



lavera for a healthy and glowing pregnancy

Skin tends to become more sensitive during pregnancy. As your body goes through hormonal upheavals and surges, your skin becomes more sensitive, stretched and delicate. Gently massage **Orange-Sea Buckthorn Lotion** to ease stretch marks. Susceptibility to sun increases as hormones secreted by the placenta stimulate melanin, the color pigmentation of the skin. Skin tans more easily than usual and hyper pigmentation (darker patches on the face) can occur, but often goes away after childbirth. Avoid direct sun exposure as much as possible and protect yourself with lavera natural sunscreen. **Sun Block SPF 40 Neutral** is fragrance free and provides strong protection. **Sun Anti-Age SPF 20** for the face and neck, protects while moisturizing your skin and leaves a light sparkle effect. Apply **After Sun Body Lotion** with shea butter, lecithin and vitamins to regenerate sun exposed skin. For the safest color, skip the sun altogether with **Sunless Tan Self-Tanning Lotion**.

For facial care, keep skin hydrated and protected with LAVERÉ's Hydro Sensation, Lifting Serum Hydro Gel and Special Effect Gel Wellness Mask – and drink plenty of water.

Nurture yourself and relax in a soothing warm bath, drifting into aromatic tranquility with lavera **Lavender-Aloe Vera, Orange-Sea Buckhorn** or award winning **Vanilla-Coconut** shower gels and luxurious **body lotions**.

Keeping babies & kids well cared for and protected

lavera baby products are gentle for even the most sensitive skins. **3 in 1 cream** is zinc free care for face, body, and diaper area. Tear free **Shampoo Almond** with organic almond and wheat extract for baby & kids hair. **Oil Bath Almond** for a calming bath treatment for babies or adults. **Skin Oil Almond** provides healing, cleanses the sensitive diaper area and is ideal for a moisturizing baby massage. **Toothpaste Strawberry-Raspberry** is free of fluoride, phosphate and sugar, making tooth brushing fun for kids and stress free for parents.

Especially for babies and kids that suffer from **eczema and dermatitis**, lavera offers a very mild, special care line **BABY NEUTRAL**, that includes Shampoo, Skin Oil, Bath Oil, Face Cream and Diaper Cream and a Body Lotion to calm irritated and red skin.

Sun Screen Kids SPF 30 provides sun block protection with organic calendula and apricot seed. **Baby & Kinder SPF 15 for Face & Body** provides waterproof protection. Award winning **Kids Sun Spray SPF 25** contains natural plant chlorophyll which helps parents to apply full coverage protection before the green color disappears. **Sun Spray SPF 30 Neutral** or **Sun Block 40 Neutral** are for extremely sensitive kids and adults and are recommended for all ages with dermatitis, skin irritations and allergies. All lavera kids sun protection is recommended for children 6 months and older.

Note: Pediatricians recommend to not expose babies under 6 months of age to direct sunlight and to keep them in the shade. All of the lavera sunscreens provide natural safe protection, and are effective as soon as applied.

