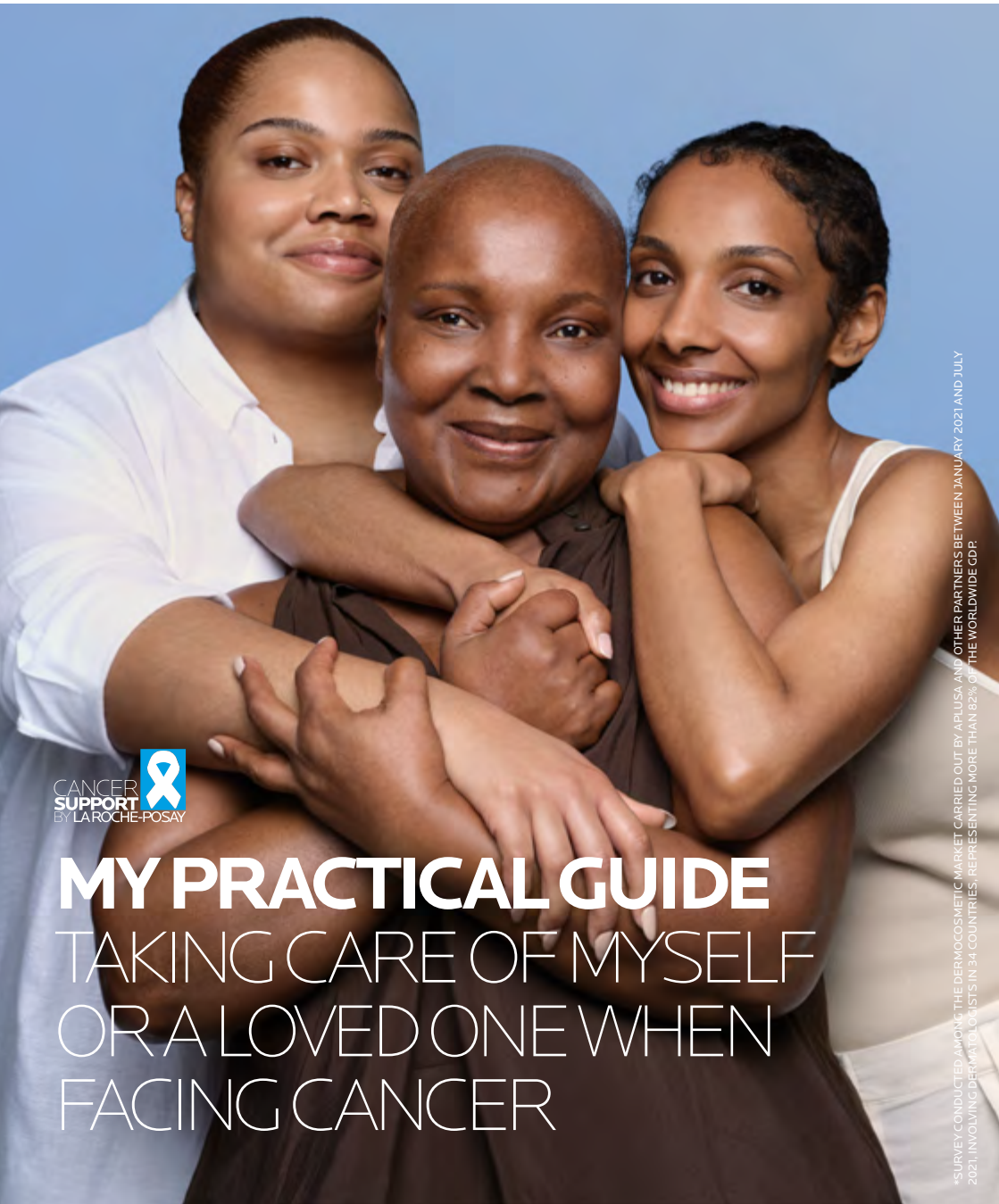
LA ROCHE-POSAY
LABORATOIRE DERMATOLOGIQUE

N°1 DERMATOLOGIST RECOMMENDED SKINCARE BRAND WORLDWIDE*



CANCER SUPPORT BY LA ROCHE-POSAY

MY PRACTICAL GUIDE

TAKING CARE OF MYSELF OR A LOVED ONE WHEN FACING CANCER

*SURVEY CONDUCTED AMONG THE DERMOCOSMETIC MARKET CARRIED OUT BY APLUSA AND OTHER PARTNERS BETWEEN JANUARY 2021 AND JULY 2021, INVOLVING DERMATOLOGISTS IN 34 COUNTRIES, REPRESENTING MORE THAN 82% OF THE WORLDWIDE GDP.


CANCER
SUPPORT
BY LA ROCHE-POSAY

CONFRONTING YOUR ILLNESS WITH COURAGE AND GRACE.

Remaining confident and true to yourself. All these virtues can only contribute to building your winning spirit while nourishing your strength and energy. It is for this very reason that La Roche-Posay remains committed to standing by your side, every step of the way.

Through this Practical Guide, it has chosen to gather experts' advice in order to help you find answers to the many questions related to skin care, before, during and after treatments. How to look after your skin, nails, hair, scars, why sun protection is so necessary, how to wear makeup... are a few examples of the many subjects that will be hereby covered.

Page after page, you will be given the opportunity to discover a considerable amount of information, as well as advice from health care experts.

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CANCER-SUPPORT.COM



Since 2008, La Roche-Posay has been particularly attentive to the effects of cancer treatments on the skin. In 2012, the brand initiated a European working group - the European SKIn Management in Oncology (ESKIMO) - composed of dermatologists and an oncologist specialized in cancer care and the dermatological issues associated to it. After reviewing updated scientific data, the group drew on its medical expertise to develop recommendations on how to manage cutaneous toxicities with suitable dermocosmetic solutions, and therefore improve the quality of life of patients during their cancer treatments (chemotherapy, radiotherapy and targeted therapies). These same recommendations were then published in renowned peer-reviewed scientific journals. Subsequently, FRESKIMO (FRench SKIn Management in Oncology) - a French work group comprising dermatologists and oncologists - was created. Basing itself on the work carried out by ESKIMO, the latest scientific advances and its field experience, this panel of experts went on offering practical recommendations regarding the use of dermocosmetics and makeup suited to the needs of the skin during cancer treatments.

Since 2018, La Roche-Posay has also established a partnership with the French-speaking association for supportive care in cancer (AFSOS). Offered in conjunction with specific cancer treatments, supportive care – an integral part of the patients' cancer care - aims at improving their quality of life on a physical, psychological and social level, all along their journey: from the start of their cancer care (and its primary care organization framing the diagnosis announcement), throughout and beyond the treatments.

In 2022, La Roche-Posay is proud to announce two important partnerships with MASCC and UICC. The partnership with MASCC, the Multinational Association of Supportive Care in Cancer, provided HCPs, and ultimately patients, with practical recommendations on how to prevent and manage cutaneous toxicities caused by cancer treatments. An international multi-disciplinary board worked on addressing the specificities of these skin issues depending on the cancer treatment, and published an expert consensus to improve patient quality of life and treatment chances of success. La Roche-Posay is also proud to become an official supporting partner of the UICC NGO, the Union for International Cancer Control, leading the global fight against cancer by uniting and supporting the cancer community to reduce the global cancer burden, to promote greater equity, and to ensure that cancer control continues to be a priority in the world health and development agenda. Together, La Roche-Posay and UICC are committed to raising awareness of the cutaneous side effects of anti-cancer treatments, so that all people with access to treatments can follow them more easily, for better adherence, quality of life, and chances of recovery.



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YOU ARE FACING CANCER **HOW TO BETTER COPE WITH THE NEWS?**



«From the very moment cancer patients are cared for, it is of paramount importance to explain to them the purpose and main side effects of the treatments, by providing them with a personalized care plan. We mustn't wait for the appearance of certain side effects such as fatigue or nausea, skin dryness or hair loss, to offer them solutions like, for instance, physical exercise or an adjusted diet, that are fully part of the supportive care.»

Dr. Didier Mayeur, oncologist and secretary-general of AFSOS (French-speaking association for supportive care in cancer).

>You've just been diagnosed with cancer. The news comes as an absolute shock. And the first wave of concerns comes rolling in. How will I deal with the treatments? How will I announce it to my loved ones? Should I consult a psychologist? Will I stWill be able to work?

Always keep in mind that **you will never have to go through this hardship on your own.**

A team of doctors, nurses, pharmacists, social and health care beauticians and hairdressers, along with other specialists, is there to accompany you.



+INFO

Many associations can provide you with moral support and high-quality information, among which:
>Rose Up (rose-up.fr)
>Europa Donna (europadonna.org)
>Fondation ARC (fondation-arc.org)
>Ligue contre le cancer (ligue-cancer.net)
>Mon réseau cancer du sein (monreseau-cancerdusein.com)
>My Charlotte (mycharlotte.fr)

Find the full list of associations On the INCA Internet site (e-cancer.fr/Patientset-proches/Des-ressources-utiles-pour-vousaccompagner-durant-la-maladie/Carte-desassociations-et-des-lieux-d-informations) La Vie Autour (lavieautour.fr)

You will also find many experts' answers to your questions on the Internet site laroche-posay.fr, by clicking on the My Skin Throughout Cancer section



MY TREATMENT IS ABOUT TO BEGIN

HOW TO PREVENT THE SIDE EFFECTS ON MY SKIN?

« Daily cosmetic products are essential for protecting the skin against the aggression of cancer treatments. They contribute to a better quality of life during the treatment. »

Prof. Brigitte Dréno, Head of the Dermato-Oncology Department of the Nantes University Hospital.



>Your treatment has just begun or is about to begin. After a multidisciplinary consultation meeting, your health care team has presented you with your treatment protocol that can include surgery, chemotherapy, radiotherapy, targeted therapies, immunotherapy.
Over the last few years, treatments have transformed the prognosis of cancer patients. However, more than **80% of patients suffering from cancer develop cutaneous side effects** linked to the different treatments and almost 50% are confronted, to some degree or another, to severe skin reactions caused by radiotherapy[1,2].

Yet those consequences can be prevented and relieved thanks to simple skin cleansing, moisturizing and protecting gestures recommended by experts.

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1. Charles C, et al. Impact of cutaneous toxicity associated with targeted therapies on quality of life. Results of a longitudinal exploratory study. Bulletin du Cancer. March 2013;100(3):213-22.

2. Berger A, et al. Interest of supportive and barrier protective skin care products in the daily prevention and treatment of cutaneous toxicity during radiotherapy for breast cancer. Breast Cancer: Basic and Clinical Research. 2017;12:1-7.

WILL MY SKIN CHANGE?

Under the impact of treatments, **the skin can be exposed to side effects** such as dryness, radiodermatitis (skin reactions triggered by radiotherapy), hand-foot skin reaction (hand and feet skin reactions), folliculitis (inflammation of the hair follicle), etc.



In such circumstances, you can start to feel self-conscious, finding difficulties to face the way others, family, friends or work colleagues look at you - or simply having trouble to **deal with your own perception of yourself.**

Thanks to a combination of appropriate dermocosmetic products, **several solutions exist to reduce these effects** and soothe them: makeup removers, cleansing products that respect the pH level of your skin, soothing and moisturizing creams and balms, photoprotection and makeup... You can take action right from the beginning of the treatment, even before the first symptoms appear.

In case of any doubt, don't hesitate to seek advice from your pharmacist, your health care team or a dermatologist.



MY DAILY ROUTINE

To **cleanse your skin**, choose cleansing oils (free of essentials oils) or soap-free cleansers (Syndet) that respect the pH of your skin, of which the level nears 5.5. Opt for a short shower rather than an overly hot and prolonged bath that could irritate your skin or trigger itchiness.

Dry your skin by patting it gently with a towel, particularly on the sensitive regions, before applying an emollient, cream or balm.

For a final touch, **moisturize** your lips with a repairing balm.

OUR ADVICE

To wash your clothes, use a fragrance-free hypoallergenic laundry detergent.

Refrain from shaving for a while, using deodorants, perfumes or lotions containing alcohol and exposing your skin to chlorinated water.

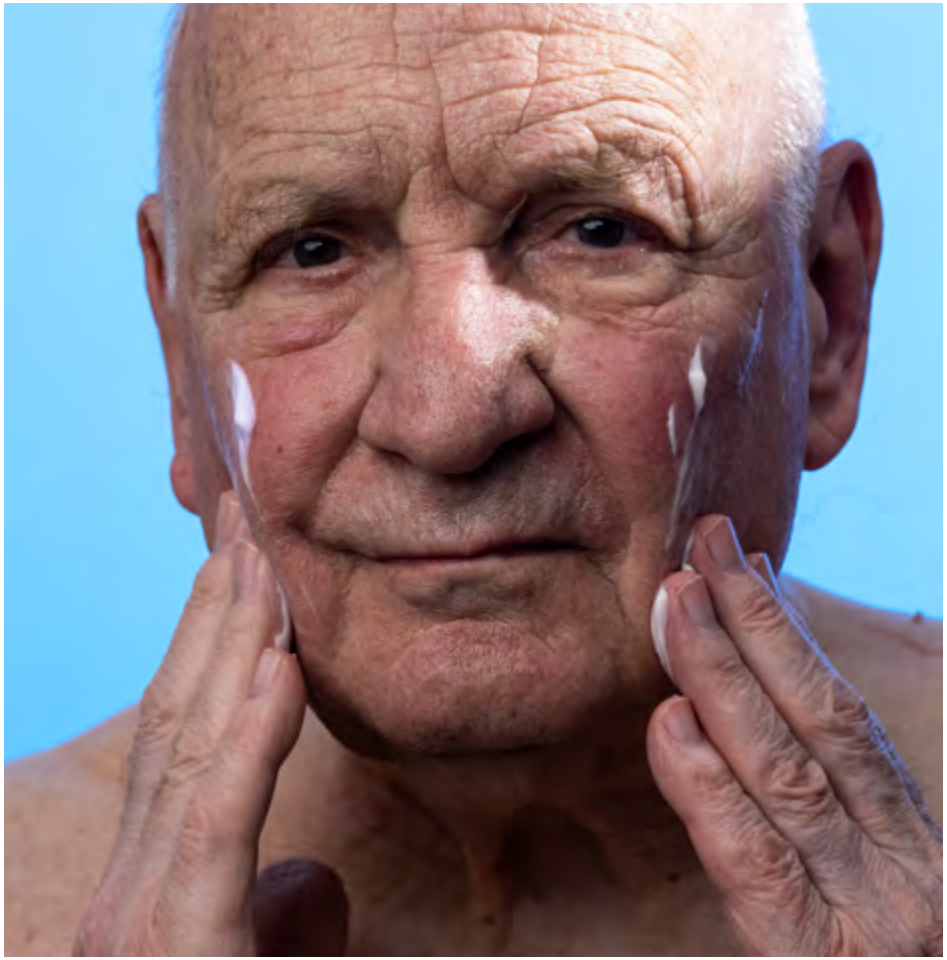
HOW TO MOISTURIZE AND PROTECT MY SKIN?

Daily **moisturization** is one of the most **essential gestures** to adopt during your treatments as they are often likely to weaken your skin. It allows to repair the “barrier” function of your skin, to restore the suppleness of its most superficial layer - known as the epidermis - **to relieve discomfort**, itchiness, as well as cracks on hands and feet.



The most **suitable textures** are balms and creams. Regarding their formulation, they have to contain ingredients with a structure inspired by the natural lipids of the corneal layer (shea butter, ceramides...). It is also best to prefer the use of fragrance-free products.

In case of any doubt, don't hesitate to seek advice from your pharmacist, your health care team or a dermatologist.



MY DAILY ROUTINE

Christelle Guillet, special education teacher and head of the ointment application workshop at the La Roche-Posay Thermal Center, shares her advice on how to ideally apply ointments on your skin:

Due to the treatments, the **skin is much more sensitive than before** and tends to gradually become thinner. Now is the time to pamper it by adopting the following daily routine. The **golden rules of ointment application**

> Choose the best moment to indulge yourself: after a shower, as it is the ideal period to take into account each and every area of your body. (Note that ointments can be applied no later than 6 hours before your radiotherapy session).

>Before beginning your ointment application session, place the cream or balm in a cool area as the cold will help relieve the itching. > After you have washed your hands, start by preading a dab of cream in the palm of your hand. The good rhythm **Once a day.** You can renew the application if necessary.

> From head to toe! Apply your chosen cream in light smoothing motions, from the center of the face outwards*, going from the forehead down to the chin.

> Continue the application by spreading the cream from the top of your body working downwards, starting with the back of your neck, your chest, the sides of your chest, along your arms, down to your buttocks, your legs and your feet. Don't forget the region behind your ears, your eyelids, your neck, the sole of your feet and your skull, if you have lost your hair.

EXTRA TIP

Moisturize your feet at night, before bedtime, to avoid skin maceration that can occur when wearing shoes. Once you have finished applying your cream, don't wash your hands. Wipe them instead with a tissue to remove the excess. If you have to go out, don't forget to apply the appropriate photoprotection, with a 50+ sun protection factor against both UVA and UVB rays. To keep in mind if you have lost your hair, moisturize your scalp with a cream or balm. Take this opportunity to massage the base of your fingernails and toenails as this can stimulate their regrowth.

WHY IS SUN PROTECTION NECESSARY?

During and right up until almost a year after your cancer treatments, **your skin**, due to its fragility, is **particularly sensitive to the UVA and UVB rays** of the sun. That is why it is so essential to protect it by **choosing the appropriate sun care product, with a 50+ sun protection factor**, against both UVB and UVA rays. It should be applied after your moisturizing cream, without forgetting the sensitive areas like the eye contour, the lips, the hands, feet, back of the neck and the skull.



OUR ADVICE
Opt for dermocosmetic products that respect a strict formulation charter so as to not worsen the irritation of your skin.

Seek advice from your pharmacist, your health care team or a dermatologist.

The UVA protection is represented by the symbol UVA



In the case of radiotherapy, the area exposed to the rays will be very vulnerable to sunburns and will have to be protected throughout your life. As for surgical **scars, that are particularly sensitive to the sun**, they run the risk of being easily subjected to hyperpigmentation (darkening of the skin). Keep them well covered and protect them carefully. Refrain from exposing yourself to the sun between 12 am and 4 pm and renew your sun care product application every two hours.

Be aware that **UVA rays can penetrate glass or clouds**, which explains why a daily photoprotection is necessary, even if you remain behind a window or if the sun isn't shining.

Always keep in mind that the best and foremost protection is your clothing. To ensure a full protection, wear sunglasses, a wide-brimmed hat or a cap.

BE AWARE
Damages caused by excessive sun exposure can cause skin cancers.



I AM UNDERGOING TREATMENT **WHAT TO DO IN CASE MY SKIN FACES PROBLEMS?**

Due to the treatments, **your skin type can temporarily change:** an oily skin can become normal, a normal skin can become dry and a dry skin can become very dry.

Without suitable skincare solutions, pruritus (itchiness) could also occur, running the **risk of making the skin bleed** due to constant scratching, and therefore opening the gate to possible skin infections.

Here are a few hygiene and moisturizing tips to avoid damaging the skin barrier.

HOW TO RESPOND IF MY SKIN IS DRY AND ITCHY?

Always choose **gentle and nourishing** hygiene and skincare products that feel pleasant to apply on your skin, such as a cream, balm or cleansing oil. Their action can be reinforced by the application of **a repairing balm on the very dry regions** of your skin.



Used **on a daily basis,** this combination of products will rapidly soothe your skin and will have an essential impact on the restoration of the skin barrier, as well as on the itching.



A thermal spring water spray can be used throughout the day on the sensitive areas of the skin for a soothing effect. Dab with a tissue to remove the water excess.

Refrain from scratching your skin.
It will only worsen its condition and enhance the risk of an infection, on top of sustaining a never-ending itch-scratch cycle. As a precaution, cut your nails short.

By the same token, **avoid anything that can be harsh on the skin**, such as rough and irritating fabrics, and choose above all cotton clothing.
In any case, it is best to avoid wearing tight-fitting garments.

OUR ADVICE
In case of any doubt, don't hesitate to seek advice from your pharmacist, your health care team or a dermatologist.

HOW TO DEAL WITH A FOLLICULITIS?

(INFLAMMATION OF THE HAIR FOLLICLE)

«The sun can cause the development of hyperpigmentation patches and can aggravate folliculitis. It is highly recommended not to expose yourself to the UV rays of tanning booths.»

Advice of Dr. Deshayes, dermatologist.



The most **suitable textures** are balms and creams. Regarding their formulation, they have to contain ingredients with a structure inspired by the natural lipids of the corneal layer (shea butter, ceramides...). It is also best to prefer the use of fragrance-free products.

In case of any doubt, don't hesitate to seek advice from your pharmacist, your health care team or a dermatologist.



Cleanse your skin with a **soap-free cleanser** and rinse it with lukewarm water.

Every night, apply locally a **soothing and repairing skincare** product on the pimples, after the application of your noncomedogenic moisturizing cream. **Do not use anti-acne products** that aren't suitable for that type of eruption or products containing essential oils, perfume, clay or fruit acids, alcohol or after-shave. **Avoid exfoliators, peels and dermabrasion.**

Apply rigorously, all year round, a UVB (SPF 50+) and UVA photoprotection on all the areas of your skin that are exposed to daylight and not covered by your clothes, throughout your treatment and for at least a year after it has come to an end.

Don't forget that **clothing is the first and foremost protection against the sun.**

OUR ADVICE
In case of any doubt, don't hesitate to seek advice from your pharmacist, your health care team or a dermatologist.

HOW TO PREVENT THE RISKS OF HAND-FOOT SKIN REACTIONS?

Certain symptoms can **cause severe skin dryness,** along with redness and sometimes **painful swelling** of the palm of your hands and sole of your feet. This phenomenon is known as the **hand-foot skin reaction**. To restrain the manifestation of splits, cracks and pain:



Prior to the start of your treatment, ask your nurse if the hospital department can **provide you with frozen gloves**[3]. The cold produces a vasoconstriction that reduces the diameter of the vessels and limits the side effects of chemotherapy on those areas of your body.



> WHO CAN ADVISE ME REGARDING MY SKIN?
In case of any doubt, seek the advice of your pharmacist, your health care team or a dermatologist.

Before your treatment starts, seek care from a chiropodist, and do so again one month after your treatment has ended. As from the beginning of your treatment, **moisturize your hands and feet several times a day** with emollient creams or balms, or with a repairing balm in case of severe dryness. **Cut your nails short** and wear gloves during strenuous manual activities (like washing dishes, gardening, doing handiwork). **Refrain from taking very hot baths** and showers as well as exposing yourself to the sun, standing up for too long or walking long distances. Choose to wear **large comfortable shoes**, preferably made of leather. Avoid wearing tight plastic/ synthetic shoes or high heels to not subject your extremities to any added trauma.

OUR TIP
Apply the moisturizing product as a poultice, under gloves, socks or plastic wrap, to reinforce its repairing effect.

If your hand-foot skin reaction is yperkeratotic (with a particularly thick corneal layer), your health care team or your pharmacist will be able to recommend you **a 10% urea cream or balm.**

DID YOU KNOW?
The skin of your hands and feet contains less protective fatty substances. As a consequence, it has the tendency to dry more quickly, especially under the influences of external harmful factors (such as the cold, overly hot water, the rubbing of the shoes...). It can thicken, redden (erythema), crack and soon become painful.

WHAT SHOULD I DO BEFORE AND AFTER MY RADIOTHERAPY SESSION?

«The respect of the preventive guidance and the application of suitable dermatological care products allow to limit the intensity of the side effects and to ensure a better observance of the treatment.»

Dr. Emmanuel Rio, radiotherapist.





If the radiotherapy counteracts the multiplication of cancerous cells and leads to their destruction, it can generate side effects (redness, chafing, burns...).

Here are ways of relieving them:

> BEFORE THE SESSION
The skin must be clean and dry during the session. It is therefore strongly recommended **not to apply anything** onto its irradiated area at least 6 hours beforehand, **to avoid the risk of a bolus effect** (artificial increase of the radiation dose).

> AFTER THE SESSION
Spray a soothing and anti-irritant **thermal spring water** solution onto your skin. In the evening, you can cover the irradiated area with **a thick layer of a suitable repairing balm** (at least 3 hours after the session). To strengthen their soothing effect, you can store these products in the refrigerator.

> OUR ADVICE
If possible, avoid being in contact with chlorinated or salty water. Opt for lukewarm showers and use a **soap-free cleanser.** Avoid, as much as you can, applying deodorant, perfume or lotions containing alcohol, which can be very harmful to the skin. **Refrain from exposing yourself to the sun.**

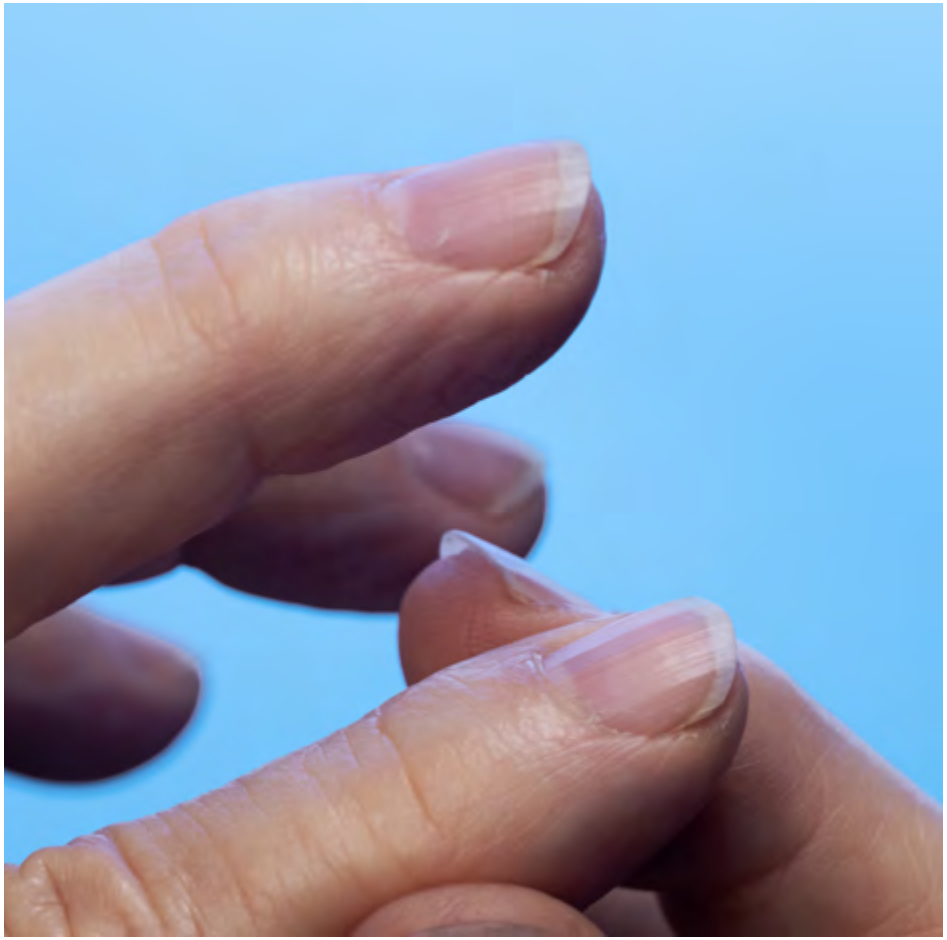
HOW TO PROTECT MY NAILS?

«My illness made me realize that I had to think of myself. I never particularly used to care for my nails before falling sick and going through chemo. Now that I have looked after them during and after my treatments, I can really say that today, they've never looked so beautiful!»

Mélanie, 42 years old.



Cancer treatments can often subject your **nails[5] to alterations** (appearance of lines or ridges, hyperpigmentation...). Hence the reason why a particular care must be given to them during the treatments.



> Who can advise me regarding my nails?
Your doctor, your specialist nurse, your pharmacist or your social and health care beautician. If symptoms persist, seek advice from a dermatologist.

THE PROTECTIVE GESTURES

Before beginning your treatment, and as a prevention measure, make an appointment with a chiropodist. To prevent any risk of infection, best is to file your fingernails and toenails rather than cutting them with scissors. Massage your nails and cuticles with a repairing balm. Don't pull off the hangnails, don't cut the cuticles and refrain from biting your nails. If you carry out household or gardening activities, make sure to wear cotton gloves under your plastic gloves. Protect your hands and feet from the heat and the cold. Use a soap-free cleanser (Syndet), that suits the pH of your skin and dry your hands and feet without rubbing.

TO BE AVOIDED

Nail polishes containing formalin, toluene, rosin, false nails, semi-permanent nail polishes, abrasive manicures, detergents, pesticides, insecticides, nail polish removers containing acetone, prolonged contact with water or sun exposure.

OUR ADVICE
For the men who prefer strengthening and protecting their nails with an invisible varnish, select the mat and beige base color.

THE GOOD METHOD TO PROTECT YOUR NAILS

> 1 To strengthen the nail, apply a base layer containing Silicium and a UV filter (invisible matte bases exist and are ideal for men), then two layers of dark tinted nail lacquer (non pearlescent) to hide the changes in color of your nails.

> 2 Renew the application as soon as the varnish wears off (about once a week), after having cleaned your nails with an acetone-free nail polish remover. Carry on with the application
during a period of three months following your treatments.

HOW TO TAKE CARE OF MY SCARS?

«It is very important to take care of your scar through self-massage and physical therapy so as to hinder any abnormal evolution and to improve your body movement, comfort and physical appearance».

Jean-Marc Ovième, physical therapist, president of the French College of Physical Therapy.



Many invasive procedures can cause scars. They should be looked after at a very early stage. Before any manipulation, seek the advice of a health care professional.

On top of a suitable hygiene consisting in cleansing regularly the scarred area with a cleansing gel or a soap-free cleanser, surgeons and physical therapists recommend to massage the wound twice a day, as soon as it is dry, clean and well closed, once the stiches or staples have been removed.



> Who can advise me regarding my scars?
Your doctor, your specialist nurse, a physical therapist or a dermatologist will be able to show you the proper self-massaging techniques to follow.

USEFUL INSIGHT
The evolution of a scar happens over a twelve to eighteen months period6.

IMPORTANT
Due to the fact there are different types of scars, it is essential to seek the advice of a health care professional before to proceed to the massage, as so not to aggravate the state of the existing scar.

THE GOOD ADVICE
It is strongly recommended to moisturize the scarred area with a repairing balm, following the appropriate motions that your doctor or your physical therapist will advise you about. If you have trouble touching your scar at first, there are two solutions: either ask your doctor to prescribe you a session with a physical therapist who will show you the right thing to do, or use a compress to apply your balm by gently patting it onto your skin.

A FEW ESSENTIAL PRECAUTIONS TO TAKE
It is highly recommended not to drink too much alcohol. The same goes for smoking (known to slow down the scarring process). Avoid friction (ex: pieces of clothing like bras, in the case of breast cancer). The application of antiseptic7 products on wounds and scars is not always specifically advised. In case of any doubt, seek advice from a health care professional.

To prevent hyperpigmentation, don't forget to protect your scars from the sun. Use a sun care product with high UVB (SPF 50+) and UVA* protection. It is of primary importance that you renew its application every two hours. Depending on the area in which your scar is located, you can either protect it with a bandage or cover it with a piece of clothing.

OUR TIP
If you have undergone breast surgery, try lifting your arm up gently to mobilize the tissues or pull your shoulders back and bring your shoulder blades together: it will work the same way as a self-massage!

HOW TO LOOK AFTER MY HAIR?

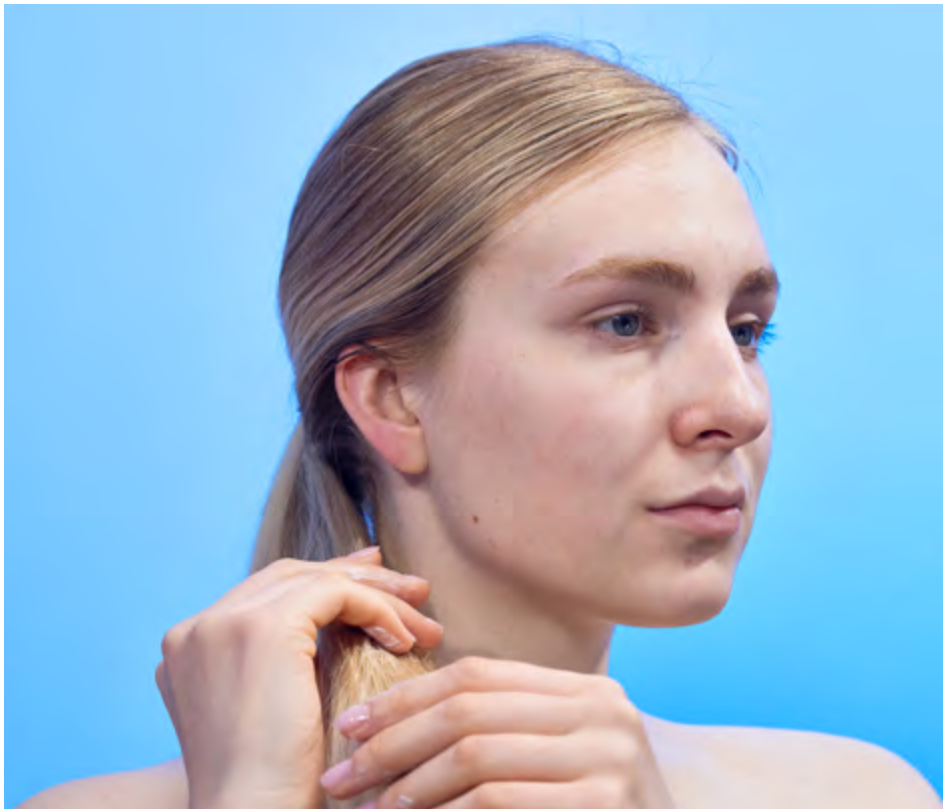
«Five years ago, I was hit by a very aggressive cancer that led me to undergo 18 months of chemotherapy during which I was completely bald. I tried wearing a wig, but it just wasn't me. So I started tying turbans around my head because they enabled me to relive that sensation of styling my hair. But having no more eyebrows or eyelashes, it all got a little too stigmatizing. One thing leading to another, I ended up coming up with the idea of a false fringe that holds on the head thanks to a patented system and above which you can wear a cap or tie a turban. Thanks to this invention, I felt like sharing with others through the creation of Franjynes. It also made me reclaim my identity and self-esteem. I had not chosen my illness but I had, from that point on, the choice of finding a new way to deal with those visible and difficult stigmas.»

Julie Meunier, founder of Franjynes - lesfranjynes.com



To lessen the **psychological impact regarding hair loss,** you can choose to meet hair prosthetists or social and health care hairdressers who are specialized in this particular field. They will be able to offer you the most suitable haircut before your treatment begins and **a range of available solutions such as synthetic or natural hair prostheses, cotton turbans, fringes...**

Or you may simply prefer to alternatively wear hats, caps, berets, knit caps, scarves, or nothing at all.



> Who can advise me regarding my hair?
Your hospital's social and health care beautician or an association offering beauty workshops (paris.maisonsrose.fr, bordeaux.maisonsrose.fr, belleetbien.fr...), a dermatologist, your specialist nurse, a social and health care hairdresser (list on socio-coiffure.fr) or a hairdresser.

THROUGHOUT YOUR TREATMENTS AND UNTIL YOUR HAIR GROWS BACK

Wash your hair with a very gentle shampoo on the eve of your sessions and wait at least 4 to 5 days before washing it again. If your hair is very dry, choose a lipid-restoring shampoo (or a revitalizing shampoo for very dry hair). To dry it, gently pat it with a towel. Avoid anything that could weaken your hair or your scalp (such as hair dryers, hair straighteners, curling irons, hot rollers, perms, hair dyes, braids, buns), even over a period of several months after the end of your treatments.

IN CASE OF HAIR LOSS

To cleanse your scalp, resort to the same gentle cleanser you use for your body, like a Syndet type cleanser or a cleansing oil.

OUR TIP
Is your hair prosthesis provoking itchiness? Former patient Françoise Goubron has come up with a solution by creating Clim'Hair, a patented innovative and practical skullcap (climhair.com). You can also pick the option of wearing false fringes.

In case of skin dryness, use your usual moisturizing body balm or cream to moisturize your scalp.

A SOOTHING MASSAGE

If you have lost your hair, you may experience itchiness or the sensation of «having sore hair». In this case, delicately massage your scalp each day with a nourishing skincare product or an anti-scratching emollient. This massage is particularly ideal to stimulate vascularization and make you feel relaxed.

MAKEUP
ADVICE

«There is always something beautiful about your face, makeup is there to help you reveal it. This precious tool opens the path to a perfect balance between reality and appearances, on top of restoring one's self-esteem.»

Carine Larchet, professional makeup artist, dermocosmetics and corrective makeup expert at La Roche-Posay, and head of the Aqualibre corrective makeup workshop at La Roche-Posay Thermal Center.



Despite the fact the nature of **your skin can experience changes** during your treatments, this shouldn't stop you from continuing to wear makeup. **Unify, illuminate, conceal, brighten... With the right makeup, it is possible** to veil small blemishes, especially folliculitis (inflammation of one or several hair follicles which causes the outbreak of tiny pimples) or certain scars, by using suitable solutions for women as well as men.

1. FOR A PLUMPIER SKIN



Massage your skin twice a day with a moisturizing cream.



To refresh your skin and **prepare it before the makeup application,** you can spray it with a thermal spring water mist by La Roche-Posay.

2. FOR A PLUMPIER SKIN

Choose **a corrective fluid foundation** that will quickly offer you a nice looking glow. To pick the shade that matches your skin color the most, do a test on the contours of your face.



Apply it like a cream, **smoothing it from the center of the face**, outwards and from the bottom of the face, upwards.



Moving down again to the bottom of the face, **smooth it downwards to your neck**, and if necessary, your upper chest.



Mattify with a mineral powder. For touch-ups along the day, pick a slightly powdery compact foundation or a bronzing powder.

3. ENHANCE YOUR COMPLEXION



With a large brush, swipe a touch of blush along the curve of your cheekbones, **working slightly up towards the temples.**

As for the color, choose a more intense pink blush or a slightly apricotty one if your skin tone is fair, a rose colored one for matte skins and a dark pink one for dark skins.

Avoid using the rose-colored blush if your skin is prone to redness or the bronzing blush that can hollow the cheeks and create a tired look.

4. REDUCE THE SIGNS OF FATIGUE

In the case of skin blemishes, dark under-eye circles, signs of fatigue (nasolabial folds, bitterness folds at the corners of your lips), opt for a **skin tone corrector or a concealer slightly fairer than your skin colo**r, to fade out those marked areas. In the case of small bumps, **use a corrector** similar to the color of your complexion as a lighter shade would run the risk of making them look more voluminous.



Yellow-orangey circles
Rosy beige concealer



Bister, brown, black circles
Rosy beige / apricotty or orangey concealer depending on the phototype



Purple-blue circles
Yellow concealer



Redness
Green concealer

For an efficient correction of the eye contour and to open up your gaze, use a slightly lighter than your skin tone concealer in order to illuminate the hollow under your eye and your eyelid. Once that is done, use your finger or the small brush of the concealer open to apply the concealer with a crosshatch motion on the fold of your top eyelid and on the hollow under your eye. Smooth it gently towards the outside of the eye and along your eyelid, for a delicate makeup finish.

IMPORTANT
Don't overload the eye contour as the excess makeup texture could weigh on its fine skin and lead it to wrinkle.

5. MAGNIFY YOUR EYES



1. SHAPE YOUR EYEBROW LINE

If you have lost your eyebrows or if they are sparse you can, while awaiting their regrowth, **artificially recreate their line**. Choose **two semi-bold eyebrow pencils**, similar to the color of your hair. A darker colored one, for the base of your brow (near your nose) and a lighter colored one for its tail.



Mimicking the natural direction of the hair growth, apply the pencil with small upward strokes to avoid creating a full single line that would harden your look. Remember to **set the pencil texture with a powder.** You can also resort to using eyebrow stencils associated to specific shades. Available in specialized stores, many different shapes are offered to help you find the one that perfectly suits your morphology. Don't hesitate to seek advice from an eyebrow expert.



Our advice
Avoid drawing dark, thick or overly structured eyebrows. The more you harden their shape, the more obvious their absence will be.



2. BOOST YOUR LASHES

If you have lost your lashes, to **give more depth to your eyes**, opt for an eyeliner or an eye pencil (either black, charcoal or dark brown). Starting from the outer corner of the eye, apply it in small dots to about a third of a way along the top lash line and the bottom one. Link the dots together using either a fine or an angled eyeliner brush, towards the inner corner of the eye. If you look tired around the eyes, i**lluminate the inner corner of your eye** with a small touch of pearly beige, champagne or rosy colored eyeshadow.
If your eyes tend to water, use waterproof pencils.







Our advice
If ever the shape or the length of your lashes change, and if they tend to lean down, it is recommended to have them trimmed by a social and health care beautician in order to avoid any potential ocular discomfort. Do not apply false eyelashes. Seek the advice of your doctor.

6. A BEAUTIFUL MOUTH



Before applying anything, think of deeply **moisturizing your lips with a balm**. To reinvigorate them with a natural finish, choose a **rosewood tinted lipstick** and tap it with your fingertips to create a bitten lips effect. **Avoid matte lipsticks** or inks as they tend to overly dry the skin. To learn about the good gestures to adopt, don't hesitate to arrange an appointment with a social and health care beautician.

Present in most hospitals, **many associations** such as Rose'Up, Maison La Holi, Ma Parenthèse, Belle et Bien, L'Embellie..., are also there to offer you free consultations. On the initiative of La Roche-Posay, around thirty **corrective makeup workshops** are carried out within dermatology and oncology departments of hospitals across France, among which the Hôpital Saint Joseph et Gustave Roussy in Paris, the Centre Léon Bérard of Lyon, the C.R.L.C.C. Eugene Marquis in Rennes, the Hôpital la Timone in Marseille...

All of them are open to women and men. Contact your health care team to make an appointment.

MAKEUP FOR ALL

Unforeseen folliculitis (inflammation of the pilosebaceous follicles), **blotches or redness can appear** on your skin.

Scars can also remain visible after a melanoma or a carcinoma ablation. To tone them down, follow the advice of Carine Larchet, professional makeup artist, dermocosmetics and corrective makeup expert at La Roche-Posay, and head of the Aqualibre corrective makeup workshop at La Roche-Posay Thermal Center.



STEP-BY-STEP
1 - Moisturize and soothe your skin with a light, fragrance-free, hypoallergenic moisturizing cream.

2 - For a natural correction, choose a corrective fluid foundation that matches the color of your skin and tap it with your fingertips onto the areas that are significantly red or scarred. Then, use a kabuki-style brush or a shaving brush to tap the corrector, without smoothing, across the whole surface of the face.

THE RESULT
Your skin condition is visibly improved, the skin is more supple, the redness and blemishes are covered, without creating a sallow effect.
If problems persist, don't hesitate to mention this issue to your doctor or a specialist nurse and to make an appointment with a social and health care beautician.

OUR TIPS
Did you know that it only takes a few minutes to redraw an eyebrow? Or to correct a complexion or conceal redness? You will find all the short videos about the different corrective makeup techniques at laroche-posay.fr, by clicking on the My Skin Throughout Cancer section

BEFORE/AFTER MAKEUP





NON RETOUCHED PICTURES



MY TREATMENT IS OVER **HOW CAN I GO ON LOOKING AFTER MY SKIN?**

Your treatments are over at last. To regain your physical and mental energy, you must continue to look after yourself.

Here is all our advice to help you better build your path to recovery and your newfound wellbeing.

A THERMAL SPRING WATER TREATMENT
TO FIND RELIEF AND REJUVENATE MYSELF

«After my mastectomy, I chose to undergo a post-cancer thermal water treatment and am thrilled with the results: my scar is more supple, my pains have practically disappeared, and my arm now feels lighter and more mobile. Besides the treatments, it is a beautiful human experience thanks to the skillful team that looks after us in such a caring way. Also, many activities are offered to us by the Tourism Office, such as walks, heritage discovery visits and conferences. One conference actually helped me become more aware of my diet.»

Valérie, 52 years old.



Thermal spring water treatments in a thermal center are the **ideal interlude** for all those in need of a fresh start and a period during which they can **recover after undergoing intense cancer treatments**. Surgical procedures and treatments can, indeed, result in painful scars, persistent skin dryness, irritated mucous membranes, sometimes lymphoedema, and an overall fatigue.

On top of accelerating the **physical recovery process**, these treatments are also a way **to rejuvenate yourself** on a psychological level. Between their hidden haven-like setting in the middle of nature, their group spirit, conferences and workshops around makeup, adapted physical activities, Pilates and sophrology... Everything is designed, in addition to the thermal water treatments, to help you let go and **re-embrace life after your illness.**

Before considering the option of a thermal spring water treatment, you will have to **wait for your doctor's consent.** Depending on your symptoms, he will prescribe the thermal water **treatment that best suits your needs.**

«After my salivary gland cancer treatment in 2011, I went for a thermal water treatment under the advice of my stomatologist. Thanks to a competent dermatologist and a friendly treatment team, my scar improved itself well and the muscles of my jaw, that had been damaged by the surgery and the radiotherapy, became more flexible. And those three weeks in this peaceful thermal center really gave me the opportunity to relax.»

Gilbert, 65 years old.

> If you wish to enquire about all the different treatments that are offered, you can visit the site www.thermes-larocheposay.fr

Depending on the chosen program, the "classic" **treatments can be accompanied by wellness activities** destined to strengthen your mind and body, such as activities following the Rose Pilates and Avirose fitness methods or sophrology. All have been available for the past several years and are carried out by professionals
throughout the thermal water treatment.



WHEN THE HAIR GROWS BACK

«It was such a joy when my hairdresser managed to cut my hair and give it more shape for the first time in three months! Because it was wintertime and quite cold, I went on wearing a small cap. But as soon as I was back home, I spent time touching my skull to feel its thin hair and always took advantage of that moment, to massage it.»

Laura, 28 years old.



In most cases, your **hair will grow back** at the end of the treatments. It usually reappears **4 to 6 weeks after your last chemotherapy** session, sometimes even before, depending on the moment during which the bodybhas fully eliminated the most aggressive drugs used in the treatment. The hair will go on growing at an average rate of **one centimeter each month.**

Don't be surprised if, at the start, your hair no longer has the same color or texture. It can appear thicker and frizzier, and sometimes become grey. Although it isn't the case when it comes to its color, your **hair will recover its original texture after a few months**. Because it often tends to be fragile during this regrowth period, it is important to **treat your hair** or the thin fuzz that appears at first, with the greatest care.



> Who can advise me regarding my hair?
Your hospital's social and health care beautician or an association offering beauty workshops (paris.maisonsrose.fr, bordeaux.maisonsrose.fr, belleetbien.fr...), a dermatologist, your specialist nurse, a social and health care hairdresser (list on socio-coiffure.fr) or a hairdresser.

HELPFUL TRICKS

> To stimulate your scalp, start by **massaging it gently with a moisturizing cream or balm.** Perform this gesture each day and for as many times as you wish, with gentle, circling motions, from the back of your neck to the top of your skull, during
2 to 3 minutes.

> Use a **gentle physiological shampoo** for sensitive scalps and damaged hair. Nourish your hair by using hair masks or shampoos for brittle and damaged hair.

> During its regrowth, you can continue to **wear your wig as it allows your scalp to breathe** and will not slow down the regrowth process. The same goes for turbans or scarves. You can stop wearing them as soon as you feel comfortable with your new
hair length.

> Due to its fragility, **wait a few months** for the hair to regain its vitality **before using hair styling gels or waxes**. In that same period of time, refrain from having your hair colored, permed, straightened or even blow-dried. Social and health care hairdressers usually offer to accompany you every step of the way, from the fitting of your hair prosthesis to the moment your hair grows back, and help you to overcome issues linked to hair texture and color change.

> If you wish **to have your hair dyed, contact your hairdresser** or a social and health care hairdresser.

OUR TIP
If you have the opportunity to do so, don't hesitate to consult a social and health care hairdresser that will know how to take care of your newfound hair (www.socio-coiffure.fr).

EXTRA TIP
Haircare products containing ceramide or arginine (which are essential components of the hair) will protect your hair and allow it to regain a soft and shiny texture.

USEFUL INSIGHT
Cutting your hair very short or shaving it will not accelerate its regrowth.

INDISPENSABLE **SUPPORTIVE CARE**



«80% of patients consider that supportive care is as important as the treatments.»

Prof. Ivan Krakowski, president of the French-speaking association for supportive care in cancer (AFSOS).

«Cancer care is not just about the treatment of the illness itself. As a complement to specific cancer treatments, supportive care can be offered in order to improve your quality of life.»

Explanations given by Prof. Ivan Krakowski, president of the AFSOS.



What does supportive care consist in?
Supportive care refers to all the necessary care and support measures destined to patients, in parallel to the specific treatments given to them – whenever there are any - throughout the period of their serious illnesses[8,9]. Whether it calls upon medicinal solutions or not, the aim of supportive care is to improve the quality of life of patients during and beyond their cancer treatment. From the improvement of self-image thanks to social and health care beauticians and dermocosmetic solutions aiming at limiting cutaneous toxicities, to pain management, nutrition counseling or adapted physical activities... Cancer supportive care comprises conventional care or complementary therapeutic practices, like for instance, the Rose Pilates method and sophrology.

When do they intervene?
They have to be offered as from the moment the diagnosis is announced, in parallel to the treatments destined to treat the cancer itself (meaning the "specific" treatments such as surgery, radiotherapy, chemotherapy,...) and to relieve the potential side effects and sequelae of the illness, even once the treatments are completed.

How to access them?
By discussing about them with your specialist and the members of the health care team, at each and every step of the treatment. They will know how to advise you and guide you. To find associations offering supportive care near your home, you can visit the site www.lavieautour.fr or the site of the AFSOS (https://www.afsos.org/les-soins-de-support/ decouvrir-tous-les-soins-de-support/).

How do they benefit the patients?
Today, the scientific studies are categorical: not only does supportive care help improve the quality of life of patients, it also limits the risks of relapses and/or its seriousness. The patients themselves highly support this global approach as proven by a study conducted by the French Institut Curie in 2014: 72% of the people surveyed consider significant the global and
multidisciplinary approach of the patient10, which encompasses curative care and supportive care.

DID YOU KNOW?
Looking after your body, well-being and image is far from being a superficial thing to do during the course of an illness. On the contrary, the health care teams have noticed that it can even have beneficial physiological consequences like, for instance, the decrease of high blood pressure and muscular tension, the lessening of overall stress and nausea, a better acceptance of the treatments and, above all, the ability to make people smile again. Source: afsos.org.
If taking care of your skin is fully part of supportive care, taking care of your body and your mind is as equally important. Among the range of physical activities recommended by the AFSOS, La Roche-Posay has chosen to present you with two: Rose Pilates and sophrology.

8. Krakowski I, et al. Pour une coordination des soins de support pour les personnes atteintes de maladies graves : proposition d'organisation dans les établissements de soins publics et privés. Médecine palliative. June 2004;3:134-143.

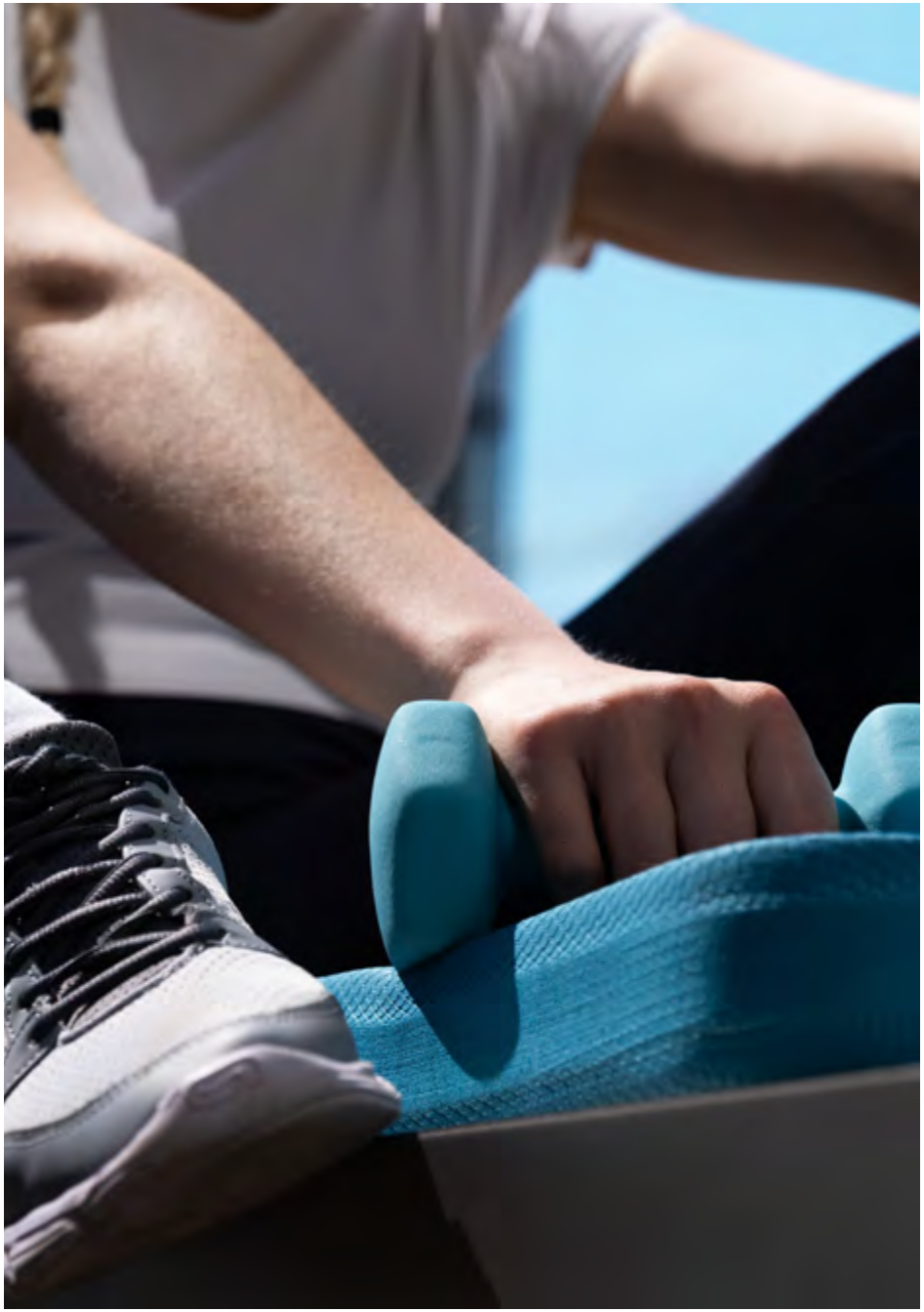
9. Colombat P, et al. A propos de la mise en place des soins de support en cancérologie : pistes de réflexions et propositions. Médecine & Hygiène «InfoKara». 2009; 14 (2): 61-7. 10. Institut Curie Vivavoice Cancer barometer 2014.

THE BENEFITS OF ADAPTED PHYSICAL ACTIVITY

«Rose Pilates helps cancer patients gently recover thanks to exercises that are always respectful of intrinsic biomechanics.»

Jocelyne Rolland, physiotherapist, creator of Rose Pilates and Health Sport educator.





For a long time, people thought that the need to rest was all part of undergoing a cancer treatment. Yet today, it has been scientifically proven that as from the beginning of the cancer care process, **adapted physical activity is beneficial** against fatigue, relapses and the side effects of the treatments, particularly when it comes to articular and muscular pain[11].

Ideally, it is best to choose **an activity you enjoy doing**, like for example Nordic walking, swimming, yoga, aqua fitness, Rose Pilates, Avirose, cycling, fencing... If you don't like being alone or if you lack motivation, meet up with the members of associations like the CAMI (sportetcancer.com), SielBleu (sielbleu.org) or join the workshops organized by different associations such as Rose Up (rose-up) or Aquabre (pavillonrose-larocheposay).

FOR YOU TO **GET (RE) STARTED**

Check the site laroche-posay.fr and click on its My Skin Throughout Cancer section

The aim of it all is **for you to turn into habits those simple methods** that can easily be reproduced anytime and especially in the case of unpleasant manifestations (like anxiety, shortness of breath...).

The good rhythm: **2 to 5 weekly and progressive sessions of 10-20 to 40-60 minutes** each, on top of the warm-up period and the period of relaxation and rest after the physical exercise. This **physical exercise will have to suit your health condition** and be medically supervised[12].

11. Ibrahim EM, Al-Homaidh A. Physical activity and survival after breast cancer diagnosis: meta-analysis of published studies. Med Oncol. 2011;28(3):753-65.

12. AFSOS (Association Francophone des Soins Oncologiques de Support) Référentiels inter-régionaux en Soins Oncologiques de Support : activité physique et cancer 2018.

RECLAIMING MY BODY THROUGH PILATES WORKOUTS

«Rose Pilates helps cancer patients gently recover thanks to exercises that are always respectful of intrinsic biomechanics.»

Jocelyne Rolland, physiotherapist, creator of Rose Pilates and Health Sport educator.



«In three-four months, Pilates helped me regain mobility in my arm and shoulders after a surgical procedure and the ablation of my glands. I relearned how to carry weight and work my arm, especially thanks to a very simple exercise: laying on the back, elbows pointed outwards at shoulder level, arms bent at a 90-degree angle against the ground, legs bent and tilted to one side. This gave me the opportunity to stretch out my pectoral muscle. But most importantly, this fitness method helps you go back to breathing deeply and feeling alive and healthy again.»

Caroline, 49 years old.



SPECIAL PRECAUTIONS

You are often practicing under your sole responsibility. In case of any doubt regarding an exercise, seek advice from your doctor or your physiotherapist. Listen to your body and never force the movement. Learn to breathe while practicing the movements and never hold your breath. When you feel a movement requires more effort, exhale through your mouth while bringing your tummy in.

EXERCISES

1. For a regal posture

Seated on a chair, place your feet apart and firmly on the ground. Tilt your pelvis back, bringing your belly button in, then gently arch your back by tilting your pelvis forward and stretch your back upright. You can place your hands on each side of your lower back during the process. Repeat the movement several times and make sure to breathe out when straightening your back. The result? This exercise helps overcome the unpleasant effects of the prolonged sitting position that can, for instance, lead one to slouch while seated in a waiting room.

2. Flat belly and back pain relief

Sitting down, place your feet wide apart (further than the length of your pelvis) and firmly on the ground. Place your hands on your shoulders and stretch your back upright. While breathing out, tilt your trunk forward and stop when you feel your back is about to roll. Leaning with your back straight and between your thighs, the muscles of your back will work to keep your trunk well aligned, despite the inclination. When you breathe out, tighten your stomach (bringing your belly button in against your spine). The result? You will obtain a proper core building of all your abdominal and lower back muscles.

HOW TO ACCESS THE PILATES SESSIONS?

In France, in the Services section of the site Larocheposay.fr

Find addresses on the site www.sereconstruireendouceur.com

LETTING GO AND REGAINING VITALITY THROUGH SOPHROLOGY

«We cannot overcome the difficulties of life without being fully aware of the boundless power of our inner resources.»

Marion Fossorier, sophrologist.



With its muscular contraction-relaxation exercises and its breathing techniques, sophrology helps to release tensions and ease the pain and anxiety generated by the treatments. As for the fatigue that is often caused by chemotherapy, this discipline also allows to regain a certain vitality, especially through positive visualization exercises that enable patients to imagine themselves feeling strong and healthy.



FOR AN OPTIMAL LISTENING

Sit in a quiet and peaceful environment and let yourself be guided by the voice of the sophrologist, while letting all your sensations express themselves.

Practice these exercises at your own pace, without ever forcing anything and wherever you wish.

For a beneficial result, listen to the sessions or exercises as often as you want.

HOW CAN I ATTEND SOPHROLOGY SESSIONS?

> By clicking on the Services section of the La Roche-Posay site

> By checking to see if the hospital in charge of your care offers this type of complementary care.

MY TARGETED
AND SUITABLE
SKIN CARE
ROUTINE WITH
LA ROCHE-POSAY



TO WASH YOUR SKIN AND YOUR HAIR

93%

OF PATIENTS REGULARLY USING LA ROCHE-POSAY PRODUCTS WHILE UNDERGOING CANCER TREATMENTS, DECLARE FEELING AN IMPROVED SKIN COMFORT AS WELL AS AN **IMPROVEMENT OF THEIR PHYSICAL, SOCIAL AND PSYCHOLOGICAL STATES**[14].



LIPIKAR
HUILE LAVANTE AP+

Depending on your tastes, you may prefer the texture of a shower oil. Under the shower, lather on wet skin. Rinse delicately and pat dry without rubbing, for a nourished and comfortable skin. After your ablutions, apply an anti-scratching nourishing balm, like **LIPIKAR** BAUME AP+m.



FORBODY

LIPIKAR
SYNDET AP+

This soap-free cleanser, respecting the pH of the skin, allows a hygiene suited to the most sensitive skins. Apply the product to moistened skin. Lather then rinse gently and pat dry without rubbing, for a nourished and comfortable skin.

14. Tested on 253 patients during radiotherapy. The regular users have frequently used 5 different products.



FOR FACE

TOLERIANE
DERMO-CLEANSER

Apply the cleansing and makeup removal fluid with your fingertips onto your face and massage with circular motions. Wipe your skin carefully with a cotton pad.



FOR HAIR

KERIUM
EXTRA GENTLE

Apply the soothing anti-itching gel shampoo on wet hair and delicately massage your scalp. Rinse thoroughly with lukewarm water to regain supple, shiny and soft hair while soothing your scalp.

OUR TIPS
Did you know that it only takes a few minutes to redraw an eyebrow? Or to correct a complexion or conceal redness? You will find all the short videos about the different corrective makeup techniques at laroche-posay.fr, by clicking on the My Skin Throughout Cancer section

TO SOOTHE / MOISTURIZE YOUR SKIN

The **LIPIKAR** BAUME AP+m prevents side effets and reduces side discomfort **caused by chemotherapy** treatments[15]. It helps to improve the quality of life of patients undergoing chemotherapy, and particularly their skin comfort and their psychological well-being[16].



TOLERIANE
ULTRA CREME

Delicately apply on the face and the neck, morning and night, to moisturize and soothe your skin, and therefore restore the cutaneous comfort.



LIPIKAR
BAUME AP+M

Apply this lipid-restoring and soothing balm once a day on the body and/or the face (in case of severe dryness).

Renew the application if necessary.

15: Wohlrab J, et al. Barrier protective use of skin care to prevent chemotherapy-induced cutaneous symptoms and to maintain quality of life in patients with breast cancer. Breast Cancer: Targets and Therapy. 2014;6:115-22. Results after 6 weeks.
16: Tested on 147 patients during chemotherapy and/or radiotherapy. Regular users : at least 7 products together often/every day



IN CASE OF IRRITATION SENSATIONS FACE & BODY

THERMAL
SPRING WATER

The unique combination of mineral salts and trace elements, including Selenium, endows the La Roche-Posay thermal water with unique antioxidant, soothing and softening properties that have been scientifically demonstrated.

Spray the thermal water directly on your skin, let it act 2 to 3 minutes before patting the excess off.



CICAPLAST
BAUME B5

Apply the soothing repairing balm twice a day, on the very dry and irritated areas of your body, face and/or lips (making sure to cleanse and dry the skin beforehand). At night, you can also apply it as a poultice, in thick layers, to repair and soothe your skin. It can be used to perform a selfmassage, or after a self-massage on dry skin, depending on the recommendations of your health care team.



SEROZINC

Zinc sulfate solution. Purifying and soothing for weakened skins. Rinse-free, to be sprayed directly onto the skin.

OUR ADVICE
For an extra soft skin, generously cream your face and your body morning and/or night depending on your needs. To be adapted in case of radiotherapy: it is strongly recommended not to apply anything onto the irradiated area of your skin at least 6 hours before the session. Choose creams or balms that are fragrance-free.

TO PROTECT YOUR SKIN FROM UV RAYS

WHEN IT COMES TO PHOTOSENSITIZING TREATMENTS, THE RISKS RELATED TO THE SUN ARE HIGHER, EVEN FROM BEHIND A GLASS WINDOW OR ON A CLOUDY DAY.



ANTHELIOS
KA+ SPF 50+

Daily soothing moisturizing product for the face, associated to a very high UVB (SPF50+) and UVA photoprotection. Fragrance-free.

Apply the product on clean skin just before going outside and/or exposing yourself to the sun. Renew the application every 2h, in case of strong perspiration and/or bathing.

As a reminder: Choose to wear protective pieces of clothing and accessories (long sleeves, hat, sunglasses...).



ANTHELIOS
INVISIBLE FLUID
SPF 50+

Very high UVB (SPF50+) and UVA protection. Fragrance-free. Apply on the face and the body and renew the application every two hours, especially after bathing.

OUR ADVICE
Choose a cream with a high UVB (SPF 50+) and UVA protection. Avoid sun exposure, between 12 am and 4 pm, when the sun is at its peak. **Don't forget that the first and foremost sun protection is your clothing.**

TO EMBELLISH
NAILS & FACE



TOLERIANE
VERNIS SILICIUM

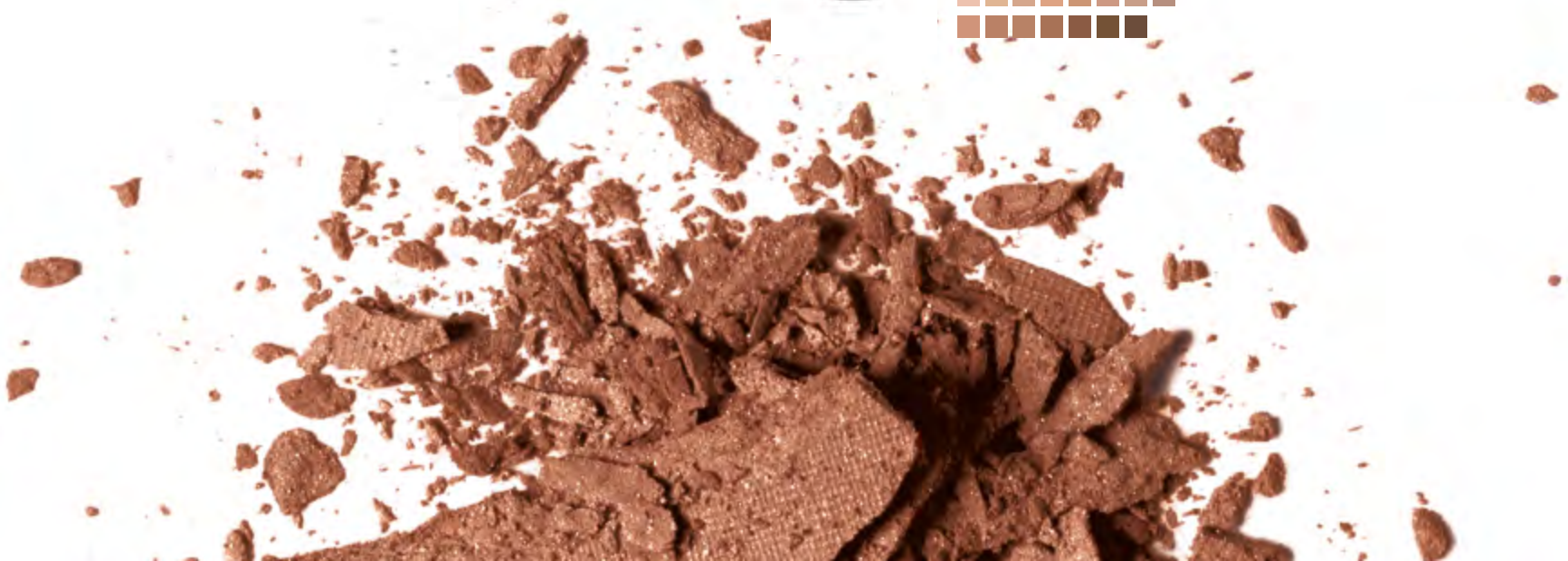
Reinforces, protects and fortifies the nails. Enriched in Silicium and in Mexoryl XL (UV filter). Hypoallergenic, UV protection.

Apply one layer of base coat and at least two layers of color on the entire nail,from base to tip. A matte transparent base exists for a discrete result.

TOLERIANE
TEINT MINERAL

Unifies and sets the complexion. Mattifies w clogging the pores. Nor comedogenic. Mineral p texture. Ultra-smooth s 4 shades.





HIGH-TOLERANCE FORMULATION CHARTER
> Hypoallergenic
> Fragrance-free
> Rigorous selection of ingredients
> Conceived for people intolerant to nickel

The products presented hereby are the ones used during the La Roche-Posay corrective makeup workshops undertaken in French hospital departments.



TOLERIANE
CORRECTEUR
DE TEINT FLUIDE

Light and fine texture, ultra-expandable. Corrects blemishes for a natural makeup result. Non comedogenic. Unifies the complexion without a cakey finish. Enriched in La Roche- Posay Thermal water.
15 shades.



TOLERIANE
TEINT BLUSH

Healthy glow effect. The powder puff offers an extremely gentle precise application. Suits the most sensitive skins. Non comedogenic.
2 shades.



TO EMBELLISH YOUR EYES & LIPS



TOLERIANE
CRAYON DOUCEUR

Intensifies and highlights
the look. Underlines the eye contour.
Intense and buildable creamy lead and
line. Anti-flaking hold.
2 shades.

HIGH-TOLERANCE FORMULATION CHARTER
> Hypoallergenic
> Fragrance-free
> Rigorous selection of ingredients
> Conceived for people intolerant to nickel

The products presented hereby are the ones used during the La Roche-Posay corrective makeup workshops undertaken in French hospital departments.



TOLERIANE
MASCARA
MULTI-DIMENSIONS

Reinforces and amplifies.
1 shade.





TOLERIANE
CRAYON SOURCILS

Redefines and restructures
the eyebrow. Reshapes your look.
Creamy texture and delicate
brush. Waterproof formula.
2 shades.


CANCER
SUPPORT
BY LA ROCHE-POSAY

LA ROCHE POSAY
LABORATOIRE DERMATOLOGIQUE

