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Source: <http://www.jlifemagazine.co.uk/latest-news/features/october/november-2013/the-yummy-mummy-look.html>

JLife October/ November 2013

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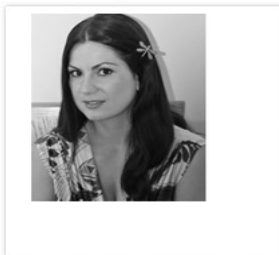
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## Baby Baby

Wednesday, 02 Oct 2013



JLife's new feature for new mums and dads.

### The Yummy Mummy Look

Amanda Elias, Facial therapist and founder of pharmaceutical skincare brand Bravura London, shares her top beauty tips for mums and mums-to-be.

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

#### Cleansing

If you use a cleansing wash then you may want to swap to a creamy cleanser.

When I'm tired the last thing I want to do is wash my face – massaging a creamy cleanser onto the face and removing with a warm flannel is quicker and easier for time-stricken mums.

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#### Tanning

Just because you're pregnant or have a new baby that doesn't mean you have to give up things like fake tan. You'll need some help to do your back – now is not the time to be stretching and reaching!

#### Teeth

I found my electric toothbrush made me feel unwell during pregnancy, so you may want to swap to a manual brush for the time being. You get free dental treatment during pregnancy and for a year after your baby has been born, so if you haven't been to the dentist in a while, now is the time to go!

#### Stretch Marks

Your skin is going to stretch throughout pregnancy and it can get very itchy. Oils and cooling serums really helped to sooth my aching legs in the evening.

#### Acne

If you suffer with breakouts you need to be careful with the products you use during pregnancy. Many acne preparation products use salicylic acid which should be avoided so opt for an alternative.

#### Skin

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

#### Hair

The last thing you want to do is sit and straighten or curl your hair when tiredness takes over – sleep-in rollers were my saviours! A large bun ring takes about two minutes to put in and is far more glamorous than just tying your hair back.

#### Wellbeing

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

For more information, visit [Bravuralondon.com](http://Bravuralondon.com).

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