

GLOW Retreat

Mother to Be FACE

SYMPTOM	Dryness	Chloasma	Sensitivity with breakout	Oily Skin
Changes in the Skin	<p>The skin generally becomes dry and dehydrated, as the hydro-lipidic film does not produce enough sebum on the surface or enough water in the epidermis.</p> <p>Water retention under the skin can thus create a deficit on the surface.</p> <p>The baby is taking a lot of the mother's nutrients and vitamins, so skin tends to suffer.</p>	<p>Uneven skin tone due to a hyperactive hormonal system may appear; this is known as the "pregnancy mask" or <i>chloasma</i>.</p> <p>The hormone, MSH, stimulates the melanocyte to produce pigment.</p> <p>Dark spots appear on the forehead, chin and around the mouth in the form of pigmented areas.</p> <p>They are aggravated by the sun.</p> <p>Spots may also appear on the body and should be monitored.</p>	<p>Rosacea-visible capillaries and arterial spider veins (little, red, star-shaped spots) may also appear, particularly in the area of the wings of the nose and on the body, due to a saturated blood circuit (pregnant women have two extra litres of blood) and fragile blood vessels.</p> <p>Eczema can also be a common complaint during pregnancy.</p>	<p>The skin may become shiny and suffer from seborrhoea. This is caused by hormonal changes.</p> <p>Cystic breakout can occur on the jaw line.</p> <p>The Hormone, HCG, is responsible, as it increases the levels of progesterone and oestrogen in the woman's body.</p>
Changes in the Skin Period when these unpleasant symptoms are likely to appear	From the 4th month of pregnancy	Between the 4th and 6th months of pregnancy	Between the 2nd and 5th months of pregnancy	From the 1st to the 3rd months of pregnancy
Solutions	<p>Gently cleanse the skin and remove makeup</p> <p>Hydrate and nourish the skin</p>	<p>It is important to protect yourself from the sun and to apply a cream with an SPF factor of 30+, such as:</p> <p><i>True All Day Moisture SPF 30+</i> or <i>True Total Age Protector SPF 30+</i></p>	<p>Gently cleanse the skin and remove makeup</p> <p>Soothe and protect the epidermis</p>	<p>Cleanse and exfoliate the skin</p> <p>Purify with a cleansing mask</p>
Glow Retreat Solution from fourth month.	<p>Essential</p> <ul style="list-style-type: none"> • Green Seeds • Plant-Expert • (Hydra Force) • The Essence <p>Nourish</p> <ul style="list-style-type: none"> • Green Seeds • Plant-Expert • (Délice d'Peau) • The Essence 	<p>Essential</p> <ul style="list-style-type: none"> • Plant Expert • (Hydra Force) <p>Lift</p> <ul style="list-style-type: none"> • Plant Expert • (Evidence Lift) 	<p>Soothe</p> <ul style="list-style-type: none"> • Green Seeds • Plant-Expert • (Harmonie) • The Essence 	<p>Purify</p> <ul style="list-style-type: none"> • Green Seeds • Plant-Expert • (Maté & Pure) • The Essence
Recommended Home Treatments	<p>Aromessence Néroli or Angélique</p> <p>Hydra Floral line</p> <p>Nutri-Délice line</p>	<p>Aromessence Néroli</p> <p>10 Day Radiance Powder Cure</p>	<p>Aromessence Rose d'Orient</p> <p>Harmonie line</p> <p>In the case of eczema... Balm Essential</p> <p>Homecare will help</p>	<p>Aromessence Néroli or Ylang Ylang</p> <p>Maté and Pure line</p>