



osmia

NATURAL SKIN SOLUTIONS:

Pregnancy & Newborn Skin

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Your belly may be getting bigger, but your ingredient lists should be getting smaller.

From stretching skin to shifting hormones, your body may behave differently during pregnancy. And whatever ingredients you put on your skin need to be okay for baby, too.

Strangely, many of us don't think too hard about what we're using on our skin until we find out we have another life inside of us! Pregnancy is a time when many women start to research their skincare ingredients more thoroughly, and are often surprised by what they find.

While you don't need to worry obsessively about every single ingredient, it's good to have a few guidelines as you choose skincare products for your pregnancy. It comes down to

seeking out simple, healthy ingredients, and avoiding a few things that could irritate your skin or interfere with endocrine function for you or your developing baby. Parabens, phthalates, and synthetic fragrances have enough question marks around safety that it's best to avoid them during pregnancy (and beyond!), and the same rules apply for the sensitive skin of your new baby.

SO... WHAT IS PREGNANCY/ NEWBORN SKIN?

Sensitivity: Most people notice their skin and noses are more sensitive during pregnancy, and many have rashes and reactions—even to products they've been using for years. (Headaches in response to strong fragrances are also common.) Newborn skin is notoriously sensitive and reactive as well.

Rashes: Fluctuating hormones can cause eczema flares or dermatitis, on the face and elsewhere, as well as generally itchy dry skin. If you notice extremely itchy hands and feet, or are having frequent hives on your skin, you should make an appointment to see your healthcare provider. Cradle

cap is one of the most common newborn rashes, and most newborn rashes are benign, but check with your pediatrician to be sure.

Breakouts: Hormonal shifts and surges can cause acne on the face, chest, and back. The same goes for babies, who often have newborn acne!

Melasma: Skin is not only more prone to sun sensitivity during pregnancy, but also to hyperpigmentation, also called melasma. It usually resolves a few months after delivery, but can be permanent for some women.



Let's do this together.

By eliminating select ingredients and sticking to a simpler routine, you can increase your chances of having healthy, happy skin during pregnancy, and helping your new baby's skin stay that way, too.

1 CRITICAL BEGINNING STEPS

STOP USING

Sodium lauryl/laureth sulfate

This common foaming agent is present in everything from toothpaste to hair care to laundry detergent. It is a skin irritant, and can exacerbate everything from dermatitis to eczema to psoriasis. It can even turn perfectly normal skin into super-sensitive, irritable skin, and it definitely exacerbates cradle cap.

Synthetic Fragrance

Most synthetic scent comprises hundreds of undisclosed ingredients, and that's too many unknowns! Also, you may find that synthetic scent triggers headaches or skin rashes more during pregnancy. Newborns should avoid not only synthetic fragrance, but also essential oils for the 6-12 months of life. Remember, this applies to the laundry detergent, too!

Parabens + Phthalates

There is some evidence to suggest that parabens and phthalates can affect natural hormone cycles in mothers and babies, so why not avoid them?

For more information on these ingredients, [click here](#).

START USING

Oh So Soap + Oh So Detox Body Soap

These unscented, low-lather bars are formulated for the most sensitive skin, with minimal ingredients and no essential oils. Oh So Soap is excellent for shampooing newborn hair, and often relieves cradle cap—just avoid the eyes.

Naked Body Oil

Applied to wet skin, this unscented oil will begin to strengthen the lipid layer that is often compromised with reactive skin.

Naked Body Mousse

For a little extra softening, this unscented, whipped shea butter mousse will continue the soothing without irritation, especially on that growing tummy of yours.

Body products cover 91% of the surface area of your skin, so by changing these few products, you've cleaned up your act by a ton! If you want to clean up from the neck up, try these facial products during pregnancy, too.

Black Clay Facial Soap

Perfect for a wash before bedtime, this best-selling bar is great for sensitive skin.

Purely Simple Facial Cream

Whether you're dry or oily, this light moisturizer will keep your skin hydrated and calm.

Lip Doctor

Another staple in our essential-oil free collection, Lip Doctor soothes dry lips with cocoa butter and olive oil. Works wonders for dry baby lips, too!

2 SUPER IMPORTANT NEXT STEPS

If you're not averse to scent, you can add a few other delights to soothe your skin and senses during pregnancy. All Osmia body soaps and bath products are pregnancy-safe, and most of our body oils are as well. For a list of products you can enjoy as your tummy expands, [click here](#).

Once baby comes, you'll want to stick with unscented products for 6-12 months, so our Naked Collection is perfect for you both!

3 NOW FOR THE FUN PART: THE SHOPPING LIST!

FOR THE SKIN

[Osmia Oh So Body Soap](#)

[Osmia Oh So Detox Body Soap](#)

[Osmia Naked Body Oil](#)

[Osmia Naked Body Mousse](#)

[Osmia Mama & Baby Gift Set](#)

FOR THE FACE

[Osmia Black Clay Facial Soap](#)

[Osmia Purely Simple Face Cream](#)

[Lip Doctor](#)

HAVING TROUBLE?

Everyone reacts differently to skincare plans—if you are not seeing results, [please email us](#) and we can help adjust your routine or suggest a few products from other brands that are gentle enough to try. While we hope Osmia works as well for you as it has for so many others, we are committed to helping you see results. We'll do our absolute best to customize your routine and guide you toward your healthiest skin.



Additional homework for greater success:

If you're experiencing melasma, or hyperpigmentation on the face, make sure you wear mineral sunblock and a hat whenever possible. Melasma usually recedes after pregnancy, but if it doesn't, you can chat with your dermatologist about options.

If you're breaking out, you can try limiting dairy and refined sugar, and experiment with our Balance Serum and Spotless Blemish Oil, both of which can be used sparingly in pregnancy.

If you're seeing stretch marks, you can thank your mama, because they're mostly genetic! But keep your belly skin soft and supple with Sandalwood or Lavender Body Mousse.

WE ARE HERE FOR YOU.

Reach out anytime at
info@osmiaorganics.com

*We're here to answer
questions, and to hear
your success stories!*

You can do this.

First and foremost, try not to stress! Some people seem to create a culture of fear and anxiety around pregnancy, and it doesn't need to be that way. Educate yourself, do the best you can to cultivate healthy, nourishing habits, and know that your baby and your body are designed to work together in this complicated world. Pregnancy can be a time for joy, reflection, and awe at what the human body can do—like growing a whole entire person in your belly!! Enjoy taking great care of yourself while you're pregnant, because once the package arrives, even a two-minute shower will feel like a spa treatment!

With health and joy,

