

Pregnancy Beauty

Once you've got over the shock of a new baby, it's time to get your beauty regime back on track and less mummy and more woman

Smelling Sweet

Now that you're pregnant there's never been a more important time to ensure you're your skin stays well, moisturised. However, while you might be faithfully applying your Coco Butter and Baby Oil have you tried Dr. Miriam Stoppard's Nurture range of lotions and potions for the mum-to-be. The Pregnant Skin Pampering Body Lotion smells absolutely divine and actually has a calming effect on your mood. Modern Mum thoroughly recommends this beauty treat which is available from **Boots** nationwide.



- ❖ Model your face and highlight features by tracing a line of light on the T-zone - middle of the forehead, ridge of the nose and tip of the chin - and the cheekbones.
- ❖ Brighten your complexion with a few strokes on dark areas – under the eyes, the sides of the nose, the corners of the mouth, the hollow of the chin and expression lines. Blend with the fingertips.
- ❖ Brighten eyes by stroking over the eyelids and blending with the fingertips. Used alone, it captures light and unifies. Used under eye shadow it enhances its luminosity.
- ❖ Perfect and plump the lips by applying around the lip contour and blending. A Make-up Bag Must-Have Adored by stars and top models, Touche Eclat from Yves Saint Laurent (Debenhams, £21) is a star in its own making. Artistic Make-Up Advisor for Yves Saint Laurent and makeup guru, Linda Cantello shares with us a few of her top tips for Touche Eclat:

Tips For Tired Eyes

- ❖ Steal a tip from the supermodels and use some brightening eye drops to banish the red-veined look instantly. Only do this in an emergency, as these drops work by constricting the capillaries in the eye, which may come back redder than overuse.
- ❖ If you do have a jar of the latest wonder product to hand, slices of raw potato will reduce puffiness.
- ❖ Crush some ice, wrap it in a handkerchief and lie with it under your eyes for as long as you can bear. This will diminish bags by constricting the blood vessels under the eyes.
- ❖ Catch up on some sleep. This is the best way to achieve naturally bright eyes.
- ❖ If all else fails, pretend you work in fashion or film and wear your sunglasses inside!

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