

# POST-PREGNANCY MELASMA

*The Gentle,  
30-Day  
Luminous Reset*

  
*Pearly Petal*  
SKINCARE



*Dermal Pigment*

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*Vascular Response*

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# Why Postpartum Melasma Is Different

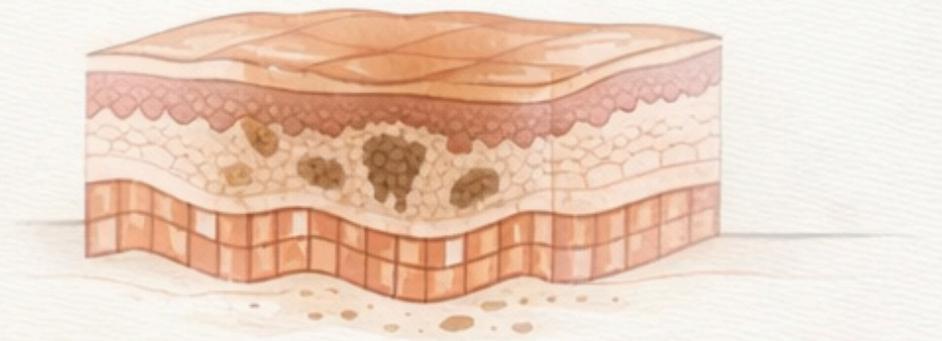
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Post-pregnancy melasma is driven by hormones, heat, and light sensitivity.



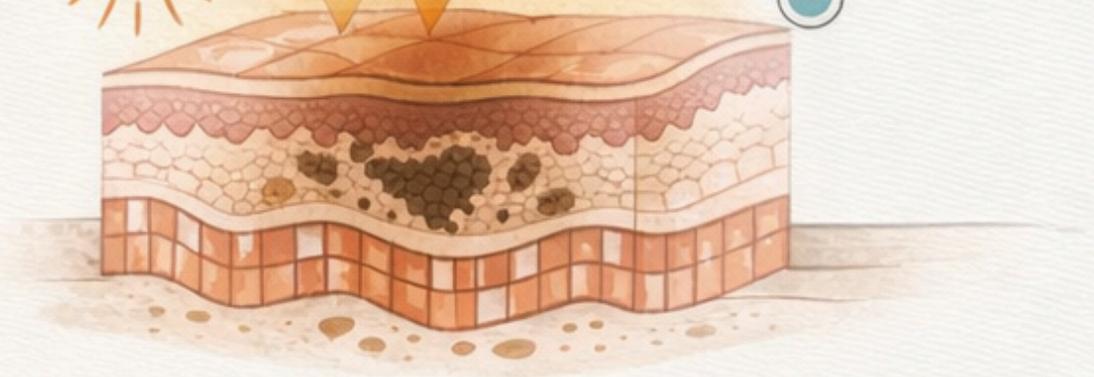
It is deeper and more reactive than sun spots.



Scrubbing makes it worse.  
Calming the pigment pathway makes it better.



Heat, steam, and sun can trigger darkening.





# *The Pearly Petal*

## GENTLE GLOW SHOPPING LIST

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**Azelaic Acid 10%** – *Gentle pigment corrector*

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**Niacinamide Serum** – *Calms and strengthens barrier*

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**Vitamin C Serum** – *Brightens and supports tone*

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**Tinted Mineral SPF with Iron Oxides** –  
*Non-negotiable melasma shield*

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*Choose gentle, consistent, postpartum-safe formulas.*

— THE 3 PILLARS OF —

# *My Gentle Routine*

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## 1. The Pigment Inhibitor

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Azelaic Acid 10% +  
Vitamin C  
to slow pigment  
production safely.



## 2. The Transfer Block

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Niacinamide to stop  
pigment from moving  
to the skin surface.



## 3. The Iron Oxide Shield

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Tinted mineral sunscreen  
with iron oxides  
to block visible light.



# *Your Realistic* Melasma Timeline

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## **Months 1–2:**

*Skin feels calmer, less reactive, texture improves.*

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## **Months 3–4:**

*Pigment edges begin to break up.*

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## **Months 6+:**

*Visible fading and more even tone.*

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*Gentle. Consistent. Patient. Your skin is healing.*



## MORNING DEFENSE

- Gentle Cleanse
- Vitamin C
- Niacinamide
- Iron Oxide Shield



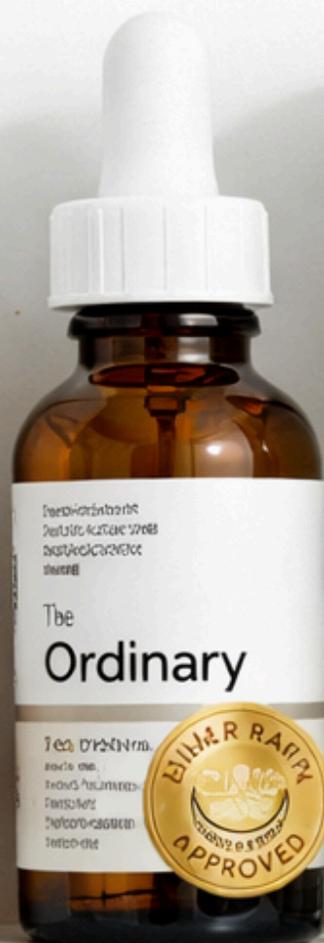
## EVENING REPAIR

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- Double Cleanse
- Azelaic Acid (*The MVP*)
- Ceramide Recovery



# THE GENTLE GLOW TOOLKIT





Your skin is your story.  
Let's make it luminous.

*Janerine Nevins*