



*Pregnancy is a time when major changes to hormonal levels can affect your skin and appearance; not all women feel as though they are 'blooming' and the following describes some of the very common side effects of pregnancy... The good news is that all of these conditions can be improved post pregnancy with gentle yet effective laser treatment!*



### Glowing Skin & Increased Oil Flow

As blood flow increases during pregnancy, pressure increases in the tiny vessels just beneath the surface of the skin. This can cause a rise in colour and flushing. Progesterone Levels result of these two factors gives woman the customary healthy "GLOW" of pregnancy.

### Acne

During early pregnancy, some women develop acne; this is more likely if prone, to breakouts during menstrual periods before becoming pregnant. On the other hand, some woman find that their acne improves during pregnancy. The altered levels of Progesterone and Oestrogen can cause or regulate an imbalance in these reproductive hormones, resulting in acne changes.

### Pigmentation & Hyper pigmentation

Hormonal surges during pregnancy can have the knock-on effect of stimulating melanocyte cells. Melanocyte have receptor sites which are stimulated by Oestrogen and Progesterone and both trigger pigment formation, particularly on the face, neck and midline of the abdomen. The collective term for this type of pigmentation is MELASMA. Facials regions may display a mask like

pattern of dark/light brown, sharply margined, roughly symmetrical patches of hyper pigmentation, across the nose, forehead and cheeks.

### Spider Veins & Leg Veins

Spider Veins are tiny visible blood vessels that appear because of increased blood circulation and pressure within the tiny capillaries.

Spider veins and deeper veins that appear on the legs can cause areas which are unsightly blue and red veins. This is because of the added pressure and weight which pregnancy can create for the body.

### Stretch Marks

As the abdomen and breasts grow, most women can develop stretch marks across these areas. These small, depressed stretch marks can cause differently textured skin also the colour can be pink, reddish or brown, depending on the skin colour.

Stretch marks are caused by tiny tears in the connective tissue of the dermis, and subsequent repair as scar tissue. Preventing stretch marks in pregnancy generally is not successful, and the degree of the problem will be entirely dependant on the collagen and elastin content by the individual skin.

**All the skin changes and problems that pregnancy can cause can be treated at skin-thetics.**

Find out how we can help and book your FREE consultation call us now;

**T: 0207 353 5754.**

**TGI FRIDAY!**

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Or visit us for a private and personal consultation with one of our team members

At Skin-Thetics, (Within Topnotch Health Club) 3 Tudor Street, Blackfriars, EC4Y 0HA

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