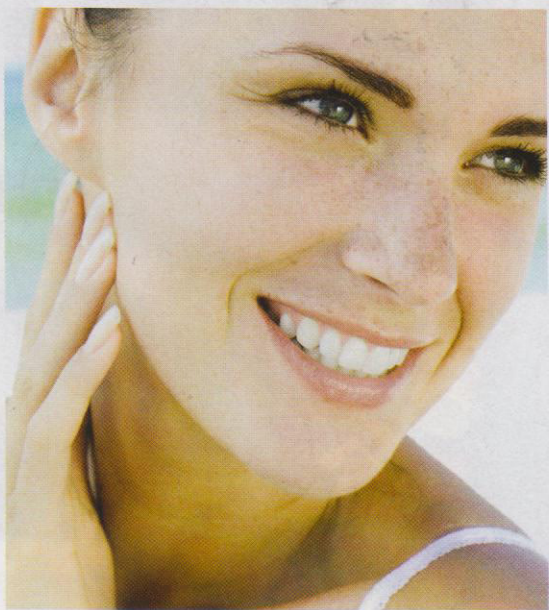


# BEAUTY ON BOARD

*Packing a few of these double-duty wonders in your suitcase will lighten your holiday load*



**H**olidays can be one of the biggest luxuries of the year (sun, sea and alcohol-free sangria, anyone?), but getting there can be stressful, especially if you're weighed down with a heavy bump or it's your baby's first trip away. So the last thing you need is to get into a spin trying to cram armfuls of products into your suitcase. 'Being deprived of your creature comforts isn't necessary, as it's possible to lighten your load by streamlining your beauty essentials,' says Liz Earle, skincare expert and mum of five. So, what does your skin *really* need to keep it glowing?

'Hopefully your complexion is gleaming during your pregnancy, in which case you only need the bare minimum of skincare,' says Liz. 'The combination of relaxation and a warm climate also means holiday skin tends to be less dull and stressed. Your biggest beauty concern will be dehydration, as overexposure to UV rays can sap your skin of huge amounts of moisture.' Even getting there can affect it – scientists have found that in-flight air is often drier than the desert, with humidity levels dropping to 10% (it's 25% in the Sahara!).

Investing in products that perform two or even three tasks is key – especially if, like a quarter of women in the UK, you spend just three minutes doing your morning make-up. 'Not only do they offer multi-purpose beauty benefits, they save precious space in your luggage. This is vital if you're pregnant and trying to travel light or have extra baby kit with you,' says Liz. Here's our guide on what to pack.

## TAKEAWAYS

Here are some of the cleverest multi-taskers we've found. Best of all, they come in aeroplane-friendly sizes

**CUTICLE SOFTENER + LIP BALM + FIRST AID + BABY SKINCARE = Vaseline**

Pure Petroleum Jelly, £2.03, [boots.com](http://boots.com)

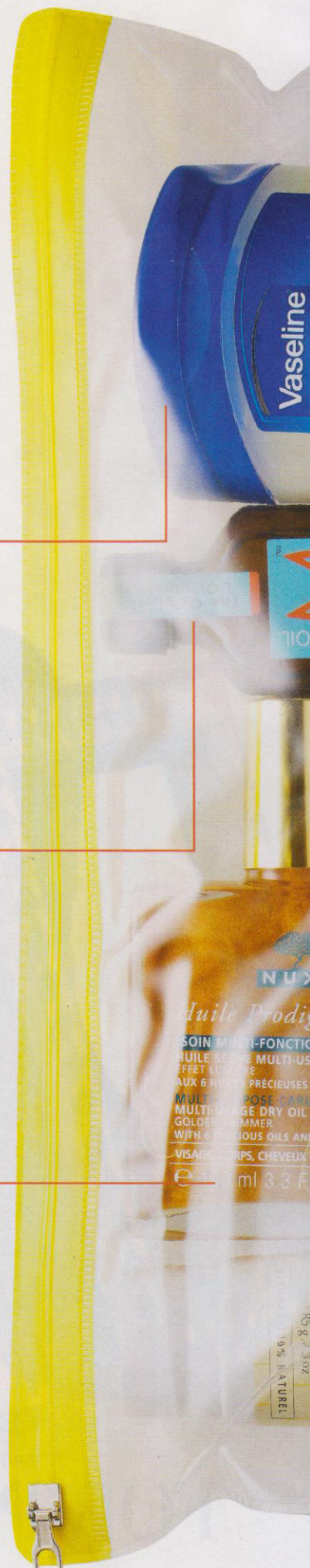
This cult product does pretty much everything. Vaseline is a great emollient for you and your baby's skin – it even accelerates wound healing by sealing cuts to prevent germs entering and moisture escaping. 'I recommend it all the time to patients with dry skin patches,' says cosmetic doctor Patrick Bowler.

**MOISTURE MASK + DE-FRIZZER + STYLING PRODUCT = Travel MoroccanOil,**

£12.85, [hqhair.com](http://hqhair.com) Pregnancy hair can feel drier and frizzier than usual. Factor in holiday humidity, sun, sea and chlorine, and it may spell disaster: That's where this oil comes in. 'MoroccanOil is a styling, shine and finishing product,' says Antonio Calero, the brand's artistic director: 'It's also rich in vitamins to help nourish.' Style wet hair with a 10p-sized amount, or leave in overnight for an extra conditioning boost.

**NIGHT CREAM + BODY LOTION + BATH OIL + STRETCHMARK CREAM + BRONZER = Nuxe Huile**

Prodigieuse Multi-Usage Dry Oil, £23, [spacenk.co.uk](http://spacenk.co.uk) Plant oils are similar to your skin's oils, so they penetrate and nourish effectively. 'This contains six plant oils, including borage to reduce water loss, and camellia for suppleness – both of which are important in pregnancy,' says Aliza Jabès, founder of Nuxe. 'Add a few drops to your bath or massage all over for softer skin and a sun-kissed glow, thanks to the gorgeous golden flecks.'





**SUNCREAM + MOISTURISER + FOUNDATION = No7**

**Triple Protection Tinted Moisturiser SPF15, £12, boots.com** This tinted moisturiser is the true definition of make-up with skincare benefits. 'It's the first SPF15 day cream to protect against up to 90% of the UVA rays that cause skin ageing,' says Lisa Eldridge, No7 make-up artist and creative director. 'Its complexion-flattering tint gives just enough coverage for a fresh, radiant glow, so you can skip foundation, too.' If you're battling with pigmentation, go over any darker patches a second time to create an even-toned finish.

**BLUSH + LIPSTICK + SHADOW = Nars The Multiple in Laguna, £29, narscosmetics.co.uk**

With gleaming holiday skin, make-up can be limited to this three-in-one glossy highlighter. 'The cream texture blends easily, taking all the hard work out of applying blush, cream eyeshadow and lip stain,' explains Jane Richardson, international make-up artist for Nars Cosmetics. 'Just smile, then sweep the stick over the apples of your cheeks. Use the heat from your fingers to blend, then dab colour onto your lids and lips.'

**CLEANSER + EXFOLIATOR + MOISTURISER = Ole**

**Henriksen Truth To Go Wipes, £15, salonskincare.co.uk** With no heavy-duty foundation to worry about, you can ease up on your cleansing routine, too. These gentle wipes not only remove stubborn dirt and make-up, they also boost collagen production with algae extract and nourish with essential fatty acids. 'When you're pregnant, exfoliation can make your complexion more sensitive,' explains founder Ole Henriksen. 'These wipes give your skin the same brightness that you get after a polish, but with gentle vitamin C instead.'

**LEG SOOTHER + COOLING AFTERSUN = Burt's Bees Mama Bee Leg & Foot Cream, £12.99, burtsbees.co.uk**

'This rich cream revives tired legs on a hot summer's day by reducing swelling and helping to relax your muscles,' says Celeste Lutrario, vice president of global research and development at Burt's Bees. It can also be used to soothe areas of sunburn as it contains cooling peppermint – just dab it on and let it get to work.

