

WHAT TO EXPECT®

Pregnancy and parenting, every step of the way

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Autumn Reeser's Best New-Mom and Beauty Tips

What could you not live without while you were pregnant?

I loved Burt's Bees Belly Butter. It smells natural and feels indulgently oily. I was also obsessed with watermelon and most fruit, which I'm sure helped keep my skin hydrated.

How did you stay in such great shape during your pregnancy?

Aww, thank you! I've been practicing yoga since I was 17, and making time for [prenatal yoga](#) was a priority for me because it's my primary stress-reliever. I went twice a week and hiked one day a week. Also, I planned to give birth naturally, and I used my workout sessions to work on my mindset and prepare for that experience.

Did you have any [skin issues during pregnancy](#)?

I typically have very reliable skin, but in my fourth month I broke out, and it was such a challenge to keep my skin healthy while working long hours on set of *No Ordinary Family*. I never did really solve that problem, but it went away on its own once I wrapped the series and stopped wearing such heavy makeup.

How did you pamper yourself during your pregnancy?

Naps! Usually I just push through tired moments with coffee and willpower, but in pregnancy I allowed myself the chance to sleep almost anytime I felt like it. I took an afternoon nap nearly every day, and when I was working, I slept in my trailer in between just about every scene. Once I passed out for five hours mid-day!

Did you use any stretch-mark prevention creams and did you have any luck with them?

I used a variety of products — whatever I had in the house already. My sister gave me the Burt's Bees Belly Butter, I used coconut oil from my fridge, and I used my favorite lotion, John Masters Blood Orange & Vanilla Body Milk. I'm not sure if it was the lotions or genetics, but I stayed stretch mark-free.

How do you stay beautiful?

Laughter and friendship. And wine!

Original Article: <http://www.whattoexpect.com/blogs/skincareandbeauty/autumn-reesers-best-newmom-and-beauty-tips>

How has your beauty and fashion routine changed now that you have Finn?

I always feel better if I take the time to do my hair and makeup and get dressed well in the morning, so that was a priority to me to make work, even with a [newborn](#). Our new routine: After I feed Finn in bed in the morning, I give him to my husband to cuddle for 20 minutes while I get [time to myself](#). This summer, I'm into nautical stripes, TOMS slippers, sleek ponytails, and pink cheeks!

How do you fake that "awake" look now that little to no sleep is part of your life with a newborn?

From years of working in the television business, I'm very used to sleeping and waking at odd hours, so there are certainly days when I'm happy to have products that I can count on. Right now I'm relying on Clé de Peau concealer, Nars Orgasm blush, and a good lip color when I go out. Nars Maneater, Mac Auburn, and BeneTint in rose are a few that I'm currently favoring.

So many moms on the message boards need help with "[getting their sexy back](#)" after delivery. Any advice?

I think part of the problem is that our culture has a very narrow definition of sexy and a lot of women have unconsciously bought into the idea that you need to be young, skinny, and kinda trampy to feel sexy. Sensuality is in the way you feel about yourself. Wear a bracelet you love or put on your favorite red lipstick, even if you aren't going out of the house that day. Choose to do little things that make you feel good or just give you pleasure, and the sexy will start to radiate to the people around you, too.

Any final words of mama wisdom?

Enjoy your newborn! Before you know it, your once-teeny baby will be toddling around the house and you'll be longing for the days when you could cuddle his tiny body in one arm. Even while you're fighting through the lack of sleep and diapers and leaking milk, recognize that not too far in the future you will be missing these days with this brand-new little person. Take a deep breath and savor this moment in time.

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