

# STRETCH MARKS IN PREGNANCY

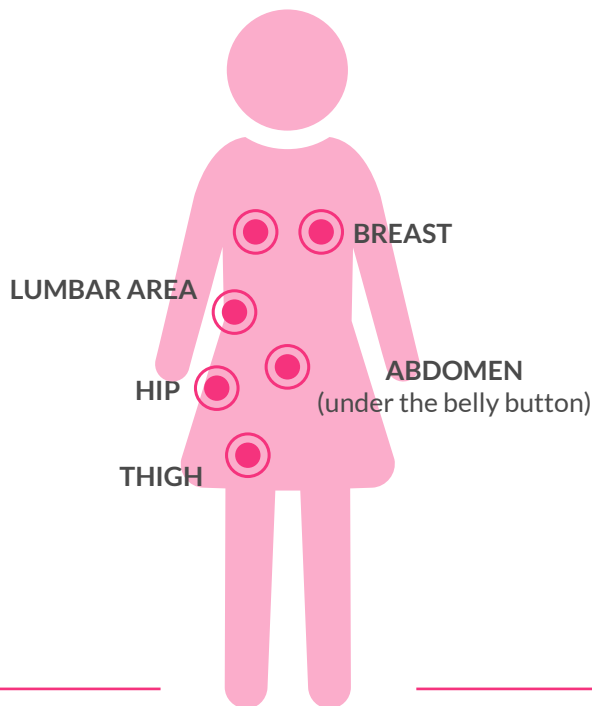
90%

of pregnant women present stretch marks on their skin during pregnancy.

They appear between the **6th** and **7th** month of gestation.

## HOW TO IDENTIFY THEM?

They are located in:



- They are whitish aspect strokes that look like scars.
- Although they are not painful, skin stretching can cause tingling and itching.
- In postpartum phase, the brown-reddish pigmentation of stretch marks is gradually discolored, transforming them into a shiny pearly coloration.



## HOW TO PREVENT THEM?

- 1 Use **PRODUCTS** that maintain a well moisturized skin:



**ANTIOXIDANT**



**HYDRATION**



**REGENERATION**

- 2 Perform moderate low-impact **PHYSICAL EXERCISE**:



**YOGA**



**SWIMMING**

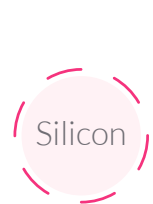
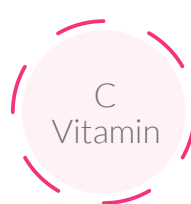


**BIKING**



**WALKING**

- 3 Maintain a **HEALTHY DIET** with food products that contain:



- 4 **HYDRATE** your body with at least **2 liters** of water a day.



- 5 Be careful with solar exposition:

Use a specific sun cream with **HIGH BROAD SPECTRUM PROTECTION** (50+).



- 6 Use **appropriate bodices** and **CORRECT BRAS**.



- 7 **EXFOLIATE SKIN** when taking a bath, with a vegetal sponge by a circular massaging shape to renew the epidermal cells.



- 8 Always remember to **visit regularly** your general physician or specialist.

