

How A Wellness Maven (And Mama) Keeps Her Skin Glowing



I grew up watching my mother engaging in beauty rituals, from hair maintenance to skin care. At an early age, she taught me the importance of exfoliation, drinking lots of water, and moisturizing my skin and she cautioned against excessive sun exposure. I didn't listen to that last rule and have the freckles to prove it! But I have developed my own self-care and beauty practice, which I call *Glow Time*. As a mother myself now, wellness maven, and trusted lifestyle guide, I am constantly exploring the best products out there to share with my community and our mamas at [Mama Glow](#), the maternity lifestyle company and Web destination I founded. Clean living doesn't just mean eating well; it's also what you put on your body that matters just as much as what you put in your body.

Pregnancy is the perfect time to change your beauty regimen. What passes through your skin can potentially pass through the blood-placental barrier to your baby, so it's worth reassessing your vanity cabinet and stocking up on high-quality, natural products. If you intend on getting pregnant, this is an essential part of the process that so many women overlook. Remember, your skin is your largest organ, so be keen on cleaning up your beauty routine. Mama Glow and the Environmental Working Group created a [nontoxic pregnancy guide](#) that really all of us should use as a manual for living a more eco-friendly and toxin-free life.

My beauty routine is one that I would recommend to all women. It's not just about washing your face. It's about setting the tone for a relaxed and affirmative experience, one that you will repeat to tap into your inner queendom.

I'm about cultivating rituals and reveling in radical self-care. The moments we spend on ourselves and by ourselves are magical.



Check out my routine and suggestions for chemical-free beauty products that are good for your glow, fertility-approved, and also environmentally friendly.

Nighttime Ritual

At the end of the day, it's important to cleanse the skin of dirt, remove makeup, and embed moisture and nutrition to feed your skin while you are asleep as the skin is in its cellular repair cycle. At night, I do an oil cleanse with [Rain by Good Medicine](#), and use a warm wet cloth to open up the pores. I follow with a serum to smooth and protect, like [Honey Dew Youth Serum by Good Medicine](#), which I rub into the chin, smile lines, and forehead areas. Finally, I finish with [Tammy Fender Quintessential Serum](#). It's pricey but works wonders, and you don't even need to use that much of it. It's a very rich, nutrient-dense formula, containing avocado and castor oil.