



# 6 of the best

## PREGNANCY PRODUCTS

### QUEEN BEE

This nourishing, all-natural option from Burt's Bees will help soothe tight pregnant skin. Remember to soothe this not only over your growing bump but also over breasts, nipples, thighs and back area. **Burt's Bees Mama Bee Belly Balm, €16.95, pharmacies and health stores**



### UDDERLY FRESH

Excessive perspiration is a common pregnancy side-effect. MooGoo, an aluminum-free, roll-on deodorant, will keep you dry and confident without the chemical nasties. **MooGoo fresh cream deodorant, €8, pharmacies nationwide**

### NATURAL BLONDE

For a chemical-free hair dyeing option during pregnancy, look for your nearest **Aveda** salon — its products and dyes are 97pc natural. If you're looking for a DIY hair dye alternative, check out vegan brand **Surya Brasil** — its formulas are free of any harsh chemicals and safe to use during pregnancy and/or while nursing. **Surya Brasil hair colour, €13.80, pharmacies and health shops nationwide**





### TIP TO TOE

This is the perfect kit to nourish your pregnant skin from tip to toe. Mama Mio products are rich in organic omega oils that hydrate and elasticise, antioxidants that strengthen skin and stop sagging and green cabbage leaf extracts to help ease swelling. **Mama Mio Pregnancy Essentials Kit, €40, from pharmacies nationwide**

### NAIL IT

For pregnant ladies who love a good manicure but want to eliminate the chemicals — get your mitts on butter London. This brand doesn't add formaldehyde, formaldehyde resin, DBP or any other nasties to their nail products.

**butter London nail polish, €16.95, Boots**



### SKIN FOOD

Tracey Ryan, creator of bia beauty, came up with the idea for her all-natural Irish beauty brand when she was pregnant with her first child. It's no surprise then that her Mom & Baby set is an inspired gift for new mums.

The set includes multi-purpose baby cream, shea body butter and a soothing eye gel. **bia beauty Mom & Baby Gift Set, €45; [biabeauty.com](http://biabeauty.com), Avoca, and selected health stores**

