



# Skincare Products To Avoid During Pregnancy

Hydroquinone-based skin bleaching or brightening products



Minoxidil-based hair growth promoting products



Tretinoin-based acne treatment products



High retinol content anti-aging serums and creams



Dihydroxyacetone (DHA)-based tanning products



Synthetic chemical-based hair dyes



Unbranded skincare products with unverified ingredients



## References:

1. Skin Care, Hair Care and Cosmetic Treatments in Pregnancy and Breastfeeding; NSW
2. Things To Avoid During Pregnancy; Healthdirect Australia