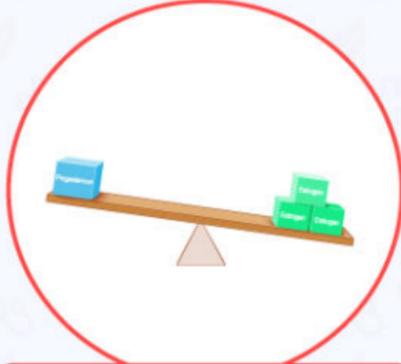


Causes And Remedies For Dry Skin During Pregnancy



CAUSES



Fluctuating hormone levels



Lack of enough fluid



Vitamin A deficiency



Abdominal skin stretching

REMEDIES



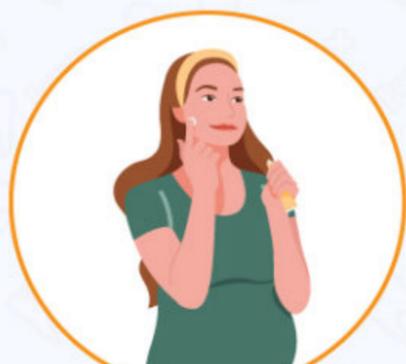
Drink plenty of water and fluids



Eat a nutritious and well-balanced diet



Use moisturizers and sunscreen lotions



Use mild cleansers and add essential oils when bathing