

| | Stretch Marks | The Bust |
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|  <p>Changes in the Skin</p> | <p>Hormonal activity is more to blame than the mechanical distension phenomena.</p> <p>The elasticity of the body is very much called upon when the figure begins to swell.</p> <p>The collagen and elastin fibre network is deformed and undergoes a major change.</p> <p>Stretch marks may then appear.</p> <p>They present in the form of broad, atrophic striae parallel to each other, most particularly located on the stomach and hips.</p> <p>They are visible symptoms of a change in the skin's structure.</p> <p>The skin distension factor has only one influence: that of determining the location of the lesions.</p> <p>When they appear, some itching may be felt: this is the inflammatory phase.</p> <p>Young women are more likely to be affected, along with those with white, fine skin.</p> | <p>The breast grows dramatically in size and the mammary glands are already preparing for lactation.</p> <p>It is important to take good care of the chest from the outset by using nourishing products.</p> <p>The pigmentation of the areolas of the breasts, along with a dark vertical line on the stomach, may appear towards the 7th month and 30th week of amenorrhoea.</p> <p>This disappears on the return of menstruation.</p> |
| <p>Period when these unpleasant symptoms are likely to appear</p> | <p>Most particularly from the 4th to the 5th month</p> | <p>From the 1st month</p> |
| <p>Solutions</p> | <p>It is much more effective to prevent the appearance of stretch marks than to try to correct them</p> <p>The most effective means start with:</p> <ul style="list-style-type: none"> • Reasonable weight gain • Keeping the skin supple and hydrated <p>The New! Perfect Sculpt line hydrates and lubricates the skin</p> <p>For best results, use it every day, twice a day</p> | <p>Prepare your chest by massaging with New! Sculpt Aromessence/ Balm</p> <p>Apply a moisturising cream to maintain elasticity, such as New! Perfect Sculpt or Energising Gel (Prolagène)</p> |
| <p>Glow Retreat Solution from fourth month.</p> | <p>Aroma Tonic Envelopment - Mother-To-Be</p> | <p>Perfect Bust - Aroma-Localised Tonic</p> |
| <p>Recommended Home Treatments</p> | <p>New! Sculpt Body Balm NOTE: The Aromessence Sculpt or Balm must not be applied on the day before or the same day as an ultrasound</p> <p>New! Perfect Sculpt StretchMarkRestructuring Gel-Cream Energising Gel Prolagène</p> <p>Supplement the localised treatments with a moisturiser over the whole body</p> <p>New! Perfect Sculpt Divine Rejuvenating Cream Moisturising Body Milk Système Corps</p> | <p>New! Sculpt Body Balm NOTE: The Aromessence Sculpt or Balm must not be applied on the day before or the same day as an ultrasound</p> <p>New! Perfect Sculpt Stretch Mark Restructuring Gel-Cream Energising Gel Prolagène</p> |

glow Retreat

Mother to Be BODY

| | The Legs | The Nails & Feet | The Back |
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| Changes in the Skin | <p>When their figure swells, many women complain of heavy legs: the pressure of the stomach compresses the blood system, which is already under a great deal of pressure because of the increased blood flow (the increase in the volume of blood is estimated to be between one and two litres)</p> <p>Venous insufficiency, due to a drop in the tone of the vascular walls and hyper pressure, is responsible for the "heavy legs" phenomenon, which is particularly common during pregnancy</p> <p>Varicose veins appear, weakening the walls of the veins</p> <p>They are extremely dilated by the hyper pressure of the gravid uterus and its expansion</p> <p>The development of the baby hinders blood circulation in the deep blood vessels of the stomach</p> <p>The dilation of the fine capillaries is visible on the skin, with the appearance of a network of little red lines located on the face, the shoulders, the arms and chest, but above all on the legs. These are the famous varicosities</p> <p>Leg cramps are a famous misery of pregnancy</p> <p>They can range anywhere from a fleeting, muscular pulling, all the way to hopping around in agony</p> <p>Pressure of the baby's head on the nerves of the pelvis can fire off the leg muscles and alterations in calcium and magnesium - not only because of the altered physiology of pregnancy, but also because of alterations in circulation due to swelling and changes in blood volume</p> | <p>The Nails are often weakened and brittle, often due to a lack of iron, which is common with pregnant women</p> <p>The Feet and ankles are swollen</p> <p>Water retention is the primary cause</p> <p>A pregnant woman's body contains four more litres of water than normal, distributed in the blood and cells</p> <p>At the end of pregnancy, many women complain of no longer being able to fit their feet into their shoes</p> <p>Their feet can become congested and it can become hard to take care of them as they are hard to reach</p> | <p>Backache is most often characterised by lumbar pain, because of the body being tipped forward (lordosis)</p> <p>The centre of gravity moves forward</p> <p>The spine is considerably put to the test and requires weight to be evenly distributed, hence the need to put weight properly on the soles of the feet</p> |
| Periods when these symptoms are likely to appear | 70% of varicose veins appear before the 6th month (during the 5th month) and are caused by maternity hormones (oestrogen progesterone) | 3rd trimester | Pain may begin around the 12th week and reach a peak towards the 22nd week and during the final months of pregnancy |
| Solutions | <p>Eliminate all sources of heat on the legs:</p> <ul style="list-style-type: none"> • Warm baths • Sunbathing • Hot wax hair removal <p>Watch your weight, because significant weight gain of 15-20kg considerably encourages varicose veins</p> <p><i>Circulagel</i> leg gel can be applied to legs after a cool shower and throughout the day (Do not massage varicose veins)</p> | <p>Drink Water - 15 litres a day</p> <p>Activate the circulation and drain the tissue</p> | It can be eased with a relaxing back massage |
| Glow Retreat Solutions | <p>Perfect Legs</p> <p>Aroma Localised Flow</p> <p>Aroma Feet & Leg Comfort</p> <p>Aroma Localised Flow</p> | | <p>Aroma Back Comfort</p> <p>Aroma Localised Flow</p> |
| Home Treatments | <i>Circulagel</i> - Refreshing Toning Gel | <i>Circulagel</i> - Refreshing Toning Gel | <p><i>New! Sculpt Aromessence/ Balm</i></p> <p>Applied in a relaxing massage to the back</p> <p>Have someone do this for you</p> |

| | Itching |
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| Changes in the Skin | <p>Itching often occurs on the stomach and hips and may be of varying intensity. You must not scratch under ANY circumstances</p> <p>The appearance of stretch marks may be behind this unpleasant sensation</p> <p>It may also be caused by a disorder more specific to pregnant women called gestational pruritus</p> <p>Pruritus is a common manifestation of dermatologic diseases, including xerotic eczema, atopic dermatitis and allergic contact dermatitis</p> <p>It may appear on the face or body</p> <p>Itching may become worse, particularly at night</p> <p>We then speak of cholestasis-related pruritus, which occurs between the eighth and ninth month of pregnancy and may be experienced as chronic itching of the hands</p> <p>Cholestasis of pregnancy is a condition in which the normal flow of bile in the gallbladder is affected by the high amounts of pregnancy hormones</p> <p>(Women should seek medical attention if they suffer these symptoms)</p> |
| Periods when these symptoms are likely to appear | Frequent at the end of pregnancy |
| Solutions | Good nutrition and hydration of the skin, systematically after showering, will prevent or limit discomfort |
| Glow Retreat Solutions | <p>Aroma Tonic Wrap</p> <p>Mother-to-Be Special</p> |
| Home Treatments | <p><i>New! Sculpt Aromessence/Balm</i></p> <p>For skin irritations or chapped skin conditions –</p> <p>Balm Essential may be of help, applied under Moisturising Body Milk (Système Corps)</p> |