

Skin Health and Fertility: Smart Strategies and Tips

Contact

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Featuring: Eve Rebecca Beauty

Eve is a makeup artist & skincare "enthusiast". She developed a passion for beauty products over 15 years having struggled with acne & sensitive skin. She currently lives in Israel with her husband & they are expecting their first baby (thanks to IVF) in a few weeks.



Eve
Eve Rebecca
Beauty

Topic: Skincare Routine & Fertility

Eve is a fertility warrior. After undergoing 2 years of fertility treatments Eve's skincare routine became her special self care time and she learned all about what ingredients could or should not be used during pregnancy.



Kimberly
The Fertility RN

Skincare Ingredients to Avoid:

- Retinols (both oral and topical)
- Hydroquinone (skin-lightening agent)
- Salicylic Acid (low dose found in OTC cleansers shouldnt be problematic according to ACOG * discuss with your OBGYN)
- Avoid Peels!
- Botox & Fillers

Eve's Skincare Routine:

- Pre-Cleanse: Dermalogica
- Cleanser: Dermalogica Special Cleansing Gel
- Tone/Essence: REN Smooth Prep & Plump Essence
- Serum: Facetheory Regna C20 Serum
- Moisturizer: Neutrogena Hydroboost or Aveene Soothing Skin Recovery Balm

Tips from Eve & Kim:

- Sunscreen!
 - SPF 30 or higher
- Wear a hat
- Hydrate! Hydrate! Hydrate!

