



# Expert Beauty Tips To Help Hide The Effects of Morning Sickness



By Yanira Garza  
Maternity Expert

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The joys of pregnancy. I, for one, enjoyed my pregnancies, as hard as they were, simply because of the fact that I was once told I would never have kids, I enjoyed my luck so to speak. I was not so lucky, however, with that dreadful little thing known as [morning sickness](#). Please note that for some, myself included, it is not just a morning thing but an *all* day thing. It is hard not to walk around looking sick and tired, mainly of being sick and tired.

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So I have reached out to a few experts on how to make the best of your beauty routine to help hide these not so pretty [side effects](#) of pregnancy.

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**Cool Off**



Co-Founder of [basq NYC](#), Lauren Parisier, is a beauty expert who specializes in pregnancy skincare. Her mission is to provide knowledge to those expecting to ensure they look and feel their best. She recommends Bright Eyes by basq NYC as a must have for fatigued mama-to-be. Put it in the fridge for added cooling and soothing benefits use in the am to wake up tired eyes and before bed to soothe and relax.

Morning Sickness can leave her feeling worn down as sleep is not always restful. Tired eyes will love the feel of Cucumber Tea gel, it's cooling nourishment made easy. Try a thin layer as a face mask, it's really soothing and can help her feel a little more refreshed. Also, Olivia Meyers, Style Director of A Pea in the Pod Maternity considers [Bright Eyes by basq NYC](#) one of her favorites of all time "The cooling formula and moisturizing benefits work wonders to reduce puffiness and soften skin around the eyes. A must for sleep-deprived mamas," she says.

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## Get Some Rest



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Photo Credit: Courtesy of basq

Lavender is often a wonder for those feeling queasy. Try [Lavender Sleep mist](#) in the evening to help deepen sleep and soothe the senses, much needed when you're feeling the effects of morning sickness. Bonus: for stretching skin, [Lavender Resilient Oil](#) or hypoallergenic [Lavender Calming Oil](#) are great in the am after a shower to nourish skin and soothe morning sickness, says Parisier.

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## Work It Out

Bridget Wood, basq NYC's expert massage therapist, always recommends a little light exercise if the mother-to-be can stomach it! A light paced walk or stretches gets the body going and can help release positive endorphins that have a powerful positive effect on the brain.

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## Hydrate Your Skin



Photo Credit: Courtesy of basq

Parisier recommends [Mega Moisture Free](#), which is the fragrance free option of your favorite moisturizer for those women experiencing morning sickness. This Illipe Butter Complex brings rich texture and dense nutrition that literally transforms parched, sensitive skin. Triple rich blend of illipe, shea and jojoba butters replenishes dry, stressed skin. A super-charged dose of omega and antioxidant rich oils work fast to fix damage and build resiliency Don't let the incredibly thick texture fool you, this butter absorbs into your skin without effort.

A wonder for over stressed skin. Intense relief you'll love in a Fragrance Free formula.

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