

InStyle

YOUR OWN PERSONAL STYLIST

20s, 30s, 40s+
LOOK GREAT
at every



Rachel Weisz
takes
Manhattan

Does your denim date?
Our guide to hottest new

beauty file

Q How can I prevent or get rid of the sort of stretchmarks you get during pregnancy?

Jane How, London

Stretchmarks occur when the body gains or loses weight quickly and the skin doesn't have time to adjust, causing the collagen and elastin fibres to stretch. However, "Genetics



absorbs more readily, and massage it into the tummy, breasts and lower back morning and evening," says Noella Gabriel, director of treatment and product development for Elemis. "But first check the product is safe to use during pregnancy."

are the deciding factor in who gets stretchmarks," says Dr Celia Moss, spokesperson for the British Skin Foundation. "A woman can be pregnant with twins and still not get them."

It's best to opt for prevention as there is no cure. "No product can get rid of marks completely, but they will fade over time," says Moss. Cosmetic physician Dr Patrick Bowler agrees: "Even laser treatment won't give significant results, but moisturising will improve the appearance of the marks." LD

Lubricating the skin from the start of your pregnancy can help ease its expansion and retraction. "Use an oil instead of a cream so the moisture

Above, Tummy Rub, £22, by Mama Mio at John Lewis (08456 049 049). Left, Stretch Mark Oil, £30, by This Works at Harvey Nichols (020 7235 5000)

SHOES
SMA
Five experts share their secrets

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PLUS
Jennifer Lopez
favourite th

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Expert answers and practical solutions to your real-life health and beauty problems

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REMEDIATION
or will you
beat the
city clock?

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