

baby yourself

Choosing gentle products for your infant is a no-brainer. Why not do the same for yourself?

If your skin seems to be way more sensitive these days, it's not your imagination. Whether you're pregnant or just gave birth, "the hormonal surge your body is experiencing is to blame," says Dina Anderson, M.D., a dermatologist in New York City and mother of two. "But things should return to normal a few months postpartum." In the meantime, products you've always relied on may not perform as well as they used to, or worse, might cause an adverse reaction. For this reason, you're smart to limit the potential irritants coming in contact with your skin (including on your scalp). Read on to find a gentle gem for every part of your beauty routine.

You're a total natural!

FACE → Cleansers and Healers

Undereye circles due to fatigue, acne, and facial discoloration (also called melasma) are all common issues for expectant and new moms. Luckily, you don't have to wait until

you get the green light for prescription meds to treat such troubles. Lots of OTC products contain safe and effective natural ingredients, Dr. Anderson says. Take your pick!

Smart shopping advice for preggos: Look for labels that say "safe for sensitive skin."

One Love Organics Microderma Scrub & Masque (\$39; oneloveorganics.com)

Terralina Roseroot & Sugar Beet Eye Cream (\$32; terralina.com)

Neutrogena Naturals Face & Body Bar (\$5; drugstores)

Yes to Tomatoes Clear Skin Spot Stick (\$10; drugstores)

