



YOU SOFTIES

EVERYTHING YOU AND YOUR LITTLE ONE NEED FOR SMOOTH, SUPPLE SKIN

THE LIP-BALM

1 QUEASE-EASE LIP BALM, £6.50, BY ERBAVIVA (020 8123 7550). The ginger and peppermint in this stick of lip-balm might settle your pregnant stomach just enough to make your morning commute bearable. The ingredients are almost all organic

THE RASH CREAM

2 BABY BARRIER, £14.30, BY NEAL'S YARD REMEDIES (NEALSYARDREMEDIES.COM). Keep your baby's bottom soft, peachy and nappy rash-free with this nourishing camomile balm

THE BABY WASH

3 BABY COW FROTHY HAIR AND BODY WASH, £8, BY COWSHED (COWSHEDONLINE.COM). Baby bath-time can be fun - you'll both appreciate the gorgeousness of this gentle organic product, from Mummy's favourite spa

THE BREAST LIFT

4 BOSOM BUDDY, £16.99, BY BOO BOO (BOOBOOSHOP.COM). The retro packaging will have you smitten, even before you've experienced the firming, argan-oil-enriched formula within. It works wonders during the breast-feeding period

THE NIPPLE BALM

5 SOOTHING NIPPLE BALM, £11, BY BLOOM AND BLOSSOM (BLOOMANDBLOSSOM.COM). This chemical-free line is the brainchild of a busy London fashion PR and new mum. Use the balm throughout pregnancy and breast-feeding

THE MOISTURISER

6 TUMMY RUB, £22.50, BY MAMA MIO (MAMAMIO.COM). The omega oils in this thick cream help condition your skin as it expands and as it shrinks, once baby's arrived. Apply generously

THE OIL

7 BIO-OIL, £8.99, FROM BOOTS NATIONWIDE. Despite its humble packaging, PurCellin oil has a cult following. A twice-daily massage with it during pregnancy should significantly reduce stretch marks