

SKINCARE GUIDE WHILE UNDERGOING ONCOLOGY TREATMENT



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NATURA BISSE FOUNDATION

SKINCARE GUIDELINES

CARING FOR YOUR SKIN

We all know the potential changes that can affect physical appearance as a result of oncology treatment. Although they may not be clinically serious, they are nonetheless important to one's well-being. When we are pleased with our physical appearance, we feel stronger when facing our day: this feeling is still desired even when affected by illness.

The changes that can be felt in the skin such as dryness, breakouts, dark spots or irritation, are for the most part temporary, but still need attention and care.

At the Ricardo Fisas Natura Bissé Foundation, we want to offer basic guidelines and simple solutions to minimize these possible side effects. The hope is that with the right information, they can be prevented.

All of the recommendations on the following pages are for guidance only and can vary per person. It is important to always consult any changes with a doctor and to follow their advice and recommendations.



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HOW DO I CARE FOR THE SKIN ON MY FACE?

During chemotherapy, immunotherapy and targeted therapies, some side effects such as dryness, irritation, rashes or breakouts may occur on the skin. In most cases, they are temporary. The following guidelines may help you minimize some of these side effects.



OUR ADVICE

- » Avoid using abrasive skincare products, such as scrubs or peels.
- » Avoid exposing your skin to heat sources.
- » Refrain from using products or treatments to remove spots.
- » Wear sunglasses with UV protection that cover the entire eye area.
- » Apply eye contour cream along the outside of the orbital bone. Apply small dots around the eye and gently press into the skin.
- » Apply lip balm from one end of the lip with soft touches.
- » For a dry mouth, we recommend increasing liquid consumption to moisten the lips. Sugar-free citrus candies can also help.

DID YOU KNOW?

- **On the eye contour area**, due to dry eyes, excess tears or total/partial loss of eyebrows and eyelashes, you may experience dryness, irritation, bags, dark circles or spots.
- **On the lips**, dry mouth syndrome may cause dryness and cracks may appear.



WE RECOMMEND

Makeup remover rich in natural botanical extracts of chamomile, elderflower, green tea, propolis or arnica montana.

3-step routine for face, neck and décolleté

- 1 Cleanse and remove makeup morning and night.**
We recommend cleansers and toners that maintain the skin's natural pH (alcohol-free and hypoallergenic) and provide a calming effect.
- 2 Hydrate and nourish your skin morning and night.**
Use light-textured serums and creams with moisturizing, emollient, restructuring, anti-inflammatory, antiseptic and vitamin-rich properties.

Remember that skincare products should always be applied in upwards movements, and do not forget to also apply to your entire neck, décolleté and ears.
- 3 Protect your skin from the sun every day.** Apply a SPF 50+ protection cream to your face, neck and décolleté.



WE RECOMMEND

Creams and serums that are rich in hyaluronic acid, organic aloe vera, allantoin, rosehip and tamanu oil, arginine or calendula.

HOW DO I MOISTURIZE THE DRY SKIN ON MY BODY?

The combination of medication and medical treatments can lead to reactions on the skin. For instance, it can feel more sensitized, which can cause tightness and itching.

To alleviate these adverse effects, we recommend that you apply specific skincare products that improve skin's elasticity.



OUR ADVICE

- » We recommend taking short showers with lukewarm water and rinsing thoroughly.
- » Avoid scratching the skin with sponges or rough towels.
- » Wear cotton underwear.
- » Using a light touch, pat your skin dry.
- » Avoid belts or elastic bands that can rub your skin.
- » If you experience swollen legs, wear ergonomic shoes.

DID YOU KNOW?

- **The folds of the body and the areas that rub** (armpit, groin and breast fold) are very delicate, so they should be thoroughly dried with soft touches and then moisturized.
- **Dryness** can occur in the form of roughness, itching, feeling of tightness and light peeling of the skin.



3-step body care routine

- 1 Use body cleansers** with pH 4.5 - 5.7 and rinse your skin well with lukewarm water. Dry yourself carefully, with soft touches and without rubbing the skin.
- 2 Moisturize** your skin twice a day with balms, creams or oils, starting with the legs and ending at the arms with circular, smooth and slow movements.
- 3 Protect** all exposed areas (legs, arms, insteps and backs of the hands) with SPF 50+.



WE RECOMMEND

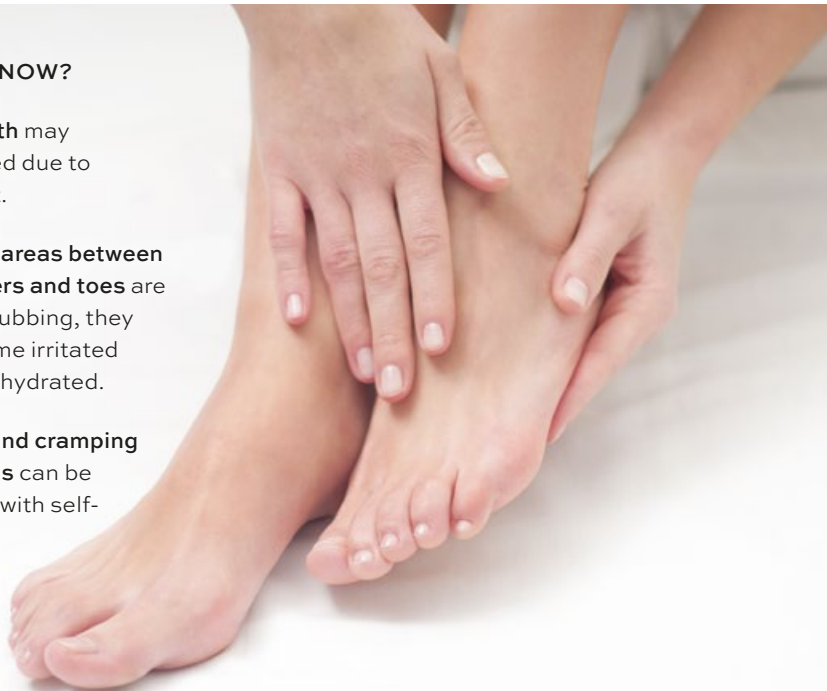
Skincare products that are rich in mango and shea butter, amaranth oil, avocado oil, allantoin, rosa mosqueta oil, arginine, betaines or glycerin.

DEHYDRATED HANDS AND FEET, WHAT CAN I DO?

Throughout oncological treatment, some side effects such as dryness, swelling, irritation, tingling sensations or cramps in the hands and feet may occur. In most cases, they are temporary and not serious, but we can try to prevent and minimize them.

DID YOU KNOW?

- **Nail growth** may be affected due to treatment.
- Since the **areas between your fingers and toes** are prone to rubbing, they can become irritated and/or dehydrated.
- **Tingling and cramping sensations** can be improved with self-massage.



Routine for hand and foot care

- 1 **Moisturize hands and feet** two to three times a day with balms or oils that restore softness to the skin.
- 2 **Nourish your nails**, starting at the cuticle and extend over the entire nail bed with circular movements.

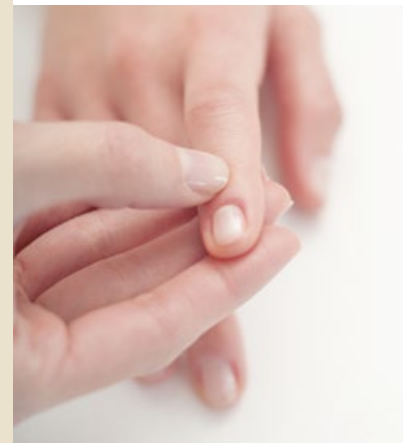
OUR ADVICE

- » Do not cut the cuticles or remove hard patches
- » Avoid using acrylic, gel nails or semi-permanent nail polish. It is helpful to observe any nail changes.
- » We recommend using acetone-free nail polish remover.
- » White cotton gloves and socks can also help prevent rubbing in day-to-day activities.



WE RECOMMEND

Creams and oils rich in organic aloe vera, rosa mosqueta oil, tamanu oil, arnica montana, chamomile, calendula, betaines, mango and shea butter, amaranth oil or avocado oil.



MY SCALP IS ITCHY, WHAT CAN I DO?

When there is a total or partial loss of hair, there is no longer a barrier against temperature changes and particles floating in the environment. The scalp can become more sensitive. Therefore, it is very important that cleansing and moisturizing this area provides a calming effect.



Routine for scalp care

- 1 Moisturize the scalp once a day** by performing a circular massage starting from the neck working your way to the forehead, paying close attention to the ears.
- 2 Wear cream with SPF 50+ protection**, even when wearing a handkerchief, wig or cap.

DID YOU KNOW?

Sometimes the skin can be tight, dry and itchy, and you may even experience pain and breakouts.

OUR ADVICE

It is important to protect the scalp from heat, cold temperatures and irritation by wearing a cotton hat.

HOW SHOULD I TREAT SPOTS?

Sometimes drugs are administered that can cause the appearance of small rashes or spots that may cause itching. They are usually located on the face, head, abdomen and extremities.

OUR ADVICE

- » We do not recommend trying to remove your spots.
- » Moisturizing every day is essential.

3-step routine for blemish care

- 1 Use alcohol-free cleansers** with beneficial pH on your skin.
- 2 Moisturize once a day** with creams or balms that provide a sense of comfort and well-being.
- 3 Avoid** sun exposure.



WE RECOMMEND

Products rich in organic aloe vera, chamomile, calendula, arnica montana, propolis extract, glycerin, arginine, betaines, mango and shea butter, amaranth oil or avocado oil.

MY SKIN IS MORE IRRITATED AND SENSITIVE, WHAT CAN I DO?

With radiation therapy, the skin can become more fragile and sensitive. In addition, the skin's surface that has been treated may become red. To restore comfort to your skin, it is important that you moisturize with anti-inflammatory and antibacterial skincare products, which will refresh and provide a sense of well-being.

3-step routine for sensitized skin

- 1 Use a **gentle body cleanser** with skin's natural pH.
- 2 **Moisturize** the area twice a day.
- 3 **Apply SPF 50+** to areas that are exposed to air.

WE RECOMMEND

Balms and oils rich in organic aloe vera, rosa mosqueta oil, tamanu oil, mango and shea butter, chamomile, centella asiatica, urea or oatmeal.

OUR ADVICE

- » If you are receiving radiation on the face, head and neck, it is important to go to the dentist before starting the sessions.
- » It is important that you attend any radiation session with clean skin, completely free of any residues from moisturizer or skincare products.
- » Always moisturize after your radiation session. Never forget to apply SPF 50+.
- » Wear cotton underwear, with few seams to avoid irritation.
- » In the case of radiation treatment on the breasts, it is always better to wear a cotton shirt and then wear a bra over the shirt, to protect skin from being irritated.
- » Avoid underwired bras. Tip: bras that fasten at the front can help prevent irritation.

HOW DO I TREAT SCARS?

After surgery, it is very likely that the area with the scar will feel tight and uncomfortable. To relieve this sensation, it is important that you use products that improve skin's elasticity.

DID YOU KNOW?

You can apply skincare products on the scars, as long as they are **completely healed, without any open wounds or stitches.**



WE RECOMMEND

Products rich in rosa mosqueta oil, organic aloe vera, propolis or arnica montana.



HOW SHOULD I PROTECT MYSELF FROM THE SUN?

It is important to know that some drugs can cause photosensitivity, that is, they can cause skin reactions when they come into contact with the sun. Good sun protection is always recommended, especially during the summer. High tolerance sunscreens, suitable for all skin types, will help protect and repair the skin of the entire body. Light, quickly absorbed textures will give your skin a fantastic feeling of comfort.



OUR ADVICE

- » **Avoid sun exposure** at times when the sun's rays are most intense (from 12 noon to 4 pm).
- » **Use a high, waterproof SPF 50+** on the face and body. This will help prevent the adverse effects of solar radiation (UVA / UVB). It is advisable to use broad spectrum protection.
- » Reapply sun protection **every two hours** on all exposed areas.
- » Use scarves or hats as complements to sunscreen.
- » Do not use UVA lamps or tanning beds.

HOW CAN I PREPARE MY SKIN FOR MEDICAL TREATMENTS?

Prevention is one of the best ways of maintaining strong, nurtured skin during medical treatments.

OUR ADVICE

- » Start with a **daily 3-step routine:** cleansing, moisturizing and protecting your face and body.
- » **We advise to start moisturizing the skin** at least 15 days before medical treatment and apply the appropriate skincare twice a day.

WE RECOMMEND

Products rich in organic aloe vera, rosa mosqueta, mango and shea butter, chamomile, urea, glycerin, arginine, betaines, amaranth oil, avocado oil, allantoin or calendula.



ENHANCE YOUR WELL-BEING

A professional aesthetician specialized in Oncological Aesthetics can advise you on the most appropriate products and treatments to take care of your skin at all times. Their input is key at a time when you are experiencing uncertainty and when the first physical changes arising from medical treatments begin to occur. In addition, they can recommend the most appropriate aesthetic treatment for you according to your skin needs, and recommend the best treatments and products that help hydrate, oxygenate, soothe and provide the skin with more elasticity.

All these tips are for guidance only and in no case should replace the doctor's recommendations.

When dealing with any symptoms that are bothersome or persistent, it is important that you communicate this to the doctor so that the most appropriate treatment can be identified.



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