



**sanosan mama –**  
Loving care for a very  
special time

NATURALLY  
WITH  
LOVE



# My tummy and me – nourishing care, complete protection

Pregnancy is a very special time. Everything changes, not only in the womb, but also inside your head. As your tummy gets larger, your excitement starts to grow, too. But sometimes pregnancy can also be hard work!

In the middle of all the excitement and thoughts about your baby, it's important that you think of yourself, too. Don't forget to pamper yourself from time to time. A warm bath, a cup of tea, a massage. A little extra care here and there can work wonders for both mind and body.

And speaking of your body, the physical changes that pregnancy brings can be a real headache for mums-to-be! Sometimes it seems as though your tummy grows before your very eyes. It's beautiful! Less beautiful, however, are the uninvited stretch marks that sometimes accompany the process.

But don't worry, we have good news: stretch marks are not something that has to happen. The new mama range by sanosan helps to prevent stretch marks. It is carefully tailored to the requirements of the skin during pregnancy, providing rich nourishment and feel-good care for expectant mums.



## sanosan – mum and baby in good hands

- More than 35 years of experience in the needs of sensitive baby skin
- More than 20 years of experience in the skincare needs of mums
- Carefully selected ingredients
- High quality standards
- Clinically tested
- Free from parabens, mineral oils, silicones and dyes

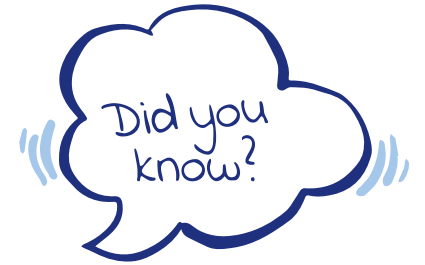


# Stretch marks – not pretty, but pretty important

Stretch marks are actually signs that your body knows exactly what it needs to do. After all, during pregnancy, hormonal changes cause the connective tissue to loosen in order to help your body accommodate your growing baby. So it's all OK then? Well, almost. As your tummy grows, the needs of this tissue increase, too. The more the skin stretches, the more likely it is that stretch marks appear.

## Changing and adapting: your skin during pregnancy

Growing a baby is not easy – the entire body has to prepare itself for nourishing and nurturing a tiny being. And the skin doesn't escape undamaged. The intense stretching of the tissue causes small tears in the lower layers of the skin. Reddish blue streaks appear on the surface of the skin, showing the blood vessels below.



The fat cells and collagen fibres in the connective tissue lie parallel to each other in women, while in men they are more firmly connected. This is the only way to allow the abdomen to grow and give the baby enough space.

From a medical point of view, stretch marks are a type of scar. They often appear on the abdomen, thighs, hips or bottom. Weak connective tissue, hormonal changes and personal predisposition make stretch marks more likely.

But it is not just women who have to deal with them! Men can also be affected if, for example, excessive strain is placed on their connective tissue through body-building or rapid weight gain.

# A really good idea – prevention. From early pregnancy onwards

A lot can be done to prevent stretch marks from appearing in the first place. Simply practising a conscious lifestyle can make a significant difference. Sounds exhausting? Then how about soothing massages and luxurious care? Much better!



❁ Try not to gain weight too quickly. The wider the body, the more the skin is stretched. But please don't go on a diet while pregnant.

❁ Eating balanced and nutritious meals can support the connective tissue. The trace elements copper (fish, nuts and legumes) and manganese (oatmeal, wholemeal flour and lentils) are particularly beneficial.

❁ Gentle forms of exercise such as yoga or swimming stimulate the circulation and protect the tissue.

❁ Regular massages with our Anti Stretch Mark Oil or Anti Stretch Mark Cream improve the skin's elasticity and increase its suppleness.



## But what if stretch marks are already there?

... It certainly doesn't have to stay that way. Our Stretch Mark Fader reduces the depth and width of stretch marks and causes them to fade – for proven results you can see.



**KNEADING MASSAGE**

Apply the oil to your skin using warm hands. Then use your thumb and index finger to gently pull small roles of skin upwards and release them again. Switch from kneading massages to oil massages around one month before the birth.

**OIL MASSAGE**

Oil massages are most effective when carried out twice daily. Apply the oil in circular motions in a clockwise and anticlockwise direction and then gently massage into your tummy.

**BRUSH MASSAGE**

Using circular motions, massage the skin around the belly button using a soft brush or massage glove every day while showering. Enjoy a little bit of 'you'time! After massaging, the skin requires extra cream or oil.

# sanosan mama accompanies you throughout your pregnancy

sanosan mama – quality you can trust

- ✓ Our products from the sanosan mama range moisturise the skin for 24 hours.
- ✓ Their non-greasy formula is easy to use and absorbs quickly.
- ✓ They leave the skin feeling smooth and supple, wrapping you in a sense of well-being.
- ✓ All of our products have been clinically tested by an independent dermatological institute and awarded the 5-star Dermatest seal. The five-star seal represents the original DERMATEST® premium segment and means that the products have been successfully tested for at least four weeks under dermatological supervision. Maximum safety for you and your baby.

CLINICALLY TESTED  
baby safe



# Anti Stretch Mark Oil – pampers and nourishes

A premium care composition with physiologically valuable omega 3, 6 and 9 fatty acids. The oil keeps skin soft and supple and helps to prevent stretch marks. It consists of four oils of natural origin that perfectly complement each other and are known for their nourishing and firming properties – for skin that feels beautifully silky and smooth.



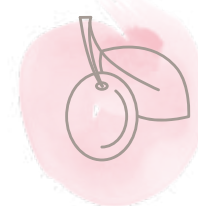
## GRAPE SEED OIL

So precious! Forty kilograms of grape seeds are required for just one litre of oil. Grape seed oil is a particularly popular massage oil. It contains vitamins E and A and is rich in essential fatty acids.



## ALMOND OIL

With its high oleic acid content, it retains moisture and nourishes the skin, leaving it beautifully supple.



## OLIVE OIL

Its high proportion of fatty acids, vitamin E, carotene, chlorophyll and polyphenols make olive oil a true all-rounder. It contains more than 1000 different ingredients that also benefit the skin.



## SUNFLOWER OIL

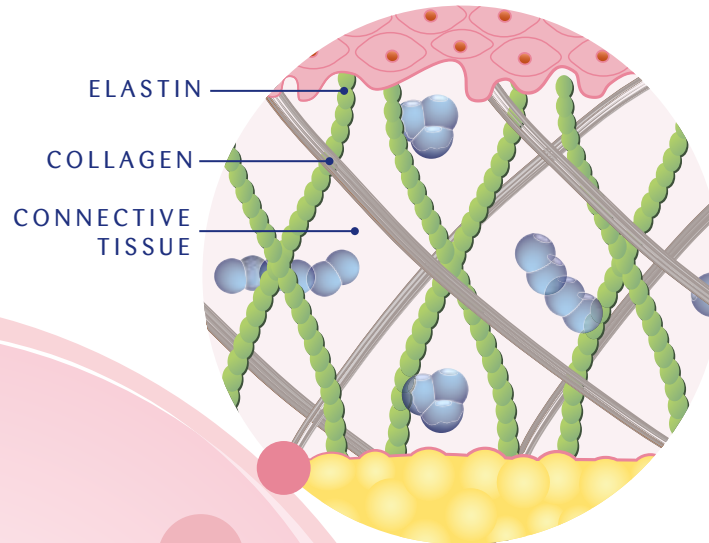
This oil is rich in linoleic acid and therefore feels wonderfully light on the skin. It also contains the antioxidant vitamin E.

## Application

Using gentle, circular motions, massage into the abdomen, thighs, bottom and breasts every morning and night from early pregnancy onwards.

# Anti Stretch Mark Cream – nourishes and protects

Our unique product with special collagen-elastin complex keeps the skin supple and helps to prevent stretch marks.



## COLLAGEN

### Strengthens the connective tissue

Collagen, a structural protein in the connective tissue, is the most common protein in the body – bones, tendons, ligaments and the skin all contain large quantities of it. Collagen fibres are characterized by an extremely high tensile strength. One single 1 mm-long collagen fibre can withstand a static load of 20 kg. So it's hardly surprising that collagen is so essential for the strength of the connective tissue.

## ELASTIN

### Staying supple

Elastin is another important structural protein in the human body. It keeps the connective tissue supple. Elastin fibres are cross-linked by an enzyme, making them extremely flexible.

## COLLAGEN AND ELASTIN

### The perfect team

The combination of collagen and elastin makes the human connective tissue both supple and tear-resistant, since the properties of the two structural proteins complement each other.

The collagen-elastin complex of our Anti Stretch Mark Cream allows your connective tissue to benefit from the double effect of this powerful duo. Nourishing ingredients such as plant-based oils and shea butter complete the formula. Our Anti Stretch Mark Cream is clinically tested.

## Application

Using gentle, circular motions, massage into the abdomen, thighs, bottom and breasts every morning and night from early pregnancy onwards.

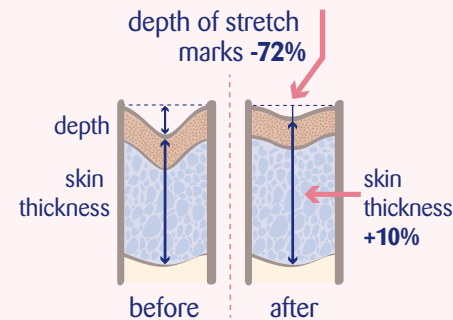
# Stretch Mark Fader – Soothes and reduces

Do you already have pregnancy-related stretch marks? That's a pity, but no big deal. Our highly effective Stretch Mark Fader has demonstrable results – proven by a clinical study carried out in France!\* With regular use, the active fluid with SynMat™ reduces the width and depth of stretch marks, causing them to fade.

- SynMat™ is a combination of phaseolus lunatus extract (butter bean extract), rutin (antioxidant and anti-inflammatory plant substance) and two peptides (which promote the repair of the damaged extracellular matrix).
- SynMat™ is proven to reduce stretch marks. With its special collagen-elastin complex, its composition boosts suppleness and elasticity. Organic olive oil provides the skin with long-lasting moisture.
- Our Stretch Mark Fader is clinically tested with proven results.
- After two months of regular use, the active fluid can:
  - reduce the average depth of stretch marks by 72 %\*
  - reduce the width of stretch marks by 26 %\*
  - fade colour by 21 %\*
  - reduce roughness by 21 %\*

\*According to clinical studies with 13 subjects

## Treatment of stretch marks with sanosan Stretch Mark Fader



After applying for 56 days:  
average value of n = 13 subjects



## Application

Using circular motions, massage the active fluid into the affected areas of skin every morning and night.



# Nipple Salve – protects and heals

Breastfeeding is a wonderful, intimate experience that strengthens the bond between mother and baby – but the breast has to get used to its new task first. The baby's suckling motion depletes the fatty tissue in the nipple, which has to be regenerated. Often, however, the short intervals between feeds are not enough to enable this to happen. This can lead to cracked, sore nipples. In order to prevent this, the nipples need to be protected from the very beginning.

Our sanosan mama Nipple Salve is made of 100% pure, natural lanolin and was especially developed for sensitive, stressed nipples.

- 🌸 Soothing ointment for sore nipples
- 🌸 Made of 100% pure lanolin
- 🌸 Free from fragrances and dyes, without parabens
- 🌸 Does not need to be washed off before breastfeeding
- 🌸 Helps the skin to restore its natural fat and moisture levels



## Application

Squeeze a pea-sized amount of the Nipple Salve out of the tube and warm it between the fingers. Carefully massage the salve into the nipple and areola between feeds.

## Nursing Pads – protect and keep dry

Many nursing mothers experience leaking breasts, particularly in the early days of breastfeeding. Between feeds, when holding the baby or if the baby goes without a feed for longer than usual, milk can start to leak. The sanosan mama Nursing Pads ensure that you feel safe day and night. They are extremely absorbent, shape-retaining and comfortable, even with heavy milk leakage.

- ✿ With extra-absorbent cellulose fibre, the nursing pads effectively lock away leaking breast milk.
- ✿ The ultra-soft fleece interior is gentle on sensitive skin and protects clothing from damp stains.
- ✿ The nipples remain clean and dry, thus preventing infections and inflammation.
- ✿ Absorbent, breathable and skin-friendly
- ✿ Safe and comfortable thanks to breast-shaped fit and adhesive strips.

## Mann & Schröder Cosmetics – trust in our experience

sanosan mama is a brand of Mann & Schröder Cosmetics, a renowned family-run company with more than 60 years of experience and tradition.

We are your skincare specialist from Germany.

NATURALLY  
WITH  
LOVE





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