

the Formula

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I just got back from a trip to the U.S. We went to New York and the beach in Maine to visit the family, which was amazing. My little girl scored big, we came home with two full suitcases of goodies for her. Traveling was fun though challenging in the beauty department. This summer my skin care routine has been all over the place. Pregnancy hormones are pulsing through my veins wreaking havoc on my complexion. I feel like a teenager all over again, between dry itchy skin riddled with occasional blotches and random red patches to full on grease fest level breakouts, this manic complexion is keeping me on my toes. I've been chasing that maternity glow and wanted to share some of the products that work for me.

I'm so happy that I can still use Tatcha Camellia Cleansing Oil. It is gentle, soothing and helps balance my skin without stripping it of moisture. To help curb breakouts, I've had to exfoliate like crazy. A lot of formulas are too rough for me at the moment. Diptyque Radiance Boosting Powder is a gentle solution that also detoxifies. Finely ground white clay and jasmine form a silky lather that leaves my skin looking amazing. It is also great for traveling since the dry powder is super light.

A lot of moisturizers are either breaking me out or causing my skin to sting. I've had a steady rotation, as one product seems to work for a while and then my skin goes bananas. I'm currently alternating between Clinique Moisture Surge and Tatcha Deep Hydration Firming Serum. I use the serum during the day and the Moisture Surge before bed. I'm also using the new Tatcha Pore Perfection Sunscreen on my face everyday. Since pregos are more prone to developing spots and discoloration it's really important to wear a safe UVA/UVB protection. It doesn't contain harmful ingredients like oxybenzone or octinoxate and is completely non greasy. I've been obsessed with Glossier's balm dot calm this summer. It's been sitting in my makeup cabinet for a while and broke it out for my trip to New York and I'm obsessed. I use it on my lips, cuticles and any super dry spot that creeps up. I also love their coconut balm, which is essentially the same product but it smells like vacation.

Throughout my entire pregnancy I've been diligent about oiling my bod. I'm the worst when it comes to using body lotion and oils, and typically forget about moisturizing from the neck down. But my fear of developing horrendous stretchmarks has proven to be phenomenal motivation. I've been using Estelle & Thild Pregnancy Oil 1-2 times a day. I try to use it after the shower while my skin is still slightly damp. I go through a lot of this stuff rubbing it on my belly, boobs and hips. So far so good- no stretchmarks have crept onto my stomach. The formula is certified organic and rich in nourishing oils. It is also fragrance free, which I appreciated during bouts of first trimester morning sickness when I couldn't stand the smell of toast.

I've been really low maintenance in the hair department lately. I've noticed that my mane is a bit fuller than before and that I have to wash it less, which is amazing. I also recently discovered Verb Ghost Oil. It adds shine and gloss- after one use I was sold.

I'll do a separate post on my pregnancy makeup routine next week.

-Baby clothes from Livly and Baby Gap; bunny from ABC Carpet & Home

-Photos by Aimee Blaut in Stockholm

Direct Link: <http://www.theformulablog.com/maternity-skin-the-good-the-bad-the-ugly/>