin? These are just a few on-sale options to consider.

Kenkōderm Psoriasis Moisturizing Cream



This cream is specially designed to soothe your skin. (Photo: Amazon)

The Kenkōderm Psoriasis Moisturizing Cream features 2% salicylic acid to reduce flaking, itching and scaling that can come with having psoriasis. It also includes shea butter and meadowfoam seed oil to soothe and soften rough patches and is free of harsh fragrances and colorants that can irritate skin. Apply it to affected areas up to four times a day for best results.

"This cream is a miracle!" said a happy customer. "My dry scaly skin/patches are healing within days of use! I've been struggle to find the right medication for years! I can't believe it! I hope this is the solution!"

\$21 with code 15YAHOOCREAM ~~\$25~~ at Amazon

Kenkoderm Psoriasis Dead Sea Mud Soap



This soap is gentle enough for everyday use. (Photo: Amazon)

The Kenkoderm Psoriasis Dead Sea Mud Soap features dead sea mud to help clean and remove impurities from your skin while tamping down on inflammation. It also includes argan oil and shea butter to help calm and soothe skin. The soap is fragrance- and color-free to avoid irritating your sensitive skin.

"I needed a soap that could remove all the dirt and grime after my workout sessions, but gentle enough that it would not dry out my skin. This product strikes the perfect balance," a happy customer said.

\$8.50 with code 15YAHOOCREAM ~~\$10~~ at Amazon

Kenkoderm Psoriasis Therapeutic Shampoo



This special shampoo can help with scalp psoriasis. (Photo: Amazon)

Psoriasis can appear anywhere you have skin, including your scalp. Kenkoderm Psoriasis Therapeutic Shampoo is specially designed to tackle patches in that area. It includes 3% salicylic acid to relieve itchiness and clear up flakes. It also can help prevent future buildup. Use it twice a week for best results.

"I've had psoriatic scalp disease for years and years. The itching and flaking has always been a nuisance," a happy customer said. "This Kenkoderm shampoo is the best I've ever used. It reduces the flakes and itching significantly."

\$9 with code 15YAHOOCREAM ~~\$13~~ at Amazon