Beauty advice for the face and body before and after birth.

Congratulations, you're expecting! What an exciting moment in a woman's life... a beautiful love story begins. Clarins is pleased to be sharing with you its expertise and advice so that you're able to maintain a beautiful complexion and body contours throughout your pregnancy and beyond. These next 9 months are ideal for adopting good beauty habits to keep for a lifetime. When you feel good about yourself, your baby will feel it too!
Pregnancy, the most beautiful days of your life.

Beauty advice before and after birth

This book concerns the beauty aspects of pregnancy. It is not intended to substitute the medical advice given to you by your doctor. Only your doctor knows your medical history, and only he or she can offer appropriate advice. Your doctor should make all final decisions regarding your health and body care during pregnancy.
Pregnancy, the most beautiful days of your life.

Maria Knerr
Independent midwife, Founder of Association Maternité et Communication

For thousands of years, women have relied on the assistance of midwives during and after their pregnancy.

Now, women can rely on Clarins for valuable advice on preparing their bodies and minds for giving birth, to help them remain comfortable in a body which is changing and to help them regain a toned, firm body afterwards.

Because we fully appreciate the very special nature of these exceptional moments in a woman’s life, Clarins wished to do something practical to help women.

Moments of plenitude

Doctor François Rudich
Gynaecologist-Obstetrician

Pregnancy, childbirth and nursing are moments of intense joy, serenity and fulfillment for a woman. An ideal moment chosen by Clarins to offer specific advice for body care and post-natal exercises, in particular perineal control, contributing to the prevention of incontinence and aiding the quality of life as a couple.

Love yourself and love others

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This book offers common-sense advice

Doctor Pierre Denys
Urodynamics Laboratory -Neurological Rehabilitation Unit / Hôpital Raymond Poincaré -Garches

“Pregnancy, the Most Beautiful Days of Your Life” deserves special merit by offering not only an excellent beauty guide to accompany women throughout pregnancy, but also specific advice in an area all too often ignored, that of urinary incontinence, which is so very common during and after pregnancy. This book contains excellent, common-sense advice.

Clear, precise exercises

Doctor Bernard Aranda
AIHP ACCA - Legal Advisor Court of Appeals
Head of Neurology - Neuro-urolgy Department
Centre Hospitalier - Gonesse

Jacques Courtin and his team have perfectly analyzed the beauty problems linked with female anatomy and physiology.

This book should allow young women, before and after pregnancy, to care for their bodies and for themselves, achieving optimum well-being. The clear, simple exercises described in this book will most certainly contribute to reducing the incidence of pre- and post-natal incontinence.

Smiling is important during pregnancy

Doctor Gérard Dupeyrat
Stomatologist - Attaché des Hôpitaux de Paris
President of Association Visage Sourire

I was very pleased to be asked my opinion about teeth and smiling during pregnancy. We mustn’t forget that smiling is an essential element in our society. It was therefore important to clear up certain misconceptions and offer sound advice to women during this happy time.
You're expecting.
This exciting moment in a woman's life is the beginning of a new love story.

Being more aware of your body and witnessing the rapid transformations that occur, you may feel a little concerned or apprehensive. This is natural. Rest assured, with a little extra help, Mother Nature will take care of your figure and its return to normal after the baby's arrival.

“Pregnancy, the Most Beautiful Days of Your Life” is based on Clarins experience in skin care and body beauty, and offers that “little extra help” needed to enjoy pregnancy more beautifully.

For more than fifty years, Clarins, the Skin Care Specialist, has enhanced the beauty of pregnant women throughout the world.

Clarins will guide you through this precious moment in your life, a time when new resolutions for you and your baby are made.

Clarins believes that beauty is accessible to everyone and does not require a lot of time or expense, just regularity. Clarins treatments will enhance your beauty and feelings of well-being to ensure an enjoyable pregnancy. Your body will also be better prepared for further pregnancies.

Ideally, the body should be prepared for motherhood before pregnancy. This is why, “Pregnancy, the Most Beautiful Days of Your Life” also addresses teenagers and young women. Contrary to popular belief, pregnancy is not the only cause of stretch marks. These damaged or broken fibres of the skin are caused by rapid weight gain, which can occur from the onset of puberty until about the age of thirty. By following Clarins advice, teenagers and young women can prepare their skin to better resist slackening caused by weight gain or pregnancy.

The baby responds to your emotions, your happiness and well-being. Everything you do for yourself, you do for your baby. Feeling good about yourself and feeling beautiful will benefit the baby during, and even after pregnancy. This is why “Pregnancy, the Most Beautiful Days of Your Life” is a gift from Clarins for both of you!
1. Beauty throughout pregnancy

<table>
<thead>
<tr>
<th>Page</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>p.10</td>
<td>Beauty and a healthy lifestyle</td>
</tr>
<tr>
<td>p.14</td>
<td>Body and bust beauty</td>
</tr>
<tr>
<td>p.18</td>
<td>Avoid stretch marks</td>
</tr>
<tr>
<td>p.22</td>
<td>Bust beauty</td>
</tr>
<tr>
<td>p.25</td>
<td>Leg alert!</td>
</tr>
<tr>
<td>p.28</td>
<td>Clarins exercise essentials</td>
</tr>
<tr>
<td>p.28</td>
<td>First and foremost, relax!</td>
</tr>
<tr>
<td>p.29</td>
<td>Prepare the perineum</td>
</tr>
<tr>
<td>p.34</td>
<td>Maintain a firm bust</td>
</tr>
<tr>
<td>p.36</td>
<td>The most complete exercise workout for women, from Clarins</td>
</tr>
<tr>
<td>p.40</td>
<td>Facial radiance</td>
</tr>
<tr>
<td>p.46</td>
<td>The right gestures</td>
</tr>
<tr>
<td>p.47</td>
<td>“Hospital” beauty kit</td>
</tr>
</tbody>
</table>

2. The baby is born

<table>
<thead>
<tr>
<th>Page</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>p.50</td>
<td>Beauty in hospital</td>
</tr>
<tr>
<td>p.50</td>
<td>Keep taking care of yourself</td>
</tr>
<tr>
<td>p.51</td>
<td>The right gestures</td>
</tr>
<tr>
<td>p.54</td>
<td>A beautiful return home</td>
</tr>
<tr>
<td>p.54</td>
<td>Body beauty</td>
</tr>
<tr>
<td>p.56</td>
<td>Bust beauty</td>
</tr>
<tr>
<td>p.57</td>
<td>Luminous radiance</td>
</tr>
<tr>
<td>p.59</td>
<td>The right gestures</td>
</tr>
<tr>
<td>p.61</td>
<td>Clarins exercise essentials</td>
</tr>
<tr>
<td>p.62</td>
<td>A beautiful baby</td>
</tr>
<tr>
<td>p.67</td>
<td>The right gestures</td>
</tr>
<tr>
<td>p.69</td>
<td>Clarins make-up</td>
</tr>
<tr>
<td>p.71</td>
<td>Essential steps for basic beauty care</td>
</tr>
</tbody>
</table>
I.

Beauty throughout pregnancy

Pregnancy is natural. It is not an illness. However, it is important to be aware of your body and the changes it is undergoing. Strict diets or “letting yourself go” are extremes to be avoided.

Seek the right balance between rest and activity and do not hesitate to consult your doctor or midwife for reassurance and advice. “Pregnancy, the Most Beautiful Days of Your Life” contains basic common-sense guidelines and body beauty advice to help you throughout pregnancy.

Avoid trying to do everything at once, you will soon be discouraged. Slowly, surely, and regularly are the keys to success.
Rest. The body needs approximately 8 to 9 hours of sleep every night. Should you feel the need, short periods of rest throughout the day are generally necessary in the last few weeks of pregnancy.

In the morning, take it easy! If you wake up lying on your back, gently roll over onto one side and then gradually sit up. Breathe deeply. Slowly stretch your body, one limb at a time. Do not lift the arms in the air, as this stretches the abdomen.

Stroll
A half-hour stroll every day is excellent for health and fitness. Wear comfortable flat shoes which support the ankles and don’t overdo it! Walking should be pleasant, never tiring, and is ideal to strengthen the abdominal muscles, stimulate the circulation and increase the vital capacity of the lungs by offering your body 15% more oxygen, essential for both you and your baby.

Exercise
If you exercise regularly, check with your doctor or midwife which sports you can safely pursue. In any case, avoid energetic sports and always inform your instructor that you are pregnant. If you are not in the habit of exercising, start off gently with walking or swimming. Try side swimming or backstroke as swimming on your front will accentuate an arched back. You could also attend special birth preparation classes designed for mothers-to-be which are often available at local leisure centres and where it is not always necessary to know how to swim.

No smoking!
Now is the time to finally give up smoking— for you and for your baby. Statistics confirm that heavy smokers often give birth to smaller babies and run a greater risk of premature delivery.

Travel in comfort
If you commute by public transport, ensure you travel sitting down. It has been confirmed that women who travel frequently risk premature labour. Travel as comfortably as possible. Whether flying or travelling by car, place a small cushion between the seat belt and your abdomen. Because of vibrations, long car journeys should be avoided and travel should only be done when absolutely necessary. Frequent stops are advisable to relax and stretch your legs. Stay close to the hospital or clinic into which you are booked.

An even more beautiful smile
Don’t worry... today, you can be pregnant and not lose your teeth! It is true, however, that hormonal variations during pregnancy weaken the gums and can encourage the development of tooth decay (due to the lower pH of saliva). During pregnancy you may also experience sensitivity to heat and cold along with inflammation of the gums and bleeding when you brush. So to protect your smile, you should visit your dentist for an oral examination at the start of pregnancy and have a check-up.

Useful posture tips
Rest easy: Lie down with feet slightly raised. Do not cross the legs or feet, even lying down, as this can slow down circulation. Lie on one side, preferably the left, as the baby generally lies to this side in the uterus, and it is the most comfortable for both of you. As your pregnancy progresses, you will find that placing a cushion under the head and between the legs or behind the back will provide added comfort. This position is recommended especially towards the end of pregnancy, but starting now will make it a natural reflex later.
every three months. Contrary to appearances, a gum problem which appears during pregnancy is often only minor. However, if major treatment is necessary, it will be carried out after consulting your gynaecologist. Aesthetic treatments (‘improving your smile) and implants (artificial roots to replace missing teeth) should preferably be carried out before or after pregnancy. Obviously, during the entire pregnancy period, you should take even greater care with your dental hygiene: use this time to get into good habits, so you can keep your beautiful smile for longer. You should brush teeth three times a day, moving up and down (from gum to tooth) with a flexible brush. Use dental floss and if possible, mouthwash and a low pressure dental spray.

Pamper yourself!
Set aside some time just for you... half an hour to an hour pampering yourself works wonders for the morale and well-being. Spoiling yourself is an extremely therapeutic way to help calm the endless concerns and questions that face mothers-to-be. Taking time for yourself is useful, even essential, to help you recover after childbirth. A calm and rested mother can offer so much more to her child. You will find in the years to come, that these precious moments will benefit the whole family. Make your beauty resolutions now. Take the time to enhance beautiful skin and to regain firm body contours after the baby arrives.

Useful posture tips
As the weeks go by, the added weight of your growing baby can cause back and leg fatigue. Correct posture can alleviate or prevent these problems.

1. Flex the knees, save your back.
Whenever possible, try to do your shopping with someone who can help carry the heavy parcels. If you must pick up things throughout the day (shopping, sweeping, vacuuming), always bend the knees and keep the back straight when returning to a standing position. This will prevent back strain. Reach for things by bending one knee.

2. Some specialists recommend not raising the arms suddenly, frequently and for long periods.

3. Uncross your legs.
To avoid circulation problems, do not cross the legs when sitting and try to stretch them as much as possible to avoid circulatory problems. When sitting, try to keep them raised to relieve ‘heaviness’ and reduce arching your back. Do not remain seated for too long. Take a few steps.
Body and bust beauty throughout pregnancy

The first two months of pregnancy almost go unnoticed. Only you will feel the many changes. At first, the only sign is a firmer, fuller bust. Gradually, the abdomen becomes rounder as the uterus progressively changes in volume and shape. Initially about the size of a pear, the uterus eventually stretches to hold a baby measuring 50 cm (21 inches). The breasts swell and become harder and the nipples enlarge in preparation for breast-feeding.

Added curves to body beauty
These physical changes may have certain psychological effects. Even though you are thrilled to be expecting, you may feel somehow torn between joy, fatigue and the many questions reeling through your mind. This is natural. Respect your body rhythms and try not to neglect signs of fatigue. Constant weariness should be mentioned to your doctor or midwife. Allow yourself time to rest if you feel the need. The fatigue of the first few months, easily compensated by rest and sleep, is generally followed by a period of immense well-being from the fourth to the sixth month. The final three months are again, often marked by fatigue, a little different from the early months and also mixed with excitement, apprehension and impatience.

Follow the baby’s development
Your doctor will probably recommend an ultrasound scan to follow your baby’s development. These scans are totally pain free for both you and your baby. Avoid applying oils or creams to your abdomen the day before and the day of the scan as this may lessen the quality of the photo image.

Food watch
Weight gain is a normal, inevitable part of pregnancy and can reach from 9 to 13 kilos at the end of term. Women who begin pregnancy with a few extra kilos or those who tend to easily put on weight should be careful. The secret to correct eating habits and stable weight gain during pregnancy is to ensure a varied, well-balanced diet with fresh, healthy foods which provide sufficient quantities of proteins, carbohydrates and fats. Use salt sparingly and avoid spicy foods.

Dietary essentials...
Proteins, carbohydrates, fats
Proteins, composed of amino acids, are the basic elements which structure the human body. Meat, eggs, fish and dairy products are the principal sources of protein. Carbohydrates are energy-giving foods, and should constitute 50-55% of an expectant mother’s diet. Avoid refined, fast-release sugars (cakes, sweetened drinks, fruit…) whenever possible. Slow-release sugars are preferable (cereals, grains, pasta, rice, pulses, potatoes, bread). The recommended daily requirements are essential for health and well-being.

Fats are essential for the development of the human nervous system and are primarily found in oils, butter, milk, egg yolk, meat and oily fish. Fats should not, however, make up more than one third of the total calorie content and are best when eaten uncooked. Mineral salts and trace elements are also an important dietary requirement. Calcium is essential for bone development. At least one litre of skimmed milk is recommended daily. Equivalent quantities of cheese or other dairy products can also be substituted.
A few last words of wisdom for pregnant women
Drink 1.5 litres of water every day to eliminate toxins and ensure correct functioning of the kidneys and bladder. Avoid alcohol. Eat three meals a day. Skipping meals is not good for you or for the baby. However, if you often feel hungry, divide your meals and eat at frequent intervals. Correct eating habits are the basis of health and well-being. Make them part of your normal daily lifestyle, even after pregnancy.

The following menu plan contains adequate daily requirements from the major food groups. Cheese or yoghurt is recommended between meals.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Tea or coffee with milk</td>
<td>• Melon</td>
<td>• Fish soup</td>
</tr>
<tr>
<td>• Bread, butter, jam</td>
<td>• Grilled mullet with fennel</td>
<td>• Leek pie</td>
</tr>
<tr>
<td>• Fromage frais or Yoghurt</td>
<td>• Blue cheese</td>
<td>• Mixed salad</td>
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<td></td>
<td>• Oven-baked potato</td>
<td>• Low fat cheese</td>
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<td></td>
<td>• Bread</td>
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</tr>
</tbody>
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Vitamins Functions Food sources

A Contributes to normal growth and to healthy eyesight. Necessary for healthy skin and mucous membranes. Fish, egg yolk, carrots, spinach, apricots, melons.

D Regulates the metabolism of calcium and phosphorus. Ensures normal bone development. Oily fish, liver, egg yolk, meat, milk fat.

E Prolongs the life of red blood cells. Plant oils, liver, wheat germ, cereals, green vegetables, eggs, milk, butter.

B1 Helps the functioning of the nervous system. Wheat germ, cereals, pork, lentils.

B2 Contributes to the health and well-being of the skin and eyesight. Provides the energy necessary for cellular metabolism. Milk, egg yolk, yeast, wheat germ, cereals, fruit and vegetables.

B12 Essential for the synthesis of healthy cell compounds (nucleic acids) and proteins, as well as the formation of red cells. Meat, fish, egg yolk, shell fish, dairy products.

PP Necessary for the healthy functioning of the nervous system. Meat, fish, cereals, fruit and vegetables, yeast from beer.

Folic acid Contributes to the formation of red cells and prevents certain types of anaemia. Wheat germ, cereals, spinach, peas, cauliflower, beans, milk.

C Fortifies the natural defenses. Facilitates the absorption of iron. All fruit and vegetables.

Iron, Trace elements Meat, green vegetables, salad.
Avoid stretch marks

Pregnancy is the ultimate test for skin tone.
The elastic fibres of the skin are stretched and risk splitting, causing unattractive stretch marks - at first, blue-red in colour, then pink, and finally turning white.

Stretch marks occur more frequently in young women particularly from adolescence to the age of thirty, after rapid weight gain. Unfortunately, stretch marks do not disappear, but they do diminish with time and a little help from Smoothing Body Scrub. Of course prevention is better than cure: avoid excess weight gain, and prepare skin for the rigours of pregnancy by enhancing suppleness and resistance.

Exfoliate
Exfoliation is the first step in body care, and is recommended from adolescence - but it is never too late to start! When used regularly (two or three times a week), Smoothing Body Scrub is effective in three ways.

1. Eliminates surface impurities and dead surface skin cells which prevent the skin from “breathing”. Leaves skin soft and smooth.
2. Reveals fresher, more radiant-looking skin and promotes firmer, more resistant surface skin. Helps prevent “sponginess”.
3. Maximizes the effectiveness of body products applied later.

When using Smoothing Body Scrub, concentrate on areas prone to weight fluctuations such as thighs, buttocks and hips.

Promotes supple, better nourished skin to reduce the appearance of stretch marks
Stretch Mark Control helps prevent stretch marks by reinforcing skin’s resistance and helping it expand as needed during pregnancy on the abdomen, hips, thighs and breasts. It helps stimulate cellular renewal, moisturizes and nourishes and promotes supple skin while protecting collagen fibers. It works to reduce the appearance of existing stretch marks and diminish their pink colour. Daily application becomes a pleasure as Stretch Mark Control comforts skin and diminishes the uncomfortable feelings of tight skin. Its rich, non-oily texture can be applied morning and/or evening.

Concentrate on those areas that most develop stretch marks. Its fragrance-free formula is ideal during pregnancy since many women can experience a heightened sense of smell.

Firm, well-toned skin without ’sponginess’
Tonic Oil, 100% Pure Plant Extracts has accompanied women through their pregnancies and beyond for more than fifty years. Rosemary and Mint tone and stimulate while Hazelnut oil helps maintain skin hydration and is rich in Vitamin E which offers proven age-control properties. Apply Tonic Oil daily to all parts of the body. Ideally, you should follow application with a cool, sit-down shower. (see page 21)

Place hands flat against the lower part of the abdomen. Gently move hands up and down in opposite directions. Repeat this movement from one side of the body to the other.
Exfoliation

In the shower, apply Smoothing Body Scrub with gentle, circular movements to slightly damp skin, or for deeper exfoliation, onto dry skin. This is the most effective way to prevent stretch marks and "sponginess", the unsightly slackening of skin which appears at the top of, and behind the thighs. Smoothing Body Scrub can be applied to the buttocks, also commonly subject to "sponginess". Always apply using circular massage movements.

1. Smoothing Body Scrub can also be applied to the abdomen, bust, décolleté and arms. Apply to damp skin using circular massage movements. Rinse thoroughly with lukewarm or preferably cool water.

2. Apply Smoothing Body Scrub from the base of the breasts to the chin, the "natural bra". The breasts' firmness and contours depend on the tone of this area of skin.

3. To maximize resistance against stretch marks, apply Stretch Mark Control and lightly "pinch" the skin on your abdomen working towards the most contracted areas. This "pinching" may become difficult towards the end of pregnancy and can be substituted by light, circular movements with the fingertips.

Clarins advice: cool water firms

Cool water is ideal to promote better local circulation, prevent the appearance of dilated veins and firm the surface skin. In a heated bathroom, sit in an empty bath and gradually fill the bath with cool water, showering the lower limbs from the feet to the thighs. Why not benefit from your pregnancy to banish hot showers and baths from your beauty routine. These are totally incompatible with body firmness and healthy blood circulation.
Bust beauty

The breasts can weigh between 300 g and 1 kg. Apart from a superficial muscle layer (the platysma neck muscle), the breasts do not contain any muscle and are not solidly “fixed” to the chest.

Bust beauty is entirely dependent on the tone and elasticity of the “natural bra” which extends from the base of the breasts to the chin. As the breasts increase in volume, special care must be taken to ensure that the added weight does not pull too heavily and stretch the supporting “natural bra”.

Improving and maintaining optimum skin tone of this area is essential to avoid bust slackening. Pigmentation changes can also occur during pregnancy: the nipples become darker, a brown line from the navel to the pubis may appear, and from the fifth or sixth month onwards, pigmentation changes may occur on the face. These pigmentation changes gradually disappear after giving birth (see page 43).

Wear a good bra...
Wear an adapted bra with deep cups (no underwire) and wide shoulder straps. A correctly fitting bra will support the bust without restraining or marking the back and shoulders. Change your bra size as often as necessary during your pregnancy.

...and a good “natural bra”
The quality of the natural bra is very important for the beauty of your bust. To act effectively, bust products should be applied to this area of the skin, from the base of the breasts to the chin (including the neck).

Exfoliate...
Exfoliation, the first step in a body beauty programme, is essential to a complete bust treatment. Applied to the “natural bra”, Smoothing Body Scrub helps promote suppleness and tone of the surface skin. Exfoliate the bust once or twice a week when you exfoliate the body. This basic body treatment should become part of a regular body care programme from adolescence onwards. After exfoliating, apply Tonic Oil to all parts of the body and to the natural bra area. End by rinsing with cool water, working from the feet to the shoulders, including the bust area.

...remember to apply Stretch Mark Control
Don’t forget to apply Stretch Mark Control daily so that your skin is able to follow the important changes in volume your body will undergo without the risk of slackening or breaking.

Using your left hand, apply product in a circular motion around the right breast, working from the outside in, then move up above the breast. Repeat these same movements on the left breast.
Leg alert!

**Your legs must support the extra weight you carry during pregnancy.** Circulation is slower, and swollen legs are common from the sixth month onwards.

The best way to minimize these problems is to slightly tilt the pelvis forwards. Avoid any movements which cause you to arch your back. Sleep with legs slightly elevated and during the day, stretch your legs out in front of you as much as possible. Do not cross your legs, especially if they tend to swell easily. Avoid tight, restrictive clothing and put aside high-heels and boots for a few months. Comfortable, flat shoes which support the feet are preferable. Again, Mother Nature has looked after everything! To facilitate pregnancy and childbirth, the body secretes certain hormones to “loosen” or free the joints. These hormones, in association with the added weight of pregnancy, can cause flat feet, and thus varicose veins. Walking half an hour every day is extremely beneficial. Remember to wear comfortable shoes which support the ankles. Avoid hot wax treatments and sun exposure.

### For relaxed facial features

**Put your feet up!**

Fatigue is often the result of heavy-feeling legs and can make facial features look drawn. Soothe leg fatigue by applying Energizing Emulsion for Tired Legs. This refreshing emulsion is rich in plant extracts and essential oils to instantly soothe tired, heavy legs. The light, fluid texture can be applied at any time of day. Apply by massaging deeply into the soles of the feet (see diagram), then continue application by massaging up the legs using light pressure, as if you were rolling on stockings. Concentrate on the ankles and knees.

### Prevent swelling

If your legs tend to become swollen, use Anti-Eau Oil, 100 % Pure Plant Extracts (with Broom, Geranium, etc.). Apply from the feet up to the thighs preferably in the evening.

Ideally, follow with a cool shower seated in the bath *(see page 21)* or apply cool water with a large sponge. Begin at the feet and work upwards.

### Feel fresh all day long

Perspiration increases during pregnancy and you may feel the need to take a shower more often. Clarins recommends replacing soap with subtly fragranced Eau Dynamisante Shower Gel to gently cleanse the body. It helps neutralize the effects of hard water and ensures a neutral pH.
After a shower
For lasting freshness and confidence, reach for Clarins Eau Dynamisante Deodorant. Then with light, brisk massage movements, splash on Eau Dynamisante Eau de Toilette all over the body. 100% natural, Eau Dynamisante associates the fragrance and treatment benefits of plants to promote a refreshing feeling of dynamic well-being. Eau Dynamisante pleasantly fragrances while the treatment properties soften and firm the skin. Non-photosensitizing, Eau Dynamisante can be safely used in the sun.

Relax for a better night’s rest
If you feel tense before going to bed, try breathing deeply and slowly, keeping your eyes closed. To fully exhale, sit down with your hands pressing against your thorax and the base of your ribs while lowering your head forwards. Relieve muscle tension before going to bed with Relax Oil. Apply to the muscles at the top of the back and on either side of the neck (out towards the shoulders) by using gentle pressing movements. Then apply between the breasts over the solar plexus. Breathe deeply to benefit from the properties of the essential oils of this soothing, relaxing oil made from 100% Pure Plant Extracts (Camomile, Petit Grain, Basil).

Special care for the feet:
Essential points to remember: During pregnancy, besides slower circulation, the arch of the foot can become flat, particularly the metatarsals. This can, however, be avoided by taking one foot at a time between your two hands and massaging the arch from toe to heel. This foot massage is best performed either with Energizing Emulsion for Tired Legs or Tonic Oil.
Clarins exercise essentials

Enhanced beauty: Put aside five to fifteen minutes each day to exercise. With adapted exercises and a little help from Clarins, you will enhance your beauty and well-being to become a more radiant mother-to-be!

First and foremost, relax!

In the first few months of pregnancy, simple relaxation exercises are the best preparation for childbirth. Learning breathing control is most important: practice in a calm environment, for instance to soothing music. You will find that performing these exercises before going to bed will promote a more restful night’s sleep.

Be aware of your body:

Lie down on the floor with cushions supporting the head and the knees, and arms by the sides of the body. Breathing slowly and evenly, close the eyes and consciously relax the body, limb by limb.

1. Inhale, expanding the abdomen and the lungs, and then slowly exhale, emptying the lungs and deflating the abdomen as if you were holding it in.

2. Relax the nape of your neck:
   Sit on the floor with legs crossed. Gently tilt the head forwards, and then straighten. Next, tilt the head slowly from left to right. Then with the neck straight, tuck the chin into the chest and imagine the head being pulled towards the ceiling by an invisible thread. Do this simple set of exercises slowly, five or six times.

Essential preparation of the perineal and abdominal muscles

The perineum

The pelvic floor supports the weight of a baby during pregnancy and plays a very important role in the actual birth. It is very important to develop perineal control to facilitate childbirth and to help prevent the risk of urinary incontinence, a phenomenon which affects nearly 30% of young mothers to some extent.

All young women should realize the importance of the perineal muscle and women’s exercise programmes should always include the perineum. In fact, well before pregnancy, many young women experience slight urinary incontinence at times such as when coughing, sneezing or during an active sport activity. These problems are easily overcome by regular practice of the following exercises. Furthermore, perineal control also contributes to the pleasure and enjoyment of sexual relations.

A simple exercise: urine control

Here is an excellent exercise which will enable greater awareness of the perineal muscle: when urinating, contract the muscles which stop the stream of flow and try to maintain this contraction for 3-4 seconds. Then relax completely. This is known as “urine control”, and the muscle you can feel contracting is called the “perineum”. Carry out this exercise once a day. In time, you should be able to totally stop urine flow. However, after approximately 10 days of such bladder control, the contraction-relaxation exercises should be performed at times other than those when the bladder needs to be emptied. This easy exercise should only be carried out to promote good urine control. It should not be repeated on a frequent basis during pregnancy as it could result in urinary disorders.

The exercise workout

Contraction and relaxation is the basis of the following exercises. These can be carried out in co-ordination with breathing patterns to avoid adding pressure to the abdomen (while the perineal muscle is under contraction).
Prepare the perineum

Diaphragm breathing

Lying on the back and resting on the forearms, inhale and expand the abdomen. Then exhale the collected air, contracting the abdominal muscles and the pelvic floor. Hold your breath for a maximum of 3-5 seconds, maintaining the abdominal resistance. Then totally relax the abdominal muscles and the pelvic floor with a very deep breath. Repeat 5-10 times.

At any time during the day

Sit with knees apart and feet together, hands placed on the inside of the knees. Contract the perineum and, while exhaling, try to push the knees together; hands creating resistance by pushing outwards. Slowly relax. Now placing your hands on the outside of the knees, try to move the latter out further, hands once again creating resistance. Relaxation of the perineum is most important during the period of dilation at the time of the birth.

While seated, contract and relax the buttocks. This exercise can be done at any time of the day.
Lying on the back, with feet raised, for example, on the edge of a stool. One leg at a time (never both together) and with a flexed foot, let the knee fall outwards. This should be done while exhaling, and in total relaxation. Then move the leg back to its former position by contracting the perineum and leg muscles, while inhaling. Repeat the exercise with the other leg. Repeat each leg 10 times.

Kneeling on “all fours”, with the head resting on crossed forearms, buttocks raised and feet just touching, relax the perineum. Relax in this position as often as possible.

Make good use of your bathtime by doing the following exercise: in the bath with legs bent and spread apart, pushing the knees against the side of the bath. Contract the perineum by squeezing the knees together while using your hands to create resistance.

For the abdominal and oblique muscles

Lie down with legs bent. Sitting up slowly, exhale and stretch the right hand up to the left knee, and hold for 5 seconds. Repeat 10 times on each side. This movement could prove difficult towards the end of pregnancy. Do not force yourself.

The abdomen

Sitting down, with legs straight and arms stretched out in front, bring the legs in towards the chest. Do not strain and exhale deeply when the legs reach the chest. Repeat 10 times.
Maintain a firm bust

To maintain a firm bust, Clarins suggests some quick and simple exercises to strengthen the “natural bra” (see pages 22-23). “Head up and shoulders back” at all times. The following exercises will help achieve correct posture.

For a straight, upright back

Standing up with elbows tucked into the sides, a book “clasped” under each arm, keep the forearms horizontal, the palms of the hands facing the ceiling. Move the forearms outwards, keeping the upper arms straight against the body. Repeat 10 times, holding the position for 10 seconds. You will be able to feel the muscles in your back working. This exercise is excellent for your back, and will be useful for the rest of your life.

The “natural bra”

Stretch the lips into a wide smile. This action contracts the large platysma muscle of the neck, strengthening and reinforcing the tissue that supports the breasts. Promoting tone of this tissue will provide better support. Repeat 15 times. You will soon notice that the nipples appear higher with each muscle contraction. Again, another exercise useful for the rest of your life.

A solid base for your breasts

With both hands joined together at nose level, elbows horizontal, clap the palms of your hands strongly together without letting go of any fingers (repeat 10 times). Your breasts should move. You can combine this movement with exercise number 20 (stretching the platysma muscle of the neck), the exercise being repeated 10 to 15 times. Also an exercise for life.
The most complete exercise workout for women, from Clarins

Mothers-to-be have a lot to do and can't always find time to exercise. That's why Clarins has designed an effective and essential workout that is both easy and complete.

All the exercises are totally safe and can be practiced by expectant mothers without risk. They may seem fairly long to start with, but you will soon realize how simple and quick they are to do. Taking only a few minutes a day, you can exercise on a regular basis and achieve maximum benefits.

Just 5 minutes a day is needed to exercise and strengthen the body for childbirth.

The workout focuses on controlling and strengthening the perineal and abdominal muscles, which are instrumental in easing childbirth, and avoiding problems of urinary incontinence afterwards.

The workout also helps maintain bust firmness by toning the area between the chin and the base of the breasts, the "natural bra".

It also strengthens the arms, to help you hold the baby, whose weight progressively increases.

Improving the tone and circulation in the lower limbs, including the feet, which bear the extra weight carried is also a workout priority.

A. Standing up with your back against a wall, and chin tucked into the chest, place legs shoulder width apart, and feet about 20 cm from the wall.

Contract the perineum (urine control), the abdomen and the buttocks.

B. Maintaining the contraction A, hold the insides of your wrists together. Pushing the upper wrist down onto the wrist below, a resistance is created which represents the weight of the baby. The muscles in the arms are contracted, the lower wrist opposing the pressure of the upper one. The arms should hardly move, and should never be raised above the head. This exercise strengthens the arms to help carry the baby, who won't get any lighter!
C. At the same time “smile wide” to contract the large platysma muscle of the neck (p. 35). This exercise strengthens the “natural bra”, the envelope of skin that supports the breasts, and will enable better resistance to the changes the bust undergoes during pregnancy and nursing.

D. Stand on tip-toes... to work the leg muscles and to improve circulation. Hold for 5 to 6 seconds. Then relax slowly but completely, while breathing steadily and deeply.

E. Relax the body, bend the knees and slowly crouch... Make sure that feet are flat on the floor and arms are totally relaxed, resting between the knees. Relax the perineum. Hold this position for 5 to 6 seconds. Then slowly stand up, breathing deeply and ready to start contractions A, B, C, and D again. Simply swap the position of the wrists in exercise C when repeating.

Summary

In a standing position, back and feet 20 cm from the wall, feet shoulder width apart, chin tucked into the chest and back straight.
For 5 to 6 seconds

- Contract the abdomen, buttocks and perineum (urine control) (figure 1).
- Push the insides of the wrists together, creating a resistance (figure 2).
- Contract the large platysma muscle of the neck (figure 3).
- Stand on tip-toes (figure 4).
- Breathe in deeply and hold the combined positions for 5 to 6 seconds (figure 4).
- Relax completely, flatten feet (figure 5).
- Slowly move into a crouching position, breathing slowly but deeply, with the head relaxed and arms resting between the knees; the abdominal and perineal muscles completely relaxed. Count for 5 to 6 seconds, while exhaling deeply. (figure 5).
- Stand up slowly, inhaling and resuming the starting position in order to repeat the exercise, swapping the position of the wrists (figure 5).

Ideally, the exercise should be repeated 10 times, but it is important not to force yourself if you feel tired. Even done 3 to 4 times a day, this exercise will be most beneficial. After pregnancy, maintain such a routine and recommend its benefits to young women. This is a complete exercise routine, ideal for the requirements of female physiology.
Facial Radiance

You have every reason to believe how beautiful you have become. Mothers-to-be often glow with a special radiance: a clear complexion, sparkling eyes and healthy hair. This is partly due to your diet and lifestyle during this period of your life, and partly due to your happiness and well-being. Your skin has changed, small imperfections tend to fade away.

The skin is often finer and more transparent, but can also show signs of dryness. Skin prone to oiliness tends to improve, but combination or dry skin has a tendency to become drier.

Here is a gentle skin care routine to promote your skin’s radiance and to prevent dryness.

Cleanse

Morning and evening, whether you wear make-up or not, it is important to cleanse your skin: in the morning to remove all the impurities secreted by your skin during the night, and in the evening to remove make-up and the particles of air pollution that have settled on your skin during the day. This is the first step to beauty, a routine to be followed twice a day, for the rest of your life!

You may prefer to use products that rinse away with water for their refreshing sensations. Clarins Gentle Foaming Cleanser*, rich in plant extracts, neutralizes the drying effect of hard water and cleanses the skin, respecting its pH level. It rinses off easily with water, leaving the face fresh, soft and clean. If you prefer to use a milk cleanser, Clarins has created two Cleansing Milks with plant extracts: "Alpine herbs" for dry or normal skin and "Gentian" for combination or oily skin. They gently lift make-up and impurities and they rinse off just as easily with water.

Clarins Toning Lotions for "dry or normal skin" and "combination or oily skin" complete the cleansing programme because they leave the skin refreshed, toned and clean and prepare it for the further application of treatment products. They soften the skin and improve cutaneous exchanges and they do not contain alcohol. Benefit from a refreshing sensation you cannot do without during and even after pregnancy!

Exfoliate

An exfoliating treatment is recommended once or twice a week to eliminate dead surface skin cells and impurities and reveal new skin cells, leaving skin soft, smooth and radiant. Select either Gentle Facial Peeling, an exfoliating cream with natural clay and softening plant extracts, for all skin types (even the most sensitive), or Gentle Exfoliating Refiner, a smooth, rich cream with exfoliating microspheres for normal skin or skin prone to oiliness.

In order to preserve natural radiance and healthy functioning, the skin (like all organs of the body) needs to be both cared for and stimulated. Exfoliation does just this. Of course, exfoliation must always be gentle to avoid sensitivity, which can lead to the visible signs of skin ageing. Exfoliation must also be regular, but should not be done more than twice a week.

Protect

The face needs particular protection during the day. It is true that daylight is essential to the beauty of the skin (which needs to absorb vitamin D provided by light), but natural daytime variations have been found to accelerate the ageing process. Both indoors and outdoors, the skin is subject to changes in temperature, humidity, light, as well as air pollution and of course facial expressions. Inevitably, the face loses natural radiance and fine lines start to appear. Clarins formulated Multi-Active Day Cream Protection Plus to combat the negative effects of daytime variations. Multi-Active Day Cream Protection Plus maintains skin’s perfect balance throughout the day. Available in two formulations “all skin types” and “dry skin” for very dry skin or extreme cold. And why not have fun with make-up and try out Clarins colours?

Clarins Foundations, from the most natural to the most sophisticated finish, enhance a superb, even complexion and natural luminosity while providing effective protection against pollution, dehydration, free-radicals and harmful UV rays.

* Available in three versions: Normal or Combination Skin, Combination or Oily Skin, Dry or Sensitive Skin.
1. Beauty throughout pregnancy

Avoid the facial pigmentation marks of pregnancy

Fortunately the facial pigmentation that all expectant mothers dread is rare. However, in the 4th or 5th month of pregnancy, irregular pigmentation can appear on the face. This is a purely hormonal phenomenon and should not cause undue concern as it disappears gradually after the birth. Nevertheless, mention any pigmentation changes to your doctor or midwife.

By taking care, this facial pigmentation can be avoided. It is necessary to protect your skin, especially against UVB and UVA rays which can accentuate this phenomenon. UV PLUS Day Screen High Protection SPF 40 provides invisible protection and leaves skin matte. It ensures maximum sun protection for those with very sensitive skin. You can also choose one of Clarins sunscreens developed for the face. Their lightweight textures mean you can apply them under make-up.

Safe sun exposure

Sunbathing should be avoided. So, if going away on a summer holiday, remember to wear a sunhat and use Clarins self-tanners: Intense Bronze Self Tanning Tint, Self Tanning Milk SPF6, will mean your skin will be well-protected and evenly tanned. If you begin application before you leave, you won’t be so tempted to sunbathe!

Use Sun Wrinkle Control Cream Moderate Protection UVB15** to protect your face, applying it evenly and regularly: the rays of the sun reach the skin even when taking a short stroll. If you have light facial pigmentation marks, it is essential to use Sun Wrinkle Control Cream High Protection UVB30. Don’t forget to protect the eye contour area with Sun Wrinkle Control Eye Contour Care UVB30.

When sitting in the summer sun, even when in the shade, keep your feet raised at approximately chest height and protect your skin with Sun Care Cream SPF 20. Also remember that you should never leave the beach without a quick “dip” or splashing your legs with cool water.

Relax your eyes

If you suffer from puffy eyes and dark circles, gently dab Clarins Eye Contour Gel with plant extracts or, after the age of 40, Extra-Firming Eye Contour Serum onto the eye contour area. Invisible and non-oily, you can use it at any time during the day. Although

Vitamins for your skin

If your skin appears dull, there is nothing like a vitamin-based beauty boost! The skin needs added vitamins, especially during pregnancy. Unfortunately, the skin is the last to be “served” with the vitamins we get from food. Energizing Morning Cream provides your skin with all of the vitamins and minerals it needs to appear fresh and radiant: 9 fruit and plant extracts, a cocktail of vitamins, particularly A, B, C, E, K and four minerals which are essential for skin and perfectly assimilated. The result: bright, radiant-looking ideally hydrated skin and a fresh, luminous, more even complexion. In the evening, to nourish skin, discover the light, fluid texture of Multi-Active Night Cream Prevention Plus.

Specific treatments

If you prefer to use essential oils, revitalize the appearance of the skin with Blue Orchid Face Treatment Oil, 100% Pure Plant Extracts (Rosewood and Patchouli refine and tone, Hazelnut oil, rich in vitamin E, moisturizes). Apply preferably in the evening after your Toning Lotion (avoid the eye contour area). During pregnancy, your face has a tendency to appear fuller. To refine and alleviate “heavy” looking features throughout your pregnancy, use Contouring Facial Lift, the first skin care product that helps promote firmer, better defined facial contours.

If you are over 40, your skin is possibly more demanding. Used together 24 hrs/day, Extra-Firming Day* and Extra-Firming Night Creams not only comfort and hydrate the skin, they gently firm and enhance skin’s suppleness.

* A fluid SPF 15 version is available in certain countries and is ideal for protecting the skin against UV rays.

** Not available in all countries.
puffiness of the eyelids is common during the last few months of pregnancy, it is nevertheless a good idea to mention such changes to your doctor.

**Instant beauty!**
If you have an unexpected visit or outing, transform signs of fatigue into a renewed look of radiance with Beauty Flash Balm. This invisible, non-oily balm should be applied in small quantities and with gentle stroking movements to the face and eye contour area. The features are immediately tightened and the skin rendered satinsmooth, adding exceptional radiance to make-up which lasts all day. And it also provides skin care benefits!

**Clarins Beauty Basics**
The treatments and exercises included in this book enhance beauty and well-being. However, the arrival of the baby means added expenses and this does not really allow you much room to increase your beauty budget. With this in mind, Clarins has selected the essential products to make you a more radiant mother-to-be without placing an added strain on your budget. Do not hesitate to ask your Clarins Beauty Specialist for advice; she will be able to guide you in the choice of products that best suit your own particular skin type.

**Products** | **Exercises** | **What to do** | **What to avoid**
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**Body and bust**
Stretch Mark Control  
Tonic Oil (every day)  
Smoothing Body Scrub (once or twice a week)  
The complete Clarins exercise workout (p.36)  
cool baths sitting down, “hose” body from the feet upwards (p.24)  
walk for 30 minutes every day “head up, shoulders back”  
relax, preferably with legs raised  
hot baths standing for long periods at a time  
skipping meals, nibbling between meals  
dietary excess  
smoking  
excessive exercise

**Face**
Multi-Active Day Cream  
Energizing Morning Cream or Extra-Firming Day Cream  
Contouring Facial Lift  
Multi-Active Night Cream or Extra-Firming Night Cream  
a balanced diet  
skin “pinches” with Tonic Oil to avoid stretch marks (p.19)  
weigh yourself twice weekly only  
Sun Control Cream*  
High Protection SPF 30 or UV PLUS Day Screen High Protection SPF 40  
sun exposure without protection

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* Sun Control Cream in some countries.
The right gestures

To gently cleanse the skin without “pulling”, follow Clarins Cleansing Method:

warm the milk in the palms of your hands. Apply by placing the flat of the hands over the entire face, without pressing, then lift the hands briskly from the face. Repeat 5-6 times. Gradually the Cleansing Milk will create a “suction” effect to lift make-up and impurities without irritating or pulling the skin. Rinse thoroughly with plenty of lukewarm water. Finish with the appropriate Toning Lotion (figures 1, 2, 3).

Applying face creams:

warm a small amount of the product to skin temperature in the palms of the hands. This will ensure better product absorption. To apply, place the flat of the hands over the entire face, and then gently smooth over the cheeks, the forehead, the chin and the neck (figures 4, 5, 6).

Application of Eye Contour Gel, or Extra-Firming Eye Contour Serum:

put a small amount on the end of your ring finger and apply with light, tapping motions to the upper and lower lids (figure 7).

“Hospital” beauty kit

During your stay in hospital, treat yourself to three Clarins products to enhance the glowing radiance every mother deserves.

Eau Dynamisante

an Eau de Toilette for fragrance, freshness and vitality. Non-drying, the treatment benefits of Eau Dynamisante moisturize and soften skin. Splash on at any time of the day.

Beauty Flash Balm

immediately tightens and smoothes the features, leaving skin soft and radiant. Apply a very thin layer to the face, neck and eye contour area. Follow with light make-up if desired.

Stretch Mark Control

The essential skin care to help you maintain beautiful body skin. It helps improve skin’s elasticity and tone while nourishing and comforting.
The baby is born

...the most beautiful days of your life continue

When the baby is born, you experience one of life’s greatest joys. You may also feel tired and even a little tearful.

The sudden dive in hormone levels at the end of pregnancy is responsible for this bout of “baby blues” and is a totally normal and transitory phenomenon.

Remember, you have just given birth, a major feat in itself but if you find that this feeling persists, consult your midwife or doctor.

So take advantage of your few days in the maternity ward.

Indulge in the care and attention you receive to be better prepared for a relaxed and confident return home.
2. The baby is born

Beauty in hospital

Continue your beauty routine. Looking good and feeling good about yourself will make you a beautiful mother and a radiant woman!

Relaxation
Hospital routine leaves little time for rest and relaxation. First and foremost, the baby, then doctor’s rounds, visitors, phone calls... all in all, days become well and truly occupied! Put aside half an hour while the baby is asleep for your own beauty care. Remember also to keep time for yourself when you return home, a habit which will be easier if done during pregnancy.

Honour your body!
Give your body credit, it has just given birth! Treat yourself to pampering body care. Tone, fragrance, moisturize. Discontinue abdominal exercises for the time being. Beforehand, exercises for perineal control are a top priority to prevent the risk of urinary incontinence which is common after childbirth.
Simply tone up with Tonic Oil, gently applied to the abdomen.

For fragrance, freshness and vitality, discover (or rediscover) the benefits of Eau Dynamisante, the first treatment fragrance. Composed of natural plant extracts with fragrance and treatment properties, Eau Dynamisante perfumes, softens and firms surface skin. Non-drying, it actively moisturizes. If a “milk” texture is preferred, use Eau Dynamisante Moisturizing Body Lotion. These three beauty treatments, Tonic Oil, Eau Dynamisante treatment fragrance and Eau Dynamisante Moisturizing Body Lotion care for the skin and also allow women to “get in touch” with themselves and their bodies again, despite the natural (and reversible) changes and skin slackening pregnancy and childbirth have caused.

Reshape the arch of the foot
As the arch of the foot has to support a great deal of extra weight during pregnancy, it is important to reinforce its strength, thus helping to avoid lumbar discomfort.
Follow the massage technique described earlier (see page 26). You can also roll a bottle backwards and forwards under the arch of the foot, a simple but very effective exercise.

The right gestures
The following exercises can be done in your hospital bed. Be sure to continue them when you return home. Do not work on your abdominal muscles. First carry out exercises on your perineum.

Apply Stretch Mark Control or a little Tonic Oil, very gently with the fingertips. Starting from the pubis, work up to the base of the breasts, moving over the middle of the body and the hips.

Reshape the arch of the foot
As the arch of the foot has to support a great deal of extra weight during pregnancy, it is important to reinforce its strength, thus helping to avoid lumbar discomfort.
Follow the massage technique described earlier (see page 26). You can also roll a bottle backwards and forwards under the arch of the foot, a simple but very effective exercise.
**Bust care for nursing mothers**
During pregnancy and after childbirth, the breasts undergo the most noticeable changes. They become heavy, supporting the weight of the mammary glands. A correctly fitted maternity bra is important. If you have decided to breast-feed, the bust will not return to its original size for two or three months. Bust care and hygiene are essential. Before and after each feeding, carefully swab the nipples with a sterile compressed gauze, soaked in mineral water or saline solution, making sure that you dry your nipples properly (dampness can cause cracks) or breast-pads can be obtained from Pharmacies to help keep the tips of your breasts dry. If your breasts become engorged, avoid using a breast-pump, manual massage is just as effective.
Whether you have chosen to breast-feed or bottle-feed your baby, these precious bonding moments between you and your child should take place in peace and quiet. Make yourself comfortable, supporting the back with a cushion, and let yourself relax to the rhythm of suckling...

**A radiant face**
You feel proud and happy, but undoubtedly a little tired! Let your face reflect the joy and serenity of motherhood. Reach for Beauty Flash Balm. Apply with light, stroking movements to the face, neck and eye contour area. The immediate tightening effect smoothes the features, while treatment benefits refine skin and enhance natural radiance. Can be used daily.

**Freshen up!**
Maternity sections of hospitals and clinics are usually well-heated. You may need to freshen up the face and neck area. Toning Lotion without alcohol, suited to your own particular skin type, is ideal to refresh the skin and promote a feeling of relaxed well-being. Respects the pH and moisture level of the skin.

**The right gestures**
**Working the arm muscles**
You are no longer carrying a child inside you, but remember that this little baby is going to grow and get heavier and will often be carried in your arms. The following exercise is simple and invaluable to strengthen the arms: lie down on a bed, and place arms on the abdomen, the insides of the wrists together. Push the wrists against each other. Hold for 5 seconds. Change wrist positions and repeat 10 to 15 times in each position.

**Clarins advice**
Whenever you think about it, flex the toes and rotate the foot from the ankle, do not lift the legs. For the bust: follow the simple exercises recommended during pregnancy (see page 54).
2. The baby is born

A beautiful return home

Organize your changed life. It is undeniably a happy occasion to return home, the baby safely in the carry-cot. Such feelings can, however, be mixed with feelings of apprehension at the thought of finding yourself alone all day with the baby. In order to make the most of this “initiation period”, do not hesitate to do things aimed at ensuring your own well-being.

Don’t isolate yourself, keep in contact with the world around you and if necessary, don’t hesitate to ask your doctor or midwife for advice. The word “recover” says it all. You need all the time and energy possible to cope with this new little “bundle of joy”.

Body beauty

An important priority: re-train the perineal muscles before the abdominals

During pregnancy, the abdomen is totally expanded and time is needed to regain pre-pregnancy flatness. Be patient, everything returns to normal in due course. The uterus, which is normally no bigger than a pear, has housed a baby and the muscles have retained a considerable amount of fluid, due to hormonal action.

Avoid any physical exercise that places strain on the abdominal muscles until your doctor or physiotherapist gives you the go-ahead. This is normally 6 to 8 weeks after giving birth when the perineum is satisfactorily retrained and menstruation has recommenced.

Let the skin breathe

Now is the perfect time to revitalize the skin. All the impurities and dead skin cells need to be eliminated from the skin, so slowly but surely continue the exfoliation that you began during your pregnancy (page 20).

Clarins Smoothing Body Scrub smooths and prepares the skin for maximum absorption and effectiveness of other products. Exfoliation is recommended once a week. Followed by Moisture-Rich Body Lotion, skin will be even softer due to its moisturizing and softening properties. For those who prefer a delicately fragranced milk, Eau Dynamisante Moisturizing Body Lotion is perfect.

Tone abdominal skin

To help your skin regain tone, continue to apply Stretch Mark Control or Tonic Oil. If the skin shows signs of slackening and/or stretch marks, these will progressively diminish if you exfoliate regularly with Smoothing Body Scrub and apply Stretch Mark Control daily.

Relax and tone the legs

The body’s natural balance has been altered throughout pregnancy and hormonal changes have had a loosening effect on the joints to ease childbirth. The spinal column curves with the body’s progressively changing centre of gravity while the arch of the foot flattens somewhat with the added weight.

Refresh and relieve legs, as during pregnancy, with Energizing Emulsion for Tired Legs. Rich in plant extracts, it cools and immediately refreshes tired legs. Apply as if you were slipping on stockings, ankles higher than the knees (which are bent) to avoid working the abdominals. Use Relax Oil for added soothing benefits. Based on 100% Pure
Plant Extracts, this superb oil includes selected natural ingredients such as Petit Grain, relaxing Camomile and Basil, moisturizing and nutritive Hazelnut oil and a high concentration of anti-ageing Vitamin E. Apply in the same way as Energizing Emulsion for Tired Legs, working up to the thighs. Or, if you need to tone, reach for Tonic Oil, paying careful attention to the arch of the feet (see page 26).

Bust beauty
For nine months, your breasts have become heavier and still are if you are breast-feeding. They will gradually return to their normal size and to prevent unsightly slackening, you must take special care at this time. If you are breast-feeding, wait until this period is over before starting to use your specific products.

Tone up
While breast-feeding, you should continue to regularly exfoliate the bust area (see page 23) and carry out the exercises recommended during pregnancy. After the birth or breast-feeding period, it is very important to firm up the natural bra. Bust Beauty Firming Lotion with Vu Sua extract* provides a powerful toning and replenishing action, smooths and softens skin, and refines its texture.

Reshape
For breasts that appear to sit higher, with a better shape, use Bust Beauty Extra-Lift Gel with tightening plant extracts that gently lift the natural bra area.

Ideal during the first months: Bust Beauty Firming Lotion at night and Bust Beauty Extra-Lift Gel in the morning. As a preventive treatment during this period of breast “reduction”, alternate use of the Gel with Stretch Mark Control. And of course, keep using Smoothing Body Scrub and Tonic Oil - a beauty routine to keep for life.

Luminous radiance
After giving birth, your skin will have changed, becoming dry. This is because the underlying skin tissues retain water during pregnancy (as a result of hormonal action), leaving the upper layers starved of moisture. Ensure perfect skin and allow your happiness and well-being to be reflected in facial beauty. Thoroughly cleanse and nourish. Follow with light make-up.

Cleanse and purify
Start afresh every morning, cleansing with Gentle Foaming Cleanser*. Rich in selected ingredients (Hazelnut, Shea and Jojoba oil), excess sebaceous secretions and impurities are removed and the pH level of the skin stabilized. Simply lather a small amount onto moistened hands and apply to a damp face and neck, remembering to rinse thoroughly afterwards. For those who prefer a creamy texture, Cleansing Milk with “Alpine Herbs” can be used, particularly in conjunction with the appropriate Toning Lotion (without alcohol) to refresh and purify the skin. Ensure gentle cleansing by following Clarins exclusive cleansing method (see page 46).

Once or twice a week: boost skin’s radiance by exfoliating, as you did throughout your pregnancy. Select either Gentle Facial Peeling, a gentle, absorbent, filmogenic cream exfoliator, ideal for sensitive skin or Gentle Exfoliating Refiner, a rich cream with refining grains, known as microspheres, for those who prefer a granular texture. Both eliminate impurities and dead skin cells, leaving the complexion clear and pure and ensuring maximum effectiveness of other treatment products. In addition to the deep-cleansing action, Clarins exfoliators remove dead skin cells and therefore maintain firmness of the surface skin.

* Vu Sua extract is harvested mainly in South Vietnam.

* Available in three versions: Normal or Combination Skin, Combination or Oily Skin, Dry or Sensitive Skin.
Moisturize and nourish
To maintain natural radiance, skin needs to be moisturized and nourished. Offer skin perfect daytime care with Multi-Active Day Cream, specially formulated to respond to the needs of the skin during the day (see page 41) and compensating for the constant variations (temperature, humidity, light, facial movements) to which skin is exposed. Effective for up to eight hours, Multi-Active Day Cream prevents dryness and dehydration of the skin and acts to combat the appearance of fine lines and wrinkles. For mothers with mature skin, Extra-Firming Day and Extra-Firming Night Cream are your ideal beauty partners.

At night, offer skin maximum moisturizing and refining benefits with Multi-Active Night Lotion. The lightweight texture is immediately and completely absorbed by the skin. Pleasantly fragranced, Multi-Active Night Lotion promotes more restful sleep and thus more complete softening of the features. Also contains vitamins A and E, only effective in darkness, which leave skin soft, smooth and firm. If an oil is preferred, use Blue Orchid Oil, 100% Pure Plant Extracts (Patchouli and Rosewood to refine and tone, Hazelnut oil to prevent moisture loss). It nourishes and softens skin.

If your skin is particularly sensitive, Skin Beauty Repair Concentrate is called for to soothe and refresh dry, chapped skin. Three major actions offer immediate and progressive restructuring benefits, restoring skin comfort, silky-softness and luminous radiance.

Care of the eye contour area
If necessary in the morning, combat the tell-tale signs of fatigue (dark circles and puffiness) with the refreshing benefits of Eye Contour Gel or Extra-Firming Eye Contour Serum. Selected plant extracts reduce the appearance of dark circles and puffiness. Apply a small amount with light, tapping movements from the inner to the outer corners of the eyes. Can also be used throughout the day, even over make-up, to bring instant relief to tired eyes (see page 44). If you notice fine lines appearing in the corners of the eyes, Eye Contour Balm with plant extracts or Extra-Firming Eye Contour Cream is recommended to refine and moisturize this very fragile area. Apply gently to the eye contour area, preferably in the evening.

If you notice a tired appearance, heavy-looking features or slightly slackened skin after the birth of your baby, Contouring Facial Lift helps refine facial features for a more beautiful-looking complexion. Apply using Clarins Auto-Lifting Method to achieve faster results: firmer, “lifted” contours and a toned, better-defined profile.

Reviving radiance
If skin has lost radiance, softness and firmness, it is time to revive the five natural functions of the epidermis: revitalization, nutrition, hydration, oxygenation and protection. Double Serum Generation 6 offers a complete response to all natural skin ageing problems, simultaneously helping the skin to maximize the five factors responsible for maintaining youthful-looking skin. It softens fine lines and wrinkles, firms the surface skin and prolongs radiance, freshness and a

The right gestures
Special care for the feet:
Essential points to remember: during pregnancy, besides slower circulation, the arch of the foot can become flat, particularly the metatarsals. This can, however, be avoided by taking one foot at a time between your two hands and massaging the arch from toes to heel. This foot massage is best performed either with Energizing Emulsion for Tired Legs or Tonic Oil.
2. The baby is born

In order to avoid circulation problems, continue the recommended exercises practiced in hospital (see page 53).

Tone the bust
Whether you breast-feed or not, it is vital to tone the bust tissues. To strengthen the muscles supporting the breasts, continue with the exercises done during pregnancy and in hospital.

Clarins exercise essentials

Priority number one: re-train the perineum
In addition to this gentle beauty routine, Clarins suggests some simple, easy exercises to gradually help you get back into shape.

At the end of the second month after giving birth, you should see your gynaecologist. This is generally when post-natal physiotherapy begins. If necessary, the perineum may need special attention, as it is the muscle most affected during childbirth. Retraining is important to avoid urinary problems and incontinence and ensure further trouble-free pregnancies. After menstruation has recommenced (this is delayed if breast-feeding), the abdominal muscles can be worked.

To complete your re-training, practice the exercises suggested by your midwife or physiotherapist during pregnancy (see page 30).

In the sun
You are still feeling the effects of the hormonal upheaval that pregnancy produces, thus exposure to the sun could still bring about pigmentation marks. If going somewhere sunny, follow previous advice given and protect the face with Sun Wrinkle Control Cream* UV PLUS Day Screen High Protection SPF40. For the body, use Sun Care Soothing Cream Moderate Protection UVB20. Remember the benefits of self tanners: Liquid Bronze Self Tanning and Self Tanning Milk SPF 6.

Youthful-looking appearance. Use in the evening as part of your daily skin care programme.

The skin needs vitamins but all too often does not receive what it requires through our daily food intake alone. Energizing Morning Cream provides your skin with all the vitamins and minerals it needs to maintain a radiant appearance. This fluid, lightweight lotion is enriched with 9 fruit and plant extracts, a cocktail of vitamins (A, B, C, E, K) and 4 minerals for radiant-looking, perfectly hydrated skin and a fresher, more luminous complexion.

*Sun Control Cream UVB30 in some countries.
**not available in all countries.
A beautiful baby, a beautiful mother

When your regular menstrual cycle returns.
During the days following the birth, you may have been surprised, and perhaps even concerned, about the changes to your body: the shape of the breasts, the roundness of the stomach, heavy thighs and buttocks...

Now the body should be gradually returning to normal, thanks to Clarins first stage post-natal care. Night feeds have become less frequent and sleep more restful, so you feel good about your body and about yourself, beautified by motherhood. In giving birth, at least 7 or 8 kilos (15-17 pounds) are lost - the weight of the baby, the placenta, the amniotic fluid and the reduction of water retention. The excess weight acquired during the nine months of pregnancy will also gradually disappear.
To maintain the quality of the tissues, it is preferable that this weight be lost slowly, avoiding unsightly slackening of the skin. Always follow the advice of your doctor or midwife.

Adopt a healthy, balanced diet
If you are still a little overweight after birth, do not start a very strict diet. Instead, adopt a healthy, balanced eating plan and exercise regularly - two excellent habits to adopt and keep. Eat three meals a day and remember that you should start the day with a good breakfast (tea, cereal or bread - preferably wholesome - with butter, a yoghurt or glass of milk and fresh fruit juice or piece of fruit). In order to lose weight, control calorie intake by reducing sugars and fats. Lean meat for lunch and poultry, fish or eggs in the evening (always accompanied by steamed green vegetables) is recommended and for dessert, low-fat dairy products are ideal. Try to avoid dietary excess: fats and quick-release sugars are readily transformed and stored as fat within the body. Avoid eating fruit with meals, but instead, between meals (in moderation) for essential vitamins and minerals (see table on page 17). Drink 8 glasses of water every day to help lose weight, but avoid drinking alcohol: not only does it contain additional calories, it increases the appetite! Finally, it is important to realize that one of the major setbacks in weight loss is stress and fatigue. Thus, it is better to start a diet feeling well and fit and when the baby is weaned. Nursing mothers can benefit from a few extra kilos/pounds for much-needed energy!

Exercise back into shape
During pregnancy, swimming, walking and gentle exercise were permissible and often recommended. Swimming is ideal for young mothers and for all women in general. This sport develops elongated muscle tone, particularly flattering for the figure, and the relaxing qualities of water are undeniably beneficial. However, wait at least one month before bathing either in the bath, sea or swimming pool so that the neck of the womb has completely closed. Swimming tones the bust and back, which is most important to help carry the weight of the baby without fatigue or pain. However, do not forget to shower off thoroughly and to moisturize, as the chlorine in pool water can dry the skin.
Now is the time to take up your favourite sports again, toning the body and enhancing your well-being. Why not take advantage of these moments and spend some time with your partner or friends.
The baby is born

Just a few more kilos/pounds to lose and slim, streamlined contours are yours again! However, even when food intake is decreased and weight is lost from all over the body, stubborn, fatty deposits or problem areas can persist. Specific treatment is needed. Effective slimming must also firm, tone and improve skin elasticity. Only start slimming when you feel genuinely motivated to follow a sensible diet and use adapted products. Begin with Smoothing Body Scrub.

A response to every skin concern
Fifty years professional experience and follow-up of thousands of women (via the Clarins Client Card included with every product), have enabled Clarins to develop high-performance products which respond to the individual body concerns of women.

“Sponginess” is the word used to describe the “orange peel” look of skin on the buttocks and at the tops of the thighs and is often confused with cellulite. Do the test: with one hand placed flat on the hip, pull the skin in an upward direction. If the skin appears smoother, you have “sponginess”. Caused by slackening of the tissues, “sponginess” can appear on both slim and heavier women. High Definition Body Lift is the product to use to help prevent and minimize the appearance of “sponginess”. This unique body treatment firms, refines “sponginess” and leaves skin silky smooth. Selected slimming ingredients help refine body contours.

Problem areas: the appearance of “stubborn curves” on the abdomen and hips can be reduced with Body Shaping Cream combined with a healthy diet. This cream helps minimize the appearance of fatty deposits and its lightweight, creamy texture facilitates easy massage application, essential for stimulating circulation, the most effective way to eliminate stubborn curves.

Heavier lower limbs: a problem mainly due to a sluggish metabolism. Anti-Eau Oil, 100% Pure Plant Extracts (with astringent Broom, invigorating Geranium and stimulating Marjoram) helps refine the surface skin texture while toning and smoothing. Apply in the evening onto damp skin, starting from the feet, and working upwards to the thighs using long, stroking massage movements. This massage technique maximizes effectiveness.

Specific routines
Clarins beauty products give best results when complemented by a healthy lifestyle: a balanced diet, rest, and regular exercise. Products can also be used together, as several problems can occur at the same time. For this Clarins recommends two special toning programmes to follow over a period of three months, consisting of 2 phases: a two-month toning period and a one-month stabilization period.

• “Sponginess”:
  - tone: in the morning, High Definition Body Lift.
  - stabilize: in the morning, High Definition Body Lift, in the evening, Body Firming Cream to help tighten and tone the surface skin, leaving it soft.

• “Sponginess” and “heavy-feeling” legs:
  - tone: in the morning, High Definition Body Lift, in the evening, Anti-Eau Oil.
  - stabilize: in the morning, High Definition Body Lift, in the evening, Tonic Oil.

Apply these products by starting at the heel and moving up to the thighs as shown on page 25.
If your legs are heavy, avoid exercising standing up. Floor exercises, lying down or with legs raised in the air, are excellent for the circulation and for the abdominals.

Specific advice

- Adopt healthy eating habits. It is easier to maintain an ideal weight than to lose weight. Avoid strict, crash diets, which are both tiring and impossible to follow on a long-term basis.

- Never miss meals. Always ensure a healthy, well-balanced breakfast.

- Avoid over-exertion, fatigue and stress. Rest and relaxation facilitate weight loss.

- Sport: do not go to extremes. It is good to exercise, but beware of exhausting activities.

- Avoid hot baths, take cool showers instead, as cool water is highly beneficial to the tone and firmness of the body (see page 21).

- Weigh yourself twice a week only, always at the same time of day, and under the same conditions. Also, monitor eating patterns.

Tone the abdomen

Your perineum should now have regained its natural tone and elasticity. Now work on the abdomen can recommence.

The complete exercise routine from Clarins

Resume your exercise routine and do the workout as often as possible, so that it becomes a daily habit. See detailed explanations on pages 37-39.

The right gestures

For the abdomen and oblique muscles,

lie down with left leg straight and right leg bent. Lock the perineum and then, while sitting up, slightly push the left hand onto a resisting right knee. Hold for five seconds. Reverse the action, thus working the other side. Repeat 10 times on each side.

Sitting down, back at a 30 degree angle to the floor, and legs slightly apart, rotate the bust from left to right. Help the movement by placing the arms in front of you, in a semi-circular shape. Repeat 5 to 10 times.

With hands crossed behind the nape of the neck,

bring the bust upwards slightly, pedalling the legs (without touching the floor). By turning the bust, bring the right elbow up to the left knee, then alternate by bringing the left elbow up to the right knee. Repeat 10 to 15 times.

Lying down on the back with legs bent,

raise the buttocks keeping the back straight, being sure not to arch. Only the shoulders, arms and feet should stay on the ground. Hold for 5 to 10 seconds. Repeat 5 to 10 times.
The baby is born

The essentials
Every baby is unique and living conditions vary from family to family, as do the activities of every mother, who experiences motherhood in her own, unique way. Time and budget can limit a woman’s beauty programme after the arrival of the baby. Clarins has therefore selected the essential products (see table below) for the beauty of young mothers. Remember to seek the advice of your Clarins Beauty Specialist.

Clarins make-up

The essentials
Beauty Flash Balm
Bronzing Powder Duo
Eyeliner Pencil Grey
Mascara “01 black”
Le Rouge Lipstick
or Colour Quench Lip Balm.

Beauty Flash Balm
Apply (see pages 44 and 47), then wait for a few minutes.

Bronzing Powder Duo for a sun-kissed complexion
Advantages: two bronzing powders, “gold” and “bronze” in one compact. Delicately blend the two shades or select the most suitable shade according to your complexion. Begin by shading the cheeks, then evenly blend over the whole face with light strokes, including the eyes and lips. With the darker shade, highlight cheeks from the cheekbone towards the ear. Features are illuminated and your natural colour enhanced.
Subtle eye definition
Regardless of colouring, Grey Eye Liner Pencil brings out the various shades and tones in the eyes, while black Mascara intensifies and deepens the look.
With the pencil: warm the lead by rolling the pencil on the back of the hand. Gently trace 3 or 4 dashes of colour close to the lashline, moving from the middle of the upper eyelid outwards. Using the sponge tip, pick up the colour left on the back of the hand and use it to blend the dashes.
With the mascara: roll the brush from the base of the lashes right out to the tips. Repeat on the outer lashes particularly to darken and intensify the look.
Illuminate your smile with Joli Rouge. Select pink or coral shades for a healthy appearance. Lips become as soft as your smile. Comfort, colour and care in one with Colour Quench Lip Balm. Luminous, fruity shades enhance lip beauty and specific ingredients help nourish and repair. Let Clarins Make-up enhance the radiance within.

Essential steps for basic beauty care
Motherhood has brought you enormous happiness and joy: a wonderful baby and also a more feminine figure and an excellent beauty care routine.

The face
• Cleanse every morning and evening
• Protect the skin each morning with a day cream.
• Moisturize the skin at night.
• Exfoliate once or twice a week.

The bust
• Stand up straight (a gymnastics bar could be fixed across the top of a doorframe, an excellent exercise for the bust!).
• Wear a bra for sport and exercise.
• Remember to exfoliate the "natural bra" when exfoliating the rest of the body.

To enhance skin quality
• Eat a well-balanced diet.
• Drink 8 glasses of water every day.
• Exercise regularly.
• Avoid stress.
• Sleep regular hours.
• Protect skin from the sun.

With Clarins essential steps to beauty, it is easy to remain a beautiful mother and a beautiful woman.

The body
• Replace hot baths with cool showers.
• Exfoliate at least once a week, from adolescence onwards.
• Moisturize with a body lotion.
• Prevent "sponginess" by using the relevant products for toning and firming.
• Weigh yourself once or twice a week, at the same time of day and under the same conditions.
• Watch eating patterns.
We are delighted that this book has achieved its purpose... helping you to enjoy a beautiful pregnancy. Your comments and suggestions are important to us and we look forward to receiving them. By asking questions and giving advice, you enable Clarins to share in your experience, and thereby benefit all women by improving the quality of knowledge and experience gained by our Specialists.
Clarins… beauty through love.

Love is the passion that drives Clarins.
Love means a creative spirit. The creation of products for all beauty needs and desires. The most effective products to suit every lifestyle.
Love means giving without limits. The only constraint we place on our laboratories is to give the very best of their expertise and the highest quality key ingredients in their most effective concentration, with total respect for the skin.

Love means wanting to protect our world, for those that live in it. So we preserve nature because it offers us the most precious, the most effective natural ingredients.

Love means knowing that every woman, every man, is unique. We always listen. We are always there to help, guide and advise. In our Institutes, through our Client Cards, by post, telephone or internet.

When you love like Clarins, life’s more beautiful. We have listened to countless men and women and made their lives more beautiful. And in return, they have given us their loyalty, making Clarins the European leader in luxury beauty products.