- Add 1/4 cup (about 59 milliliters) of bleach to a 20-gallon (about 76-liter) bathtub filled with warm water. Or add 1/2 cup (about 118 milliliters) to a larger 40-gallon (about 151-liter) tub. Use household bleach and read the product label.
  In the United States, bleach products may contain 6% to 8.25% sodium hypochlorite. If you're using bleach with 8.25% sodium hypochlorite, use less bleach than you would with a 6% product. Read and follow the product label.
- Soak from the neck down or just the affected areas of skin for 5 to 10 minutes. Don't rub your eyes.
- Rinse with water. Gently pat dry with a towel.
- Apply a generous amount of moisturizer while your skin is still damp.
- Take a bleach bath once or twice a week. Source: Eczema bleach bath: Can it improve my symptoms? - Mayo Clinic