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Insider secrets for natural beauty

Got a question?

Send an email with the subject line "Ask an Expert" to: letters@vivamagonline.com.

Q | I have started to notice brown patches on my face since becoming pregnant. I am worried this may be melasma, or pregnancy mask. What can I do to help prevent this and what can I use to cover it up? I would like to stick to natural products.

- Melissa

A | Dear Melissa,
Melasma, also known as Chloasma, occurs in up to 70 per cent of pregnant women. It generally shows up around your upper lip, cheekbones and forehead. Sunblock is a must as the pigment-producing cells in the skin are stimulated by the sun's rays. SPF 15 works well with fewer chemicals as long as you re-apply every 3-4 hours. Gentle exfoliation will help to stimulate new, healthy cell regeneration and slough off dead cells. Look for a moisturizer with Kojic Acid as it helps to lighten the skin and is an excellent antioxidant as well. Apply Rosehip oil to the affected areas as it contains natural Retinoin, a derivative of Retinol (Vitamin A). The good news is that for many pregnant women, melasma disappears or improves after the baby is born and hormones begin to equalize. ♥

Herbal Tea For Sleep



Natural Health Product
NPN: 00708011

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