



Blooming beautiful: Due this month, Danni Minogue (left) has blossomed in pregnancy. And Alicia Keys (far left) and Rachel Stevens (this picture), whose babies are due in November, are following her lead

Things that go bump...

This is the time to pamper your skin, relax and put your feet up – literally, to head level. Apply your stretch mark cream or oil to your legs, too, using long, firm strokes, moving upwards from ankle to thigh. These simple measures help the blood flow back to the heart and give you that mum-to-be glow. Here are the products that are favourites of the famous:



Mama Mio Tummy Rub Stretch Mark Oil, £22.50 Full of 6 and 9 oils. Famous fans include Christina Aguilera and Rachel Weisz. Visit mamamio.com

This Works: Stretch Mark Oil, £35 Improves the appearance of stretch marks and uneven skin tone.

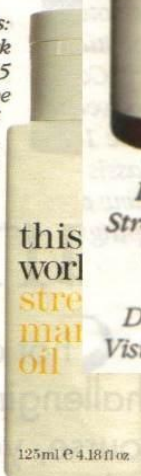


Bloom and Blossom Anti Stretch Mark Cream, £23 A rich lotion that helps skin maintain its elasticity. Danni Minogue loves this. Visit bloomandblossom.com.

to stay stretch-mark-free during her latest pregnancy. Available from department stores, or visit burtsbees.co.uk.



SilDerm Stretch Mark Massage Oil, £34.95 Formulated to stop stretch marks forming. Visit silderm.co.uk or tel: 0844-544 7450.



this world stretch mark oil

125ml e 4.18 fl oz



AVENT Indulgent Body Cream Combats stretch marks and moisturises. With Shea Butter & Avocado Extract.

Avent Future Mother Indulgent Body Cream, £6.50 It's rumoured that down-to-earth Kate Winslet used this inexpensive lotion during both her pregnancies. From Boots or tel: 0800-289 064 for stockists.

Sanctuary Mum to Be Stretch Mark Oil, £9.99 This deliciously scented product is Emma Bunton's and Liberty Ross's skin-saver of choice.



Palmer's Cocoa Butter Formula Tummy Butter for Stretch Marks, £5.14 As rubbed on the baby bumps of Tess Daly and Jamelia.



Trilogy Certified Organic Rosehip Oil, £16, and Everything Balm, £12 In clinical trials this oil was found to make even severe scars and stretch marks less visible. Danni Minogue is a fan of this Aussie brand. From John Lewis.



Cowshed Udderly Gorgeous Stretch Mark Oil, £18 With vitamin-rich sea buckthorn oil to pamper and protect. Visit coushedonline.com.

you are pregnant and aim to continue using it for three months after the birth.

On your marks

Look for stretch mark products containing cocoa butter, vitamin E oil, sweet almond oil, shea butter, aloe, argan oil and rose hip oil. Avoid vitamin A- and retinol-based products during pregnancy and while breastfeeding, though afterwards these can work well to fade violet and purple marks to pale silver lines. The protein extract palmitoyl entapeptide – found in StriVectin, Olay Regenerist and Protect & Perfect from No7 – reduces the appearance of stretch marks and can be used once you have stopped breastfeeding.

Pregnancy precautions

● **Essential information on oils** Be careful with aromatherapy spa treatments, bath or body oils – essential oils are powerful, and some should not be used during pregnancy. For the ones to avoid, visit bloomandblossom.com/ask-the-experts.

special attention to your face and hands. Try **Origins Outsmart Daily SPF25, £16** (visit origins.co.uk) or **Liz Earle Mineral Sun Cream SPF20, £18.50** (visit lizaearle.com).

● **Take care with fake tans** The active ingredient that browns your skin works on the upper, dead layers of skin and will not harm your baby. However, changes in hormone levels may make your skin more sensitive to the product you normally use, so test it on a small patch of skin first, before using.

● **Essential information on oils** Be careful with aromatherapy spa treatments, bath or body oils – essential oils are powerful, and some should not be used during pregnancy. For the ones