

YOUR OWN PERSONAL STYLIST

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Q I've just found out I'm pregnant. How can I prevent the dreaded stretchmarks? *Natalie, via email*

A "Your skin may have to stretch by up to 30 inches," says Sian Sutherland, co-founder of Mama Mio, the new mum's skincare range favoured by Rachel Weisz. To encourage your skin to bounce back after the birth, apply products rich in omega oil such as Gentle Dry Oil For Body, £35, by Huiles et Baumes (020 8740 2085); or Tummy Rub Stretch Mark Oil, £22, by Mama Mio (020 7014 3750). As your bump grows, so will your bra size, so apply the oil regularly to your breasts too. "You can never over-moisturise, so slather yourself twice a day," says Sutherland. Always check your product to make sure it's bump-friendly; during pregnancy you should avoid certain essential oils - such as clary sage and jasmine, which are known to cause contractions and thin blood. If you're feeling anxious about the use of essential oils, then consult your doctor or midwife at any time. ■