

Stretch marks are narrow lines that develop on the skin due to excessive stretching caused by pregnancy, weight gain, or a growth spurt.

Although they are not a health threat, they are unsightly and may cause embarrassment and can affect one emotionally.

There are many methods of getting rid of them, and one includes the use of creams and oils.

There are, however, countless types of such creams and oils, and it can be quite challenging to pick the right one.

To help you out, we have reviewed the five best stretch marks creams below.

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TOP 5: Best Stretch Marks Treatment Creams To Use When You Are Pregnant

1. Skinception Intensive Stretch Marks Therapy



Skinception Intensive Stretch Marks Therapy is a skincare cream that promises to reduce the appearance of stretch marks by 72.5% in just two months of use.

If you have been embarrassed of stretch marks and had been hiding them under layers of clothing, then this is the cream for you.

Other than reducing the appearance of stretch marks, this intensive therapy also prevents their formation before they appear.

It relies on scientifically proven ingredients to fade and erase stretch marks on the thighs, buttocks, arms, and stomach.

This formula has been designed by Dr. Dave David, a renowned cosmetic surgeon with extensive medical experience.

Skinception Intensive Therapy is not a combination cream and does not claim to solve other skin problems.

Instead, it is designed to tackle stretch marks, which it does by fading marks and restoring the skin's elasticity.

It also evens skin tone and smoothens any furrows found in the affected areas.

This cream is easy to use, and all you have to do is apply it gently on the affected areas twice a day.

It is manufactured by Leading Edge Health, a company based in Cyprus that makes numerous other health products.

Skinception Intensive Stretch Marks Therapy is available on the official website, and it comes with a 67-day money-back guarantee.

The manufacturer also offers free shipping for all orders over \$150.

How it works?

Skinception Intensive Stretch Marks Therapy relies on scientifically proven ingredients to deliver the results it promises.

These ingredients work from deep inside the skin to boost the production of collagen and elastin.

Low levels of collagen result in stressed and damaged skin, which can quickly form stretch marks.

Low elastin leaves the skin loose and hanging.

Restoring the balance of these two components allows the skin to begin healing, and with regular use, you will start to see changes.

In one clinical study, women with post-pregnancy stretch marks applied this cream for two months.

After the two month test period, the color, indentation, and width of the stretch marks had reduced by more than 21%.

Additionally, their skin appeared healthier, thicker, and smoother.

Ingredients

Here are three ingredients used in this stretch marks cream that make it effective:

- **Darutoside** - This is a trademark ingredient that contributes to skin renewal. It stimulates the production of collagen and strengthens the skin helping it withstand stretching which can cause stretch marks.
- **Citrus Grandis (Grapefruit) Peel Oil** - This oil acts as a tonic, soothing the skin and helping it to recover from stress. It has anti-bacterial properties that aid in fighting toxins.
- **Hydrolyzed Soybean Fiber** - This ingredient stimulates the production of collagen. It has peptides that fight inflammation and is also known to moisturize the skin.

Pros & cons

Pros

- Clinical trials back product efficacy.
- Formulated by a doctor with years of experience in cosmetology.
- Reduces the appearance of stretch marks by 72.5% in two months.
- Comes with a 67 money-back guarantee.
- Free shipping for products over \$150.
- Significant savings when you buy larger packages.

Cons

- Buying one jar is quite costly.
 - Not many independent reviews are available.
 - Only available on the official website.
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2. Bio-Oil



Stretch marks are formed when the body expands faster than the skin covering it, forcing the skin to stretch and tear.

marks.

It combines vitamins and plant extracts suspended in an oil base.

This suspension creates an oxygen-free environment, which ensures the product's potency is maintained without the need for preservatives.

The use of Vitamin A ensures that new collagen is produced in the skin, which increases its elasticity, reducing the appearance of wrinkles.

Vitamin E protects the skin from damage caused by the sun as well as from premature aging.

Ingredients

Here are three ingredients used in this stretch marks oil that make it effective:

- **Rosemary Oil** - Rosemary oil has anti-fungal and anti-bacterial properties. It, therefore, helps fight damage in the skin cells caused by free radicals. It also acts as a skin tonic, soothing and repairing damaged skin ¹.
- **Purcellin Oil** - This is a trademark ingredient that is included in this formula to help smoothen the skin as well as increase the effectiveness of other ingredients.
- **Vitamin A** - Vitamin A is essential for many health functions, and in the skin, it is useful for the production of new skin cells. It also helps to keep the skin firm and healthy.

Pros & cons

Pros

- Numerous clinical trials and scientific studies back Bio-Oil.
- It is recommended by doctors and pharmacists all over the world.
- Bio-Oil has won hundreds of awards over the years for its efficacy.
- It lessens the appearance of stretch marks and scars after two months of use.
- It is relatively affordable.
- Available in 125 countries.
- Can be purchased online, in shops or pharmacies.
- Easily absorbed and is not greasy.
- Made from natural oils and plants.

Cons

- Since it is available in many places, it is easy for counterfeit products to be sold as Bio-Oil.
- Prices differ depending on where one is buying.

3. Mederma Stretch Marks Therapy



Mederma Stretch Marks Therapy is oil that is designed to lock in moisture in the skin, maintaining its elasticity and therefore reducing the possibility of tears that cause stretch marks.

It is especially useful when used during pregnancy or while breastfeeding, two instances when stretch marks are most likely to form.

This stretch marks therapy is backed by a scientific survey that was conducted among women who used it for 12 weeks.

After the trial period, 76% of the women experienced a considerable reduction in their stretch marks and were satisfied that it worked better than other products they had tried.

This skin therapy is made from a unique blend of ingredients and does not include any parabens.

To get the best results, you should apply a generous amount on the affected areas and massage thoroughly until it is absorbed.

Repeat this twice a day, in the morning and evening, expecting the first results after four weeks.

Mederma Stretch Marks Therapy is manufactured by HRA Pharma, a company that provides therapeutic solutions to various medical needs.

If you use this oil for 12 weeks with no visible changes in your stretch marks, then you can return it for a refund of the purchase prices.

Mederma Stretch Marks Therapy is available on [amazon.com](https://www.amazon.com).

How it works?

Mederma Stretch Marks Therapy uses a blend of ingredients to increase the moisture content in the skin.

When the skin has enough moisture, it becomes more elastic and will not tear easily.

This, in turn, means that it will not form stretch marks quickly, as these are formed when skin tears heal.

It uses Cepalin®, a patented ingredient that is clinically shown to increase moisture in the skin.

Ingredients

Here are three ingredients used in this stretch marks oil that make it effective:

- **Hyaluronic acid** - In the skin, Hyaluronic acid binds to water, thereby retaining moisture. It reduces wrinkles, redness, and has been seen to reduce the effects of aging on the skin ².
- **Centella Asiatica plant extract** - Centella is rich in amino acids, fatty acids and beta carotene. It calms skin inflammations and promotes the growth of new skin cells. It also stimulates the production of collagen and improves blood circulation.
- **Cepalin®** - This is a proprietary botanical extract that significantly increases moisture in the skin.

Pros & cons

Pros

- Scientific trials back its efficacy.
- Does not contain harmful parabens and chemicals.
- Can be used by pregnant and breastfeeding mothers.
- Available online at amazon.com and in brick & motor stores such as CVS, Walmart and Target.

Cons

- Only works on newly formed stretch marks.
- It takes at least four weeks to see any significant results.

4. COS Naturals Stretch Mark and Scar Cream



COS Naturals Stretch Mark and Scar Cream is a product designed to fade the appearance of stretch marks and scars in the body.

It also reduces inflammation on the skin and prevents the forming of new scars or stretch marks.

This cream is ideal for both men and women who are experiencing stretch marks brought on by pregnancy, rapid changes in weight or muscle building.

It is formulated from natural ingredients that include essential vitamins and amino acids.

Other than fading stretch marks, this cream moisturizes and nourishes the skin, which gives it more elasticity.

Pregnant women are encouraged to start using this stretch mark cream early enough to prevent the formation of stretch marks after the baby is born.

To get the best results, you are advised to apply the cream generously to the thighs, legs, buttocks, breasts, and stomach twice a day.

This product is manufactured by Cos Naturals, a skincare company based in the USA.

It is produced and packaged in an FDA approved lab.

COS Naturals Stretch Mark and Scar Cream is available on Amazon, and the manufacturer promises a 100% money-back guarantee to unsatisfied customers.

How it works?

Stretch marks result from sudden changes in growth that stretches the skin, including pregnancy, puberty or rapid weight gain.

When the skin is stretched, it may tear, and as these tears heal, they form stretch marks.

This cream uses clinically researched ingredients that provide the skin with moisture and deep hydration, increasing the skin's elasticity.

This, in turn, reduces the effect of skin tearing that creates scars and stretch marks.

It also heals skin inflammations that might result in scars while even fading already existing ones.

Finally, this cream leaves the skin smoother and gives it an even complexion.

Ingredients

Here are three ingredients used in this stretch marks cream that make it effective:

- **Hyaluronic Acid** - The skin contains large amounts of hyaluronic acid. It is responsible for retaining moisture in the skin and reducing the effects of inflammations such as redness and wrinkles.
- **Vitamin E** - Vitamin E is crucial in the regeneration of new skin cells. It also protects the skin from damage caused by the sun, while also acting as a potent moisturizer ³.
- **Vitamin C** - Vitamin C is an antioxidant that plays a crucial part in fighting free radicals that might otherwise damage skin cells. It also contributes to the repair and regeneration of skin cells.

Pros & cons**Pros**

- Reduces the appearance of scars and stretch marks.
- Uses natural and organic ingredients.
- Has generally positive reviews on Amazon.
- Moisturizes and hydrates the skin.
- Fairly priced.
- Does not contain parabens, alcohol and is not tested on animals.
- The manufacturer offers a money-back guarantee.
- Can be used by both men and women.

Cons

- Insufficient product information on the manufacturer's website.
- Results vary significantly with individuals.

5. Body Boost Milk & Honey Stretch Mark Butter



Body Boost Milk & Honey Stretch Mark Butter is a skincare cream that promises to prevent the formation of stretch marks on the skin.

It also heals the dry skin and eliminates itching caused by these stretch marks.

This product is especially ideal for pregnant women who face stretch mark formation as a

result of stretched skin.

It, therefore, provides the skin with much-needed nutrients that enable it to withstand stretching for the nine months of pregnancy.

Body Boost Milk & Honey prevents stretch marks by increasing the production of collagen and elastin in the body.

It is formulated from natural ingredients that have been proven to work on stretch marks.

To get the best results, it is advisable to start using this product early in pregnancy.

This ensures that your skin has enough moisture to withstand the prolonged stretching that it must endure.

This milk & honey cream is manufactured by Body Boost, a skincare products company based in the USA.

It has been tested for allergies and sensitivity and does not contain any parabens, phthalates, or mineral oils.

You can purchase this stretch marks cream online from [amazon.com](https://www.amazon.com).

How it works?

When stretched too far, collagen and elastin fibers tear, which results in stretch marks on the surface of the skin.

When these tears happen, it may take up to six months for stretch marks to appear on the surface of the skin.

This leaves the skin exposed to even further damage.

Body Boost Milk & Honey Stretch Mark Butter works by strengthening these collagen and elastin fibers in the dermis of the skin.

If the skin has enough elasticity, it will be resilient enough, even in extreme stretching.

This cream also keeps the skin intensely moisturized which contributes significantly to preventing the formation of stretch marks.

Ingredients

Here are three ingredients used in this stretch marks cream that make it effective:

- **Gotu Kola** - Gotu Kola is an Indian herb that has numerous medicinal benefits. It has a high concentration of Triterpenoids, chemical compounds that strengthen and rejuvenates connective tissue.
- **Rosehip Oil** - This oil is a potent moisturizer that also promotes skin regeneration. It evens out skin tone and has been seen to improve the appearance of scars.
- **Shea Butter** - Extracted from the *Butyrospermum Parkii* tree, this ingredient is a natural emollient that locks moisture in the skin. It also has anti-inflammatory properties.

Pros & cons

Pros

- Does not contain harmful ingredients such as parabens or mineral oil.
- Prevents the formation of new stretch marks when used consistently.
- Moisturizes, hydrates and softens the skin.
- Relatively affordable.
- Safe for pregnant and nursing mothers.
- It is absorbed quickly in the skin and is non-greasy.
- Made in the United States.
- Has generally positive reviews on amazon.com.

Cons

- It takes several weeks to see results.
- Might not work well on old scars and stretch marks.
- Results are not standard and vary with individuals.

FAQ (Frequently Asked Questions)

What is a stretch mark cream?



A stretch mark cream is any cream applied to the body to reduce the appearance of stretch marks.

Other than diminishing stretch marks, these creams also firm and moisturize the skin.

What are some of the benefits of stretch marks creams?

- Reduced appearance of stretch marks.
- More evenly toned skin.
- Hydrated and softer skin.
- Firmer and tighter skin.

Who should use stretch mark creams?

Stretch mark creams can be used by anyone, man or woman, who is looking to get rid of stretch marks.

It is important to note that some creams can only be effective on fresh stretch marks and cannot reduce older ones.

Pregnant and nursing women should also use these creams as they are more susceptible to getting stretch marks.

Which ingredients should I expect to see in stretch mark creams?

Stretch mark cream ingredients vary greatly with manufacturers, but here are some of the ingredients that you are likely to see:

- Shea butter.
- Rosehip oil.
- Grapefruit oil.
- Rosemary oil.
- Vitamins A, C and E.
- Hyaluronic acid.

How can I decide which stretch mark cream to use?



Deciding which cream to buy can be challenging since there are numerous options out there.

This review is an excellent place to start as we have looked at five of the best stretch mark creams available.

Factors that you should keep in mind include price, ingredients in the cream, manufacturer reputation and availability.

What are the side effects of stretch marks creams?

Whether or not a stretch mark cream has side effects will depend on the type of ingredients that have been used to formulate it.

Possible side effects include skin irritation, redness, rashes and itching.

It is advisable to read the label to ascertain what is in the product and identify any

problematic ingredients.

If you react from using a stretch marks cream, you should stop using it immediately and if the symptoms persist, you should consult a doctor.

Conclusion



This review has looked at the five best stretch marks creams available in the market today.

These creams claim to reduce the appearance of stretch marks and even prevent the formation of new stretch marks.

Although both men and women can use them, they are especially useful for pregnant and nursing mothers who are most likely to get stretch marks.

If you are in the market for a stretch marks cream, we believe that this review is a great

place to start.

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