

Mum's the last word in beauty

It's Pregnancy Awareness Month – so we've rounded up some real fashion and beauty treats to keep all those mums-to-be out there happy for the next nine months. **Helen Tither** reports

BLOOMING lovely – that's how you would hope to feel when you are pregnant. Kind of fresh-faced and healthy, with a chic petite baby bump, and rosy healthy glow.

But that's not accounting for morning sickness, stretch marks, mood swings, varicose veins and all the other joys of being a mum-to-be.

Yes, when reality hits it can really hit hard. Meaning that not everyone has the happy-go-lucky maternity experience they were expecting.

September sees Tommy's The Baby Charity holding its Pregnancy Health Awareness Month, aiming to raise awareness – and funds – for all those problems that can arise.

Log on to tommys.org for more information or check out New Look stores for a rather lovely t-shirt raising money for the campaign, priced just £10.

Meanwhile, we've rounded up a few ways to help you make the most of your pregnancy – from beauty treats to fashion fixes and pampering days out.

No, it won't get rid of that morning sickness. But it might just go a little way to help keep you looking and feeling better for the next nine months...



TOMMY'S TEE Only £10

ERBAVIVA

Founded by Californian couple Robin Brown and Ann Cirronis after the birth of their first child, this super deluxe beauty range from Space NK aimed to look for more natural mother and baby skincare products.

First they developed a soapless way of washing, followed by organic baby oil and extra mild soap. From there they jumped into a natural pregnancy line that includes Stretch Mark Oil (£23), Back Rub Oil (£13) and Mommy-to-Be Milk Bath (£22), all packed with yummy essential oils like lavender and sandalwood.

The beauty with this range is

it's good enough for you and your newborn baby with extra gentle ingredients and 100 per cent organic essential oils.

We love the honey and lavender Baby Soap (£9), jojoba and almond Baby Oil (£13), and Baby Travel Set (£29.50) for you and your baby once they arrive.

For more info call Space NK at St Ann's Square, Manchester, tel: 0161 8326220

NEAL'S YARD

Another natural treat for earth mothers, Neal's Yard has a host of organic and aromatherapy ranges for stressed out mums-to-be.

We particularly love their Mother To Be gift set (£30), packed with everything you need to pamper yourself – or a pregnant friend. Packed with Mother's Bath Oil, Mother's Balm, Mother's Massage Oil, Calm Spritzer and a cotton flannel, it really is a bargain.

Both the balm and the massage oil are said to reduce the appearance of stretch marks, while the spritzer and bath oil should help you relax to the point of tranquillity...

For information pop in to Neal's Yard Remedies, John Dalton Street, Manchester, 0161 8351713



» **TREAT TIME** The Mum To Be gift box (left), the ErbaViva travel set (top) and the Neal's Yard Mother To Be gift set



MAMAS & PAPAS

A one-stop-shop for pregnancy pampering, Mamas & Papas has everything from maternity wear to body treats and baby toys.

But we particularly like this Mum to Be Complete Body Treat gift box (£35) which comes with massage oil, anti-stretch mark moisturiser, a leg revitaliser for the end of the day and a "Calmer Pregnancy" booklet for some practical advice to boot!

For stockist information call

0870 830 7700 or shop online at mamasandpapas.com

SUPER SPA TREAT

Now, if you really want to feel like a celebrity mum then you might as well go the whole hog and book in for a fabulous spa package.

The Lowry Hotel are currently offering a gorgeous Babymoon package to leave you revived, pampered, and ready to face anything.

Including the "Maternal Melt" total face and body treatment, it has been carefully de-

signed for pregnant and nursing mothers and includes essential oils only advised by the Aromatherapy Organisation Council.

It also includes overnight accommodation, breakfast, afternoon tea – while dads can be treated to the Executive Stress Package.

For more information about this package, priced from £395 per room per night based on two people sharing a twin/ double room, call reservations on 0870 460 5040, quoting Simply Baby.

SALON SECRETS

Sam Marshall, salon manager at Harvey Nichols' Urban Retreat, is the body treatment expert on Style's panel of beauty boffins. This week she's got some celebrity skincare secrets for mums-to-be...

SEEING as it's pregnancy health month I have just got to tell you about my latest fabulous discovery – Mama Mio – a range of products that were designed specifically for pregnant ladies. With toning and lifting being the names of the game.

Designed by three mothers (who really know what they are talking about), it's a fresh and funky young brand designed to put the me-time back into maternity wares.

With a range of lotions and potions promising to lift, tighten and tone problem areas, it's fast become the uber cool brand to use, as favoured by the likes of Emma Bunton, Milla Jovovich and Victoria Beckham, no less.

Not that it only has to be used for pregnancy pampering. I reckon if these creams can



work on skin stretched to accommodate a rugby ball they can work on just about anything.

Now, I am far from body obsessed (despite my profession!) but even I have been trying these out to see what benefits they could have for non mums-to-be.

And let's face it, there are plenty of body issues out there for us womenfolk to worry



about, from saggy boobs to muffin top belly and stretch marks that resemble crazy paving.

First up – Mama Mio's Boob Tube (£25) is a cream version of the Wonderbra. A leave-on moisture mask for the delicate skin around the bust area, it is packed with Evening Primrose, avocado and olive oils and heavy duty anti-oxidants. All in all, a gravity defying cocktail

which successfully perks up and firms, whether you have had kids or not.

Meanwhile, did you know that over 50 per cent of women suffer with stretch marks, whether from pregnancy or other weight gain and loss? But help is at hand with the Emergency Repair Stretch Mark Minimiser (£40). While nothing apart from surgery will completely banish these pesky lines, you can minimise the look. And, I reckon this cream really does work to diminish and tighten their appearance – and actually smells good too, unlike its competitors.

And finally for tums... well, nothing will ever replace hundreds of sit-ups, but, if this is not your reality, then Mama Mio's Tummy Toner (£40) works wonders. A facial peel for your stomach, it will improve the texture whilst tightening and toning.

In short it won't make you a size zero – but it may just help ease those body shape blues, whether you are pregnant or not!

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