

# Your guide to skincare during cancer treatment

by OncoGlow<sup>TM</sup>



## 1. Gentle Daily Skincare

- Use pH-balanced, fragrance-free cleansers with lukewarm water.
- Avoid scrubbing or exfoliation — your skin is in healing mode.
- Pat dry gently with a soft towel.

OncoGlow<sup>TM</sup> Pro Tip:

Press a cold damp cotton pad over your eyes for 1 minute after cleansing to relieve inflammation.



## 2. Deep Hydration Rituals

- Look for moisturisers with ceramides, hyaluronic acid, panthenol or shea butter.
- Apply within 2 minutes of washing to lock in moisture.
- Hydrate inside out: sip water throughout the day.

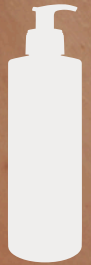
OncoGlow<sup>TM</sup> Pro Tip:

Store moisturiser in the fridge for a cooling, anti-inflammatory boost.



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## 3. Sun Protection Every Day

- Use a mineral SPF 30+ with zinc oxide or titanium dioxide.
- Avoid direct sun, especially post-radiation.
- Wear soft, breathable fabrics and a wide-brim hat.



## 4. Ingredient Awareness

- Avoid actives like retinoids, glycolic acid or high-concentration Vitamin C during treatment.
- Choose calming agents like calendula, aloe vera, niacinamide, and oat extract.

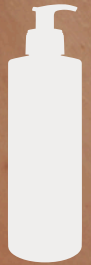
OncoGlow<sup>TM</sup> Pro Tip:

Use a light barrier cream on vulnerable areas (like around the nose or cheeks) before hospital visits to protect against environmental stressors.



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## 5. Soothing Touch & Recovery

- Oncology-safe facials and massage techniques can ease swelling, tension and fatigue.
- Gentle touch can support deeper rest and regulation — from the skin surface to systems beneath.
- Treatments should always be adapted by trained, oncology-certified therapists.



## 6. Emotional-Skin Connection

Your skin isn't just a barrier — it's a reflection of your internal landscape. Stress, grief, and trauma often manifest physically. Rest, nourishment, and soft rituals can support your whole body's healing.

At OncoGlow<sup>TM</sup>, our methods are designed with both biology and emotion in mind.



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## Disclaimer

This guide is for educational purposes only. It is not a substitute for medical advice. Always consult your oncology team before starting any new skincare or holistic treatments during active therapy.

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