



Ask Lovely Liz

Need advice or a boost? Beauty ed Liz Silvester can help...



You can ditch the itch without chemicals!

Q My baby son has very itchy, dry skin. I'm not sure how to treat it, as I don't want to use any harsh chemicals. What do you recommend?

A With no petrochemicals, **Hope's Relief Cream**, £12.95 for 60g (020 8748 9300; planetblue.shop.com), is a gentle remedy for itchy skin problems such as eczema and psoriasis. Developed by Jacqueline Hope, a naturopath in Australia, it's suitable for adults, children and babies. It may seem expensive, but testimonials on the manufacturer's website will inspire you.

Powder patches

Q Since I became pregnant, my usual face powder is patchy and uneven. I've tried going without, but my face looks really shiny. Is there a compromise?

A You might just need a powder with a lighter formulation, which will be easier to blend and will feel softer on your skin, too. I love

L'Oréal True Match Super-blendable Powder, £6.99, which comes in 10 shades. Just dust it lightly over your skin or build it up a bit when you need more coverage. Either way, you can be confident that it won't gather into uneven patches.

Fine lip lines

Q I quit smoking when my husband and I decided to try for a baby (I'm now four months pregnant). But it's left me with the telltale fine, feathery lines around my mouth. Is there anything I can do to reduce their appearance?

A Your best bet is to use a rich, moisturising lip balm on a regular basis. I find that if I keep one by my bed and another in my coat pocket, I remember to use it. Try **Marks & Spencer Advanced Formula Lip Lift Balm**, £6. It contains



wild mango butter which, apparently, is very hydrating as well as lots of other goodies to smooth, soothe and reduce feathering (those fine lines that you mention). It also has a hint of mint to give your lips a refreshing tingle. Don't just apply it to the lips but up and over the lip line, too.

Soothe me

Q I'm in the last few months of my pregnancy and although I'm exhausted, I'm finding it really hard to relax and get to sleep. I've tried warm baths with gorgeous products, but find that baths are too much like hard work. Any ideas?

A Stick to showers, as the weather warms up and you get bigger, baths sometimes make you feel even more uncomfortable. Aromatherapy can also be really useful, helping to calm and soothe. I love **Virgin Vie Sleeping Beauty Pillow Mist**, £12.50 for 100ml (0845

300 8020; virgin.com/cosmetics). It contains valerian, clary sage, lavender and jasmine, which will soothe your senses and help you drift off into a deep sleep.

Make me gold

Q I'm very pale-skinned and always find the transition to summer clothes tricky as I look so white. I'm not keen on using fake tan, as I don't want to apply chemicals while I'm pregnant; besides, the smell makes me nauseous. What should I do?

A The chemical that causes colour is called dihydroxyacetone (DHA). It works only on the top layer of skin so is harmless, but it does have an off-putting smell. If you use a lower level of DHA, you'll get less smell and a paler, more natural colour.

There are plenty of new products around, which tend to be body lotions with a tiny amount of tanning agent. I recommend **Johnson's Holiday Skin Body Lotion**, £4.99 for 250ml, which is light and fresh and has only a faint whiff of the DHA later.



Do you have a beauty bugbear? Liz is here to help. Write to Ask Lovely Liz, Practical Parenting, Room 2720, King's Reach Tower, Stamford Street, London SE1 9LS, or email her at ppbeauty@tiscali.co.uk. Sorry, but Liz can't answer questions personally.

