

### **E-Blast Pregnancy Skincare**

During pregnancy, hormonal changes can cause skin changes, such as dryness, acne, blemishes, increased sensitivity, and the appearance of stretch marks. Although most of these changes are temporary, having a proper routine can help keep your skin healthy during this time.

Here are some recommendations for taking care of your skin during pregnancy:

- Choose a gentle, fragrance-free cleanser.
- Keep your skin hydrated with cream to help fight dryness, especially in areas that experience increased stretching. Also, drink enough water throughout the day.
- Use proper sun protection. Apply a broad-spectrum sunscreen (SPF minimum of 30) and complement with hats and sunglasses.
- Limit direct sun exposure and wear hats or protective clothing when you're outdoors.
- Stress can affect skin health. Practice relaxation techniques such as prenatal yoga, deep breathing, or meditation.
- Eat foods rich in antioxidants, such as fruits and vegetables, which support healthy skin. It also includes sources of omega-3s, such as fish, walnuts, and flaxseed oil.

#### **References:**

<https://www.cigna.com/es-us/knowledge-center/hw/embarazo-aa88316>

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