

TIP CARD



Bump Up

YOUR
BEAUTY

Tips no expectant
mom should
live without
by Amy Tara Koch



Dewify: To reduce that dry “cakey” feeling midday, pat moisturizer or face oil over makeup. And, drink double the amount of water that you would normally consume. The result is a moist, “plump” complexion.

Exfoliate: To pump up the luster factor, exfoliate three times per week. Exfoliation brightens skin, maximizes product penetration, encourages cellular turnover and can ward off melasma.

Protect: Whether you live in Miami or Anchorage, sunblock is key. Sun exposure at any time of the year encourages hyper pigmentation for women of all ethnicities, which is very difficult to eradicate post delivery. Be sure to wear a Lancôme moisturizer with SPF for optimal protection.

Refresh: Toss on a nourishing mask while chilling out in the tub. Essential oil extracts and vitamins will further boost hydration and plump the skin’s surface. Try Hydra Intense Hydrating Gel Mask for a smooth and hydrated finish.

Get Your Beauty Sleep: Combat sleepless nights with products that will diminish the appearance of dark circles and fatigue. Try Génifique Youth Activating Eye Concentrate for a fresh luminous outlook.

Rise & Shine: Applying shimmery blush to the apples of the cheeks, nose, forehead and eyelids will give you that instant luminescence of red carpet luminaries.

Bye Bye Blemish: Every complexion needs a little correction. A well-matched, well-blended shade of concealer hides dark circles, redness and blemishes in seconds. Be sure to apply eye cream all around the eye first. It will help the concealer blend smoothly.

Faux Glow: Bronzer is the eighth wonder of the world. Apply bronzer to your face, décolleté and other exposed areas for a sun-kissed just-been-to-St. Barth’s glow – sure to lift your mood instantly.

Beauty From The Inside Out: Eat foods loaded with Vitamins A, C and E. Fruits, vegetables and good fats (olive oil, avocado, salmon, nuts) keep the body hydrated on the inside and maintains skin suppleness.

