



beauty



PREGNANCY skincare

Navigating your skincare regime while pregnant can be tough. Can you use this? Is it safe to use that? We give you the lowdown

The skin is our biggest organ and, as we know, many ingredients can be absorbed through it into the bloodstream. The problem is, there haven't been any tests conducted to identify what ingredients you can and can't safely use when carrying a baby, because no woman would ever agree to being tested while pregnant! With that in mind, we've compiled a list of ingredients and treatments that you may want to avoid.

Stay away from:

RETIN-A/ ACCUTANE, RETINOIDS, VITAMIN A

Why? Vitamin A is used in skincare because it's an anti-ageing powerhouse. But when you're pregnant it's an important ingredient to avoid. Some of the stronger forms of vitamin A, such as Retin-A and accutane, are prescription drugs and have been linked to birth defects. While most types of vitamin A found in skincare are less potent "it's still not advisable to be used during pregnancy", says Nicky Quinn of Quinn Beauty & Day Spa.

Swap it for: Vitamin C and serums that contain antioxidants. "These are great to use while pregnant as they'll keep the skin looking and feeling bright and hydrated and will also assist with controlling pigmentation," explains Louise Williams, clinical educator at Advanced Skin Technology.

Try: 1 Aspect Pigment Punch, \$130. 2 PCA SKIN C-Quench Antioxidant Serum, \$110.

Stay away from:

SALICYLIC ACID

Why? Salicylic acid is generally used in topical peels to reduce the signs of ageing. However it's "not suitable to use during pregnancy due to the hormonal flux and increased reactivity associated with pregnancy", says Williams. Even though it's less of a risk, it's still advisable to avoid using it topically.

Swap it for: Glycolic or lactic acid at-home peels or masks, which are far more gentle on skin.

Try: 3 O Cosmedics 3-in-1 Fruit Peel Mask, \$69. 4 REN Glycolactic Radiance Renewal Mask, \$79.

Stay away from:

LASER TREATMENTS

Why: Lack of information around using laser hair removal during pregnancy means laser is out too. But on top of this your changing hormones can come into play.

"The hormonal shifts in your body will create new hair growth," says Nicky Shore from OFF Wax. This means that although you might be midway through hair removal laser treatment, it's actually more beneficial to wait to continue it post-baby.

Instead: You'll have to go back to shaving or waxing.

Stay away from:
BOTOX

Why? Botulinum toxin, or Botox, works by paralysing the muscles around wrinkles so they become less visible. Dr Catherine Stone from The Face Place says it's best avoided while pregnant. "If you're pregnant or breastfeeding, your clinician will recommend you wait until you've finished breastfeeding before commencing your treatments. This is because there's no clinical research

proving the safety of Botox during pregnancy." **Instead:** Opt for a lifting face cream. **Try:** 5 Clarins Double Serum, \$115, which contains active ingredients designed to revitalise the skin.



What should you use?

Sunscreen. Due to hormonal changes, you can develop pigmentation, dark spots and melasma (like a full mask of pigmentation). To combat this, stay out of the sun and wear a daily sunscreen.

Try: 6 Oasis Sun SPF30, \$40. 7 O Cosmedics Mineral Pro SPF 30+, \$73.

Your body

It's not all about your face – remember it's your body that's going to face the most changes during pregnancy. Be sure to lather on the body oil to keep stretch marks at bay.

Try: 8 Bio Oil, \$20.



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