

5 tips to being a Yummy Mummy with Minimal Effort

As a mother to three girls, I know how difficult it can be to keep up with basic grooming during pregnancy and after your little bundle has arrived.



Anda Elias

Here are my top tips to be a yummy mummy with minimal effort:

Tip 1: If you use a cleansing wash then you may want to swap to a creamy cleanser. When I'm tired the first thing I want to do is wash my face; massaging a creamy cleanser onto the face and removing with a flannel is quicker and easier for us time-stricken mums.

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because you're pregnant or have a new baby that doesn't mean you have to give up things
Tans such as Cocoa Brown 1 HOUR TAN (www.feelunique.com/cocoabrown) are quick for
between feeds. You'll need some help to do your back; now is not the time to be stretching



If my electric toothbrush made me really gag during pregnancy, so you may want to swap to a
for the time being. You get free dental treatment during pregnancy and for a year after your
born, so if you haven't been to the dentist in a while, now is the time to go!

Your skin is going to stretch throughout pregnancy and it can get very itchy. Mama Mio
Oil is great stuff on stretch marks and smells amazing! I also liked their Lucky Legs cooling
really helped to sooth my aching legs in the evening.

If you suffer with breakouts you need to be careful with the products you use during pregnancy.
Preparation products use salicylic acid which should be avoided so opt for an alternative such
London's Dermaflannel (www.bravuralondon.com); a fantastic Facial in a Flannel, quick to
giving similar results to a chemical peel without the need for any chemicals.



If you notice some dark or yellow patches appearing on the skin during pregnancy. This is called
and is caused by the change in your hormones. While it's not harmful and fades post-natal, it
lasts a while. Use a glycolic acid based product to help this fading. The sun will make the patches go
away. Always make sure you use a high SPF and re-apply regularly.

One thing you want to do is sit and straighten or curl your hair when tiredness takes over –
Sleep-In Rollers (www.sleepinrollers.com) were my saviours! Their large bun ring takes
minutes to put in and is far more glamorous than just tying your hair back.

us know when you
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Blimey it's warm. C
a fantastic ice crea
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day like today ow.



times and lack of sleep can make us very teary and emotional. A simple manicure can do about a pedicure if you can't reach your feet? If you're not a fan of the salon e a few hours to pamper yourself, relax in the bath and apply a face masque.

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