

Pregnancy Articles

Stretch Mark Tips

Stretch marks arise when the skin is permanently damaged and stretched. Whilst stretch marks are most often caused during pregnancy or puberty, they can also arise after a significant weight gain or loss or if you body build. While the only way to truly get rid of them is through laser surgery, there are several stretch mark treatments and creams for prevention and reduction.

Prevention Tips

As any doctor will tell you, prevention is the best medicine. While it's challenging to reverse the effects of stretch marks, it is possible to help prevent them. When the colour of the stretch mark is red there's a better chance of reducing the permanent damage, but when it's silver in colour, it's virtually impossible to remove completely.

Japanese Camellia Oil

For prevention during pregnancy (and even puberty), start applying **Elemis Japanese Camellia Oil** (made with Japanese White Nut Camellia Oil) to the skin, which improves elasticity as the skin stretches to prevent stretch marks.



Recommended products



Elemis Japanese Camellia Oil
Elemis Japanese Camellia Oil is easily absorbed, rich in plant collagen and ideal for preventing stretch marks.



Elemis Exotic Frangipani Monoi Moisture Melt
An exotic treatment oil that penetrates easily, helping to re-hydrate the deeper layers of the skin. Excellent for use on the entire body, plus weekly as an intensive conditioning hair treatment.



Elemis Devils Mint Body Scrub
Energise your skin with fresh Peppermint using **Devils Mint Body Scrub**, as it nourishes and smoothes the body.