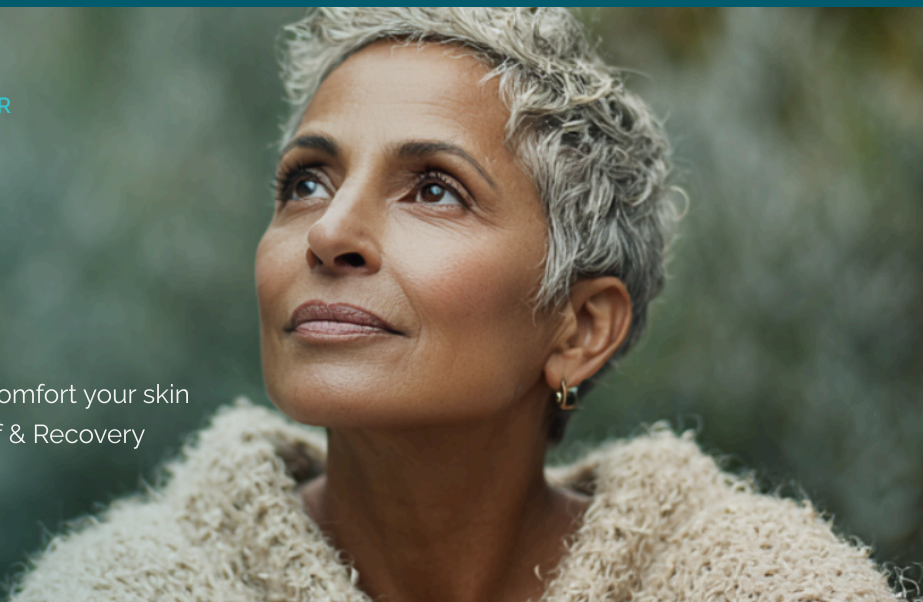


FROM ONE CANCER SURVIVOR TO ANOTHER

# Radiation Ready *Guide*

What to expect during treatment, and how to comfort your skin through every stage — with the Radiation Relief & Recovery Cream.



*Every radiation journey is different — but caring for your skin can make a meaningful difference along the way.*

The RemeVerse **Radiation Relief & Recovery Cream** was formulated by a cancer survivor to help soothe, comfort, and hydrate skin experiencing dryness, sensitivity, and irritation during and after radiation treatment.

This guide walks you through what to expect, week by week, so you feel prepared and supported.

## 01 What to Expect — Week by Week

### 1 WEEK BEFORE

#### Prep & Prime

Build your skin's barrier before radiation begins, so it starts treatment calm and hydrated.

Apply twice daily to the treatment area.

### WEEKS 1-2

#### First Sessions

Positioning is the focus. Skin may feel warm, tight, or lightly pink — much like a sunburn.

3x daily, or as often as needed.

### WEEKS 3-4

#### Sensitivity Rises

Redness and dryness typically increase. Light peeling and fatigue may appear.

Avoid friction. Use fragrance-free cleansers only.

### WEEKS 5-6+

#### Peak Reaction

Deepened redness, sensitivity, and peeling are common. Some experience moist desquamation.

Follow your care team's guidance closely.

### AFTER FINAL TX

#### Healing Phase

Skin begins to recover but may stay sensitive for 2-4 weeks after your last session.

Continue until your oncologist advises otherwise.

### ABSOLUTELY ABSENT FROM OUR CREAM

NO FRAGRANCE

NO PARABENS

NO SULFATES

NO ALCOHOL

ONCOLOGIST FRIENDLY

MADE IN USA



### Radiation Relief & Recovery Cream

Healing Calendula & Peptides

6 FL OZ / 177 ML

## 02 Your Skincare Shortlist for Radiation Season

During treatment, simplicity is kindness. Pare your routine down to gentle, fragrance-free essentials — and put a few common culprits on pause until your oncologist clears them.

### Put on pause

## Ingredients to Avoid

These can worsen dryness, irritation, or photosensitivity while your skin is in treatment.

- ✘ **Fragrance & perfumes** — a common irritant on compromised skin.
- ✘ **Retinoids & Vitamin A** — retinol, tretinoin, and derivatives.
- ✘ **Exfoliating acids** — AHAs, BHAs, PHAs, glycolic, salicylic, lactic.
- ✘ **Vitamin C** — ascorbic acid forms.
- ✘ **Benzoyl peroxide**
- ✘ **Alcohol-based products**
- ✘ **Aluminum & talcum powder**
- ✘ **Astringents** — witch hazel, zinc-based toners.

### Lean in

## Oncologist-Friendly Ingredients

Look for gentle, fragrance- and alcohol-free formulas that support your skin barrier under stress.

- ✓ **Calendula** — the quiet comforter. Soothes reactive skin.
- ✓ **Ceramides** — rebuild the skin barrier.
- ✓ **Hyaluronic acid** — draws moisture where you need it most.
- ✓ **Glycerin** — humectant that won't overwhelm.
- ✓ **Colloidal oatmeal** — calms visible redness.
- ✓ **Aloe vera** — alcohol- and dye-free only.
- ✓ **D-panthenol** — pro-vitamin B5. Supports repair.



### A GENTLE PAIR FOR YOUR FACE

## Protect & Defend Facial Moisturizer

Looking for a face moisturizer that plays nicely with radiation therapy? Our **Protect & Defend Facial Moisturizer** is radiation-safe and fragrance-free — with hyaluronic acid and glycerin for gentle barrier support where your skin is thinnest.

Always consult your oncologist or radiation care team before starting, changing, or stopping any product during treatment. This guide is educational and is not a substitute for medical advice.

## A FOUNDER'S ROUTINE

# Lois' 30-Session Protocol

How our founder cared for her skin through 30 rounds of radiation — in her own words.



When I was told I'd need **30 radiation treatments** after my breast cancer surgery, I was also warned to expect burning and scarring. That was something I really feared. So I worked closely with our lab team to create a cream for exactly what my skin was about to go through — and here's how I used it.

1

~4 HOURS BEFORE

## Before Each Treatment

Applied to my entire chest area about four hours before every session — giving my skin time to fully absorb.

2

IMMEDIATELY AFTER

## Right After Treatment

Re-applied to the full treatment area before I even got dressed — my skin felt most vulnerable at this point.

3

3× DAILY

## Daily Care

Liberally, three times a day — only pausing in that four-hour window right before each session.

4

SEVERAL WEEKS

## After Treatment Ended

I didn't stop. I kept applying daily for several more weeks to support my skin's recovery.



No peeling



No burning — just some redness



No scarring from radiation

## 03 In Their Own Words



Robin Ann R.



22 ROUNDS · BASAL CELL CARCINOMA · FACE

*Amazed how much it helped with the redness and soreness. At my one-month check-up, my doctor and the whole team were amazed how wonderful and soft my facial skin looked — I've even been told I look younger.*



Alondra N.



21 SESSIONS · BREAST CANCER

*Sometimes my skin felt hot afterwards, and this was so cooling — immediate relief. My skin never broke, itched, or peeled. My doctor was amazed, and ecstatic for me.*

*Everyone's skin and treatment journey is different — but I'm sharing this because I remember how uncertain and overwhelming this time felt. If you're walking through radiation right now, please know you're not alone. My hope is that this routine gives you a sense of comfort, control*

— Lois

FOUNDER, REVERSE

