



Q&A

Can I prevent the skin on my chest from stretching?

In a word, no. During pregnancy, an increase in estrogen causes your breasts to balloon, stretching your skin and resulting in a feeling of tightness. "How much weight you gain and how genetically elastic your skin is can determine how your décolletage appears during and after pregnancy," says Debra Jaliman, M.D., an assistant clinical professor of dermatology at Mount Sinai Hospital in New York. But using a bust cream daily may increase the collagen and elastin in your skin, keeping it supple as it stretches.

SOME SUPPORTING PLAYERS:

Clarins Bust Beauty Firming Lotion (\$54), Mama Mio Boob Tube (\$45) and Mustela Specific Support Bust (\$41).

Safe skin saver

Retinoids, such as Retin-A, can cause birth defects. When you're expecting, switch to a natural alternative that mimics the effects of a retinoid, helping to even out skin tone and diminish fine lines.

TRY: Aveeno Ageless Vitality Elasticity Recharging System Rejuvenating Day Moisturizer with SPF 30 (\$40).



DO

- Shave, tweeze or wax. Remove hair the day before an outing to avoid irritation from sun, salt or chlorine.
- Ice skin after waxing or tweezing to reduce redness. Increased blood volume makes skin extra sensitive to tugging.

DON'T

- Remove hair by electrolysis, lasers or depilatories. These treatments have not been proven safe for expectant moms.
- Stand in the shower to shave your legs. Instead, sit down in the tub so you can both see your legs and stay balanced.

De-fuzzing do's and don'ts

Remove hair safely with these smooth moves from Manila, Philippines-based dermatologist Vermen Verallo-Rowell, M.D.