

**D**espite the fact that your body is undergoing some amazing changes, sometimes it can be hard to feel really pretty during pregnancy – what with your insides churning away and your ankles super-sizing by the second. But it pays to remember that the only thing everyone else sees is that pregnancy glow. So cut yourself a bit of beauty slack! With a fairly basic routine, it's actually quite easy to breeze through pregnancy beauty land. Oh OK, perhaps waddle through it on puffy feet. Here's how I did it ...



## PREGNANCY MUST-HAVES

1 Palmer's Organics Cocoa Butter Massage Lotion for Stretch Marks, \$17.95 (1300 191 918). 2 MV Organic Skincare Rose Soothing & Protective Moisturiser, \$98 (02 9909 8315). 3 Pod Puraceuticals SPF 15 Liquid Tan, \$55 (1300 796 986). 4 Zoya Professional Nail Lacquer in Alluria, \$17 (1300 855 644). 5 David Babai for WildAid Hydrating Conditioner and Shampoo, \$22.95 each (1300 387 204). 6 Pedicure by OPI Soak, \$32.95 (1800 358 999). 7 Mineral Fusion Base Pressed Powder Foundation, \$59 (1800 664 455).

## MONTH 1 Detox time

No, I'm not talking about alcohol. Although giving up Champagne (and late nights that go with it) certainly has an instant effect in the looks department – clear skin, bright eyes – I'm actually referring to a product detox. The second I found out I was pregnant, I cleared the bathroom cabinet of any strong chemicals. Out went the serums containing vitamin A and the lotions laced with salicylic acid, two ingredients on my banned-during-pregnancy list. I also put anything with parabens into hibernation. It wasn't something I'd been told to do – I was just following my instincts, which told me to go as Earth Mother as possible with my beauty regime. For skin, I lapped up MV Organic Skincare; my hair was treated to David Babai for WildAid; and my body obsession was Palmer's Organics Cocoa Butter Massage Lotion for Stretch Marks.

## MONTH 2 Enter the nutritionist

I'm what you'd call a pretty healthy person. I follow a strict vegan diet, and obsess about getting the right ratio of nutrients at every meal. In any way, this all made going into pregnancy easy for me, because I didn't have to eliminate any bad habits. Still, I decided to see a nutritionist for advice on any necessary supplements – something I think is crucial for all expectant mums. I added extra calcium, B12 and iron, and immediately saw the difference in my energy levels and quality of skin, nails and hair.

## MONTH 3 The hair-colour question

I couldn't avoid it any longer. No amount of zig-zagging my part could disguise the fact that my roots were in dire

need of some hair-colour assistance. I usually get a mix of highlights, including bleached ones. Every colourist I spoke to assured me that bleach is only a possible problem during pregnancy when it's right on the scalp – say, if you do an Agyness Deyn-type dye job – but I didn't feel comfortable having it anywhere near me. So I tossed bleach from the mix and stuck to a couple of tint highlights. My hair was a bit darker during my pregnancy, which, I admit, sometimes made me feel a little gloomy. But hey, remember we've got that glow to see us through such tough times.

## MONTH 4 So where's that glow?

Unfortunately, my glow started to look less like radiance and more like ruddiness. I've always had a mild tendency towards rosacea, but my mum-to-be status turned it into a full-blown skin condition. All the extra blood circulating through the system can do that to a sensitive-skinned pregnant woman. As can cravings for rosacea-triggering foods, like bananas and tomatoes. I've tried a million calming lotions in my time and I hate to break it to you, but not one of them works well enough to justify the spend. The best thing to use is mineral make-up. It's fabulous at giving you full coverage where you need it, plus it's free of any nasties (parabens, synthetic dyes and the like) that could make skin flare up even more. Oh, and it contains mica, a light-reflecting mineral that's a wonder for giving skin, yes, that luminous glow.

## MONTH 5 Fake-tan time

Let's just say that right about now, I started to feel like a big white whale. I had let my fake-tanning and body-shimmering obsessions slide in my efforts to be all Earth Mother. Eight

or so kilos later, the au naturel look wasn't so fun anymore. I needed to get back into fake-tanning. But a natural one? I'd only ever bronzed up my body with chemicals I can hardly pronounce. After a little investigation, I discovered Pod Puraceuticals Liquid Tan, a goodness-packed cream (think oils of sesame, macadamia and mango) that delivers a pretty damn near perfect sunkissed-like colour. ▶



## IN THE (HOSPITAL) BAG

1 Olay Definity Eye Illuminating Treatment, \$39.95 (1800 028 280). 2 Jurlique Chamomile Soothing Mist, \$23 (1800 805 286). 3 Batiste Dry Shampoo Original, \$9.95 (02 8709 8800). 4 Elizabeth Arden Sheer Lights Illuminating Tinted Moisturizer SPF 15, \$52 (1800 015 500). 5 Lanolips 101 Ointment, \$17.95 (02 9663 4277). 6 Natio Gentle Cleansing Wipes, \$9.95 for pack of 24 (03 9415 9911).