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## NATURAL BEAUTY WHILE PREGNANT AND NURSING

Since becoming pregnant, I have become more aware of the products that I am slathering onto my body daily. Skin can absorb up to 60% of what is placed on it, so it's important to be careful about the products and ingredients being used during pregnancy and breast feeding months. Now that my body isn't just my own, but now a little safe haven for my baby girl, I knew that I needed to become more educated in my daily beauty routine. Whether it is the toxins in my favorite deodorant or the metals in my sunscreen, it was time for me to ditch my not-so-healthy beauty drawer in search of some more natural remedies.

Here are a few of my favorite beauty rituals and products to keep me and baby happy, healthy, and glowing!

### **Belly Oil:**

I have been a little nuts about finding the perfect stretch mark cream/oil. Stretch marks run in my family and I've been told that I WILL get them as well. Even though, I figured... I could at least help minimize the suckers! I seriously love the Basq Stretch Mark Oil. Not only do I love the scents, but I'm now 1 week postpartum and I'm happy to report – NO stretch marks!



### **Body Scrub:**

Again, I am making my own! Maybe it's because I am a control freak, but I like to know exactly what is going into my products! My new favorite scrub is a brown sugar and coconut oil scrub, place a dash of pumpkin pie spice and vitamin E oil and I am in heaven! When I run out and don't have the ingredients for a new batch, I also use the body scrub by Basq.