

Stretch marks

Understand how rapid stretching changes collagen and elastin, why early marks differ from mature marks and why improvement is not removal.



What it means

Stretch marks are a type of scar that can follow rapid growth, pregnancy, muscle gain or weight change. Early marks may be red, purple or brown; mature marks usually become paler and slightly depressed. They often fade but are permanent.

Important limit

No cream, oil, peel or needling course can erase stretch marks. Pregnancy, breastfeeding, recent tanning, active inflammation and keloid history change treatment choices.

Stretch marks

How Idalia may support you

Route	Purpose	Starting point
Body microneedling	A consultation-led remodelling route for selected stable stretch marks.	Quoted by area
Skin-quality plan	A staged plan based on age, colour, area, pigment risk and tolerance.	Consultation
Specialist referral	Laser or other medical procedures when outside current clinic scope.	Referral

A useful home-care foundation

- Expect fading rather than removal
- Treat early marks conservatively
- Use sun protection on exposed areas
- Avoid unverified aggressive home devices

Pause and seek appropriate review when

- Sudden widespread stretch marks
- Long-term steroid use
- Possible endocrine or connective-tissue condition
- Pregnancy or breastfeeding treatment questions

Remember

This leaflet is general cosmetic education. It does not diagnose a condition, confirm suitability, replace medical advice or act as treatment consent. Individual response and recovery vary.

Read the full guide: <https://starwellness.studio/stretch-marks-explained.html>

Idalia Aesthetics & Wellness - Dudley and the West Midlands