

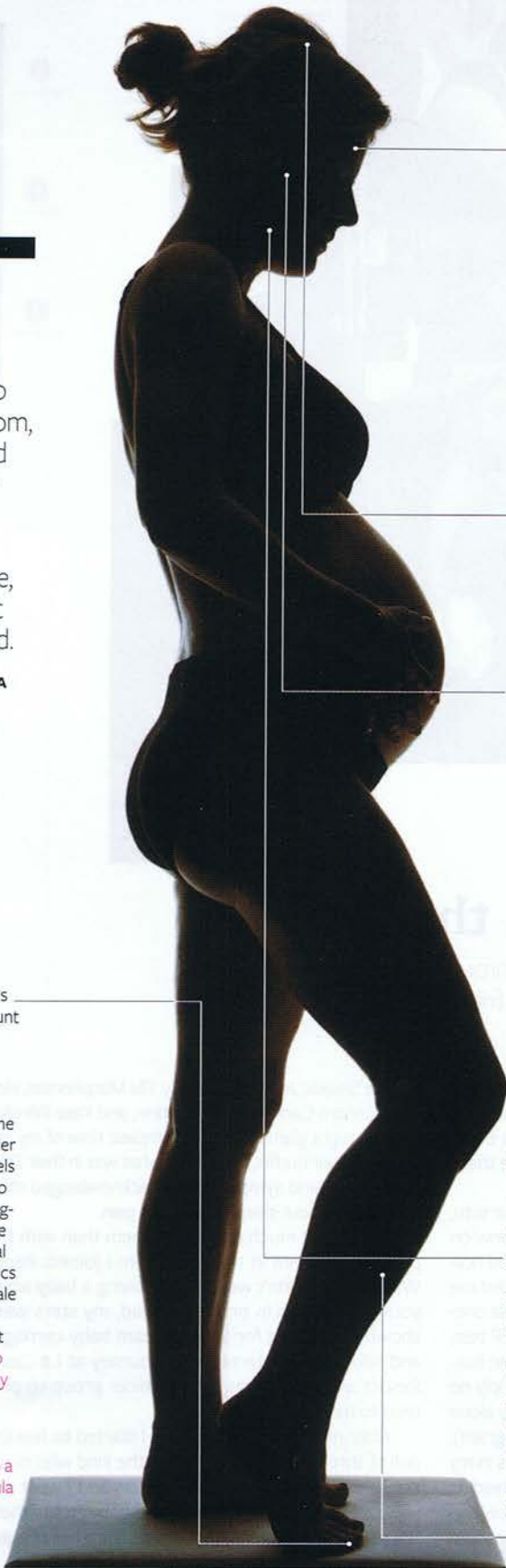
Beauty and the Bump

From the unsightly acne to the heaving Victorian bosom, pregnancy's assault on and endowment of your body is a perfect metaphor for motherhood itself. Here's what to use, what to shelve, and what to do about that whopper on your forehead.

WRITTEN BY SALLY WADYKA



NAILS Most polishes contain a small amount of chemicals called phthalates, which make the formulas less brittle and thus less likely to crack. The FDA does not consider phthalates at the levels found in cosmetics to be unsafe during pregnancy, and Mary Jane Minkin, M.D., a clinical professor of obstetrics and gynecology at Yale University School of Medicine, agrees that there is currently "no reason to suspect any long-term problems from the use of nail polish." But if you're concerned, switch to a phthalate-free formula like SpaRitual (\$9, skinstore.com).



SKIN DARK SPOTS Pregnancy hormones can cause dark areas on the face called melasma. But a common skin-lightening ingredient, hydroquinone, is not safe during pregnancy. To brighten dark patches, use something containing azelaic acid, licorice or mulberry extract, or soy, which is found in Aveeno Positively Radiant tinted moisturizer with SPF 30 (\$17, drugstore.com).



HAIR For the first trimester, it's best to go au naturel. Prolong any existing color with L'Oréal Paris EverPure Sulfate-Free Color Care Moisture Deep Restorative masque (\$9, lorealparis.com). After that, vegetable-based dyes are okay, as are highlights. "Unlike all-over color, which is slathered onto the scalp, highlights are painted just on the hair and are unlikely to be absorbed into the skin," explains New York City-based dermatologist Amy Wechsler.



SKIN WRINKLES The gold standard in antiaging, retinoids (in the form of OTC retinol or prescription Retin-A) build collagen, smooth skin, and repair wrinkles. But for these nine months, no dice. Switch to potent antioxidants like coffeeberry extract, green tea, and pomegranate to help repair and prevent damage. We like Korres Pomegranate Balancing moisturizer SPF 6 (\$30, sephora.com).



BODY Bath gels and oils are safe during pregnancy; it's only the hot water you're dumping them into that's a concern. "There's a potential for fetal abnormalities when you raise your core body temperature for long periods of time," says Minkin. Her advice: Keep water at 100 degrees or lower (which means no Jacuzzis or hot tubs) to guarantee safe soaking, or stick with showers. Molton Brown Amrusca bath and shower gel (\$32, moltonbrown.com) is packed with antioxidants.



SKIN ACNE You can thank your newly surging hormones for the breakouts. But don't reach for benzoyl peroxide. Instead, try a spot treatment that's 2 percent or less salicylic acid, like Neutrogena Rapid Clear 2-in-1 Fight & Fade gel (\$8, drugstore.com).

WOMAN PHOTOGRAPH BY KATHERINE WOLKOFF/ART + COMMERCE; PRODUCTS PHOTOGRAPHY BY ETHAN PALMER/ICON BY MARYU

03 FEAR "I'll give birth in a barn because I live so far from the hospital." REALITY The average labor lasts four to eight hours, plus one to three hours of pushing, so >