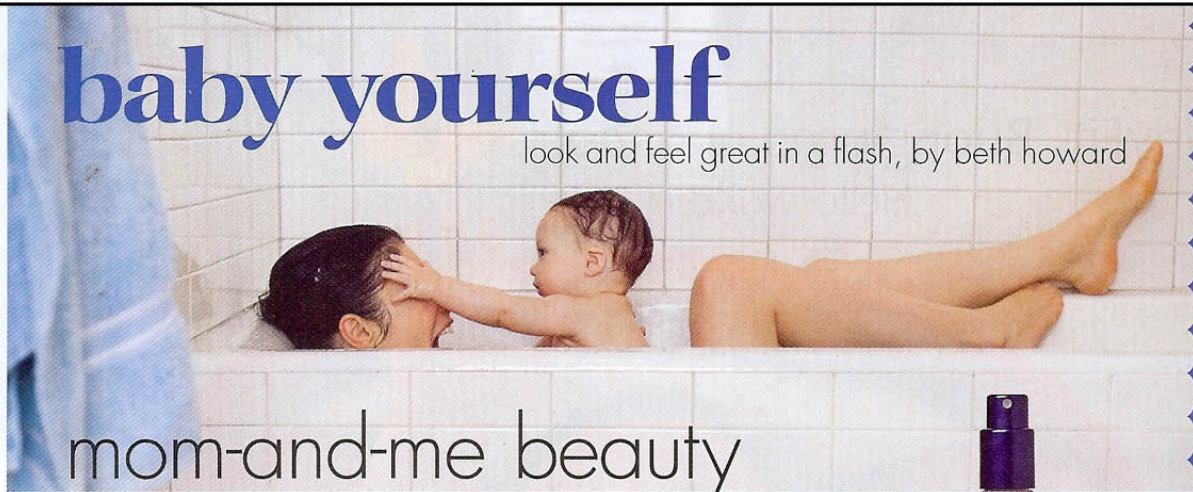


# baby yourself

look and feel great in a flash, by beth howard



## mom-and-me beauty

**m**any a mother has reached for a baby wipe to remove makeup or rubbed a little diaper cream on a blemish. But that's just the start of the beauty wares that do double duty. A few more: **Aquaphor Healing Ointment** (\$6 for 1.75 oz.; at drug stores) soothes dry skin on your baby's cheeks, chin, or bum, and works as a lip balm and cuticle softener for you. **Baby Silk Babysafe Sunscreen Towelettes** from MDMoms (\$26; mdmoms.com) help keep dangerous rays at bay. One SPF 30 wipe covers your baby. Grab another to smooth on your face, neck, and arms.

stores), with shea butter and coconut oil, is perfect for baby massages. Rub it on your own belly during pregnancy to calm itchy stretched skin.

**Sweet B. Organic Shampoo & Wash** (\$16.50; bathbybettijo.com) kills two birds with one stone—and leaves you both smelling sweet.

**Noodle & Boo's Conditioning Hair Polish** (\$12; noodleandboo.com)

can be used on both your dry hair and your baby's in between washes to detangle messy locks and curb frizz.



marks will eventually fade into silvery streaks. We like to think happen to match our earrings.

**W**hy use tips from the author of *The Metabolism Diet* with every metabolism. A few hours to use-proof. Lines and wrinkles during pregnancy. It takes into account calories a day over a year. "aging" it have to eight.

### how low (maintenance) can you go?

“I go to the gym on my lunch hour just so I can take a shower.”  
—Nancy Brooke Smith, New York, NY

