

GOOD TO glow

# New mum beauty buys

What to pack in your hospital bag, plus new mummy beauty essentials

## YOUR FACE & BODY

### BEST HOSPITAL-BAG ESSENTIALS

#### WHAT'S HAPPENING?

Applying make-up may be the last thing on your mind when you're packing for the hospital, but the odd treat can help you keep your glow and look great in those post-birth photos.

**SORT IT** Stock up on a few small, simple products that do more than one job.

**Cherry Kiss Lip Balm**, £4.99/20g, Rose & Co. This softening balm has a subtle hint of pink for glossy lips.

**Leave-In Conditioner**, £7.49/150ml, A'kin. Use this organic conditioner as a styling product to add shine, smooth hair or revive curls.

**Yoghurt Moisturising Cream**, £18/40ml, Korres. With vitamin E, this face soother works on both oily and dry complexions.

**Realness Of Concealness**, £23.50/9g, Benefit. Sort out spots, under-eye circles, redness or dull skin with this hardworking little kit.

**Nourishing Body Oil**, £28/100ml, Espa. This pure but luxurious oil immediately sinks in and nourishes thirsty skin – plus it helps with stretchmarks, too.

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### BEST NEW MUMMY ESSENTIALS

**WHAT'S HAPPENING?** You're finally a mum! It'll be hard to maintain your usual routine, but a pared-down kit of essentials can help you feel like you again.

**SORT IT** Keep things simple and natural – and try products that are great for baby, too.

**Mother And Baby Oil**, £10/100ml, Bloom And Blossom. Apply this all-over oil on stretchmarks and dry skin, or use it to massage your baby.

**Calendula Face Cream**, £6.50/45g, Weleda Baby. Formulated for little ones, this delicate moisturiser will soothe your sensitive spots, too.

**All-Purpose Refreshing Gel**, £4.95/50ml, Tisserand. Use this lavender, mint and aloe gel to ease sore feet, or when you need something to revive your senses.

**Heal-Nipple Balm**, £19/30ml, Blooming Babe. This ultra-soothing formulation is safe to use with newborns.

**Rosehip Oil**, £16/20ml, Trilogy. A wonder oil that hydrates skin and helps minimise the appearance of scars, facial redness and brown spots.

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