

GOOD TO *glow*

Be a natural beauty

Mineral make-up and purer skincare can make a real difference to your looks – and some experts believe they are better for you and your baby, too

YOUR MAKE-UP

BEST MINERAL MAKE-UP

WHAT'S HAPPENING? During pregnancy, you may find your skin is more reactive or that what used to suit you just doesn't work any more.

SORT IT Mineral make-up is free from chemicals, great for sensitive skin and brilliant at boosting your natural glow.

Mineral Blush in Desert Rose, £29.99/10g, Bellapierre. Use this soft pink blush to enhance your pregnancy glow.

Volumising Mascara in Black, £13.99/7ml, Green People. If you're reacting to mascara, this gentler formulation may suit sensitive eyes.

Eye Colour in Blue Moon, £13/0.57g, Bare Minerals. A pretty pastel shade to flatter everyone.

Mineral Lip Gloss in Fierce, £3/6.5g, E.L.F. Considering we ingest up to 7lb of lipstick in a lifetime, going chemical-free is a good idea. Try this flatter-all gloss.

Natural Eye Liner in Black, £7/1.2g, Lily Lolo. A brilliantly soft and smudgy mineral liner.

YOUR BODY

BEST NATURAL BODY TREATS

WHAT'S HAPPENING? Skin can feel much drier when you're pregnant, and some experts think using natural, organic or paraben-free products is best.

SORT IT Lavish your skin with natural formulations made without harsh additives or chemicals.

Gentle Meadow Shower Gel, £4.99/250ml, Organic Surge. If soaps are starting to irritate your skin, try this soothing gel made with lavender and geranium oils.

Flower Dust Shimmering Moisturising Lotion, £21.50/150ml, Mádara. Maximises a tan and adds a hint of shimmer – plus, it's organic and ultra-moisturising, too.

Anti Stretch Mark Cream, £18/150ml, Bloom And Blossom. With only 12 ingredients, this deliciously-scented cream is natural yet effective.

Rosa Mosqueta Luxurious Moisturizing Lotion, £11.99/237ml, Aubrey Organics. This rose-infused lotion is a real treat for thirsty skin.

Calming Cornflower Skin Polish, £10/150ml, Wild Organics. Ideal for sensitive complexions, cornflower is naturally softening, too.

COMPILED BY LOUISE O'CONNELL PHOTOGRAPHY JON PATERSON FOR STOCKISTS PAGE