

Pointers For Mothers-To-Be

Supple Skin Before, During And After Pregnancy

(NAPSA)—Taking care of your skin should always be part of your daily regimen—especially when you're expecting.

According to the American Academy of Dermatology, stretch marks can affect 90 percent of pregnant women, which means you're likely to have stretch marks after shedding baby weight.

For this reason, you should take care of your skin both during and after pregnancy. It's vital to use high-quality skin care products in order to achieve optimal skin-firming results. Cocoa butter, one of the cornerstone ingredients in Palmer's products, is considered to be one of nature's best skin care remedies, helping skin to retain its natural elasticity and moisture.

There are many different options available for various skin concerns, so consider the results when choosing a lotion.

For example, if you've recently lost weight and want to restore your taut, supple skin, try a firming lotion, such as Palmer's Cocoa Butter Formula Firming Butter, infused with cocoa butter, collagen, elastin, coenzyme Q¹⁰, ginseng and vitamin E. You can use it all over or on specific areas in need of an extra lift.

Using a daily moisturizer is great for keeping skin in tip-top shape; however, proper application is essential. To maximize the benefits of skin hydration, follow these tips:

- Massage a skin-firming lotion onto your thighs, upper arms and midriff with uplifting, circular strokes.

- Use an intensive firming lotion on your bustline, such as Palmer's Cocoa Butter Bust Firm-



A skin-firming lotion can help prevent stretch marks, which affect 90 percent of pregnant women.

ing Massage Cream, to prevent stretch marks in this ultrasensitive area.

- Apply lotion immediately after getting out of the shower while skin is still warm to increase absorption and hydration.

In addition, using a daily all-over moisturizer to improve skin's appearance and elasticity can help ensure a youthful glow. Whether applying moisturizer after your morning shower or at bedtime, your skin will begin to look more radiant in as little as one week.

With a little extra effort, you'll be on your way toward more beautiful skin—just like your baby's.

For more skin care tips and products, visit www.palmerscocoabutter.com.