

## VITAMIN A AND PREGNANCY

It is important to understand the following facts about vitamin A and pregnancy, as this can be a concern for many clients:

- When looking at how vitamin A works in the skin, it is important to know that once vitamin A is absorbed, it is trapped in the skin.
- Humans do not have the enzyme systems to transfer vitamin A from the skin into the bloodstream.
- High levels of vitamin A in the skin cannot cause liver damage, interfere with the development of a foetus or other complications.
- Environ believes that their products containing vitamin A are safe during both pregnancy and lactation.
- It is important to remember that during pregnancy, the skin's response to cosmetics may temporarily be changed and therefore, should the client wish to continue using Environ, we advise the use of lower levels of vitamin A or discontinuing the use of vitamin A if the skin is too sensitive, especially during the first trimester.
- The client should start at a low dose of vitamin A when re-instituting it again, after the first three months of pregnancy.

## IN-CLINIC TREATMENT

### DEEP CLEANSING FACIAL

1. Apply steam
2. Apply Pre-cleansing oil and massage into the skin
3. Apply Clay Masque Micro Exfoliator and massage into the skin
4. Remove
5. Use Eye Make-Up Remover
6. Cleanse with Cleansing Gel
7. Toner
8. Apply Micro Exfoliator Gel and steam for 10mins
9. Remove
10. Apply one of the following:  
Antioxidant Gel, HA Serum, Peptide Serum, Colostrum Gel or DF Filler Serum
  1. Massage excess into the skin
  2. Apply Alginate Masque
  3. Remove Alginate Masque
  4. Warm Towel Compress
  5. Tissue Dry
  6. Apply Super Moisturiser or Youth EssentiA Defence Creme and RAD SPF15

## HOME CARE ENVIRON PRODUCTS

(safe to use during pregnancy)

- Any cleanser of choice
- Skin EssentiA® Pre-cleansing Oil
- Skin EssentiA® Clay Masque
- Skin EssentiA Eye Make-up Remover
- Focus Care Youth+ 3DSynergé™ Filler Crème
- Focus Care Youth+ Avance Elixir
- Focus Care Youth+ Avance Moisturiser
- Focus Care Youth+ Seriéance Night Serum
- Focus Care Moisture+Super Moisturiser
- Focus Care Youth+ Frown Serum
- Focus Care Comfort+ Anti-Pollution Masque
- Focus Care Comfort+ Anti-Pollution Spritz
- Focus Care Moisture+ HA Intensive Hydrating Serum

If your client would like to keep using vitamin A in their skincare routine we recommend they avoid it in the 1st trimester and use either Defence Cream mixed with the Avance Elixir. They can then progress to the Skin EssentiA® or Youth EssentiA® levels 1 -2 in the 2nd and 3rd trimesters.