

I'm pregnant!

Lifestyle

Your skin may react differently now that you're pregnant – we give you the advice you'll need to cope with the changes

GET THAT glow

WE all have the image of the pregnant woman with a perfect complexion, perfect hair and a perfect bump. For most of us, reality bites during the first three months of pregnancy when skin and hair show a definite tendency to return to those difficult days of adolescence. Our guide to skin care during pregnancy will help you get through them.

Five fantastic body boosters!
Make the most of being pregnant with a pampering session or two...

1 Get a fake tan. Many beauty salons offer a tanning service where the beauty therapist expertly applies a natural-looking tan to your body, with no streaks, missed bits or effort on your part! Try faking it yourself with Decleor Aroma-Suncare Hydrating Self-Tanning Milk SPF8 (£21.50), which gives you a golden glow.

2 Banish dull skin with a body exfoliator such as Reactiv R Body Scrub (£28 for 400ml) from Gatineau. It cleanses, polishes and softens for a smooth, satin finish.

3 Treat your skin to a salt bath. Place a towel on the floor and massage The Sanctuary Salt Scrub (£8.95) over your entire body before soaking in a warm bath. As the fragranced salt dissolves, the bathroom is filled with a heavenly scent and your skin will be nourished by essential oils.

4 After bathing, wrap yourself in a warm towel sprinkled with a few drops of lavender essential oil to relax you.

5 Have a relaxing massage with Lush Therapy Body Oil (£4.95). It refreshes and revives



What's your problem?

Under Eye Circles

There are several natural remedies for this, including increasing how much exercise you are getting as this improves circulation, which can be a reason for under eye circles. One of our favourite cures is to apply a slice of potato to the affected area every other day – much less

tiring than going to an exercise class! For puffy eyes, try wrapping an ice cube in a napkin and gently rubbing the area under the eye. Or try Fade Out Anti Stress Eye Patches (£7.95) which tone, moisturise and reduce dark circles. On a high-tech level, Anew Alternative Intensive Eye Cream (£10) from Avon improves dark circles and gently moisturises the delicate under eye area, helping the skin to look healthier.

GOOD v BAD

There's more to good skin care than cleansing, toning and moisturising. What you eat, what you do and where you do it all have a part to play in the quest for

- Good**
- Healthy, balanced diet
 - Dried fruit and nuts
 - Fresh water
 - Fresh air
 - Moisturisers with high SPF
 - Exercise
 - Relaxation
 - Sleep

- Bad**
- Fast food
 - Coffee, tea, fizzy drinks
 - Tobacco smoke & air conditioning
 - Sunbeds
 - Smoking
 - Stress
 - Lack of sleep

How to look better in minutes...

vs. To discover where your brows should start, put a pencil nose and remove any stray hairs. To decide where the ring the pencil out to the outer corner of your eye. Lusher over your cheekbones. Try Sunshimmer by Rimmel (£9.99). Brush across your cleavage for the ultimate in glamour. Sell on your overall appearance. To your hair with Charles Worthington's Dream Hair Hair-Enhancing Polish (£5.49). tinted. Although this is one of those beauty treatments e experts, the effects will last for two to three months tional extra rather than an absolute necessity.

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environmental damage. Change to a richer moisturiser at night such as Skin Wisdom Protect & Prevent Rejuvenating Night Cream, (£6.99, from Tesco). Dry, parched skin will love Skin Vitals H-Revive Cloth F Treatment Mask, (£2.99.

Pigmentation Marks

Any dark patches that appear during pregnancy will fade after your baby is born. However, they will disappear quicker if you protect them from the sun so apply a high factor sun protection cream.

Also Fade Out Extra Care Day Cream, (£7.95), will protect, lighten skin tone and fade unwanted pigmentation marks or minimise imperfections with Skin Vitals Pigmentation Corrector Pen (£10).

Excess Hair

Pregnancy can, occasionally, trigger a surge in facial hair. As with pigmentation marks, this will return to normal after the birth. There are many ways to remove the hair, including electrolysis, bleaching and sugaring, which should all be carried out by a qualified practitioner. "Threading," a highly skilled method of hair removal, is becoming increasingly popular. It involves pulling individual hairs out by the root, and is a very effective way to remove facial hair, with the results lasting for several weeks.

STRETCH

Stretch marks are not an inevitable part of pregnancy, although there are genetic factors to take into consideration – if your mum had stretch marks, the chances are, so will you. However, there are several things you can do to prevent or reduce their appearance.

Excessive weight gain will almost certainly guarantee stretch marks so eat sensibly. Massaging your growing bump with special moisturisers and creams may help. If you do get stretch marks, Phytomer Seatonic Stretch Mark Reducing Cream (£28.50) has been tailored to reduce the appearance of any marks and should be used twice daily after pregnancy to tighten, tone and repair damaged skin. If it's too late to repair the damage, Medik8 Stretch Out 2-in-1 (around £34) is a professional strength stretchmark fading formula for the body which you can try.

If you'd prefer something simple, Johnson's Baby Oil (£1.99) locks in 10 times more moisture than many other body lotions and creams: apply to wet skin immediately after bathing or showering to seal in moisture and increase your skin's elasticity.

Stockist details

Decleor: call 0207 313 8780 for stockist details.

The Sanctuary: Boots stores nationwide, The Sanctuary, Covent Garden, London and www.thesanctuary.co.uk

Lush: stores throughout the country, call 01202 668545 for mail order information.

Medik8-K Stretch Out 2-in-1: to order call, 0845 673 2222. www.medik8.co.uk

Johnson's Baby Oil: Boots and chemists nationwide.

Liz Earle's Brightening Treatment Mask: log on to uk.lizearle.com

Dr Theiss Calendula Under-Eye Therapy: available from health food shops.

Tesco Fragrance Free Facial Skincare and Skin Wisdom: available at selected Tesco stores.

Gatineau skin care: available from selected beauty salons, QVC and by mail order. For nearest stockist, call 0800 731 5805.

Fade Out: available from Boots, Superdrug, Lloyds, Unichem and other independent pharmacies nationwide.

Skin Doctors: available from selected Boots, Debenhams and John Lewis or call 0845 612 2070.

Skin Vitals: available from Debenhams.

Phytomer: Call 0800 713 5805 for mail order details.

Avon: Call 0845 601 4040 to order direct or arrange a visit from a representative.

Good Night

No matter how exhausted you are, it's vitally important to cleanse and moisturise before going to bed. "Skipping night time skin care regimes due to tiredness will soon play havoc with your complexion," says Dr Yvon Gall, consultant dermatologist. "While sleeping, the skin's natural oils mix with dirt, dead skin cells and make-up, providing a breeding ground for bacteria."

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