

# Give it to MUMMY...

For skin like a baby's, read on. By Gemma Burgess



**M**y name is Gemma and I steal from babies. It started when I couldn't find my lipbalm. I spied the Lansinoh nipple balm, thought 'Hell, it's safe for newborns, isn't it?' and smeared it on. Hey presto: smooth, plump, udderly (sorry) gorgeous lips. 'How tremendous,' I thought. 'I wonder what else I could pilfer from my five-month-old?'

Rather a lot, as it turned out. Baby lotions and potions are best for baby... and for you. Cosmetics (is that even the right word? 'Toiletries' just won't do, but that's a whole other story) designed

# BEAUTY

for your little pumpkin are almost always hypoallergenic, perfect for sensitive skin and free from sulphates, parabens, petrochemicals and other nasty things that I don't really understand – I'm a writer, not a dermatologist. They smell damn good. Most importantly, the results are ama – wait for it – zing.

Feel guilty for stealing from someone without teeth? Darling, find a pre-baby picture of yourself in a bikini. That kid owes you. If you haven't begetted, then – firstly – get drunk right this second, and I don't care what time it is. Impromptu drinking is not just your right as a non-parent, it's your responsibility. Secondly – of course you can use baby stuff too! If someone says 'clucky much?' in that irritating way, just smile and say: 'Didn't you know? Baby balms are where it's at right now.'

Let's start with basics. Johnson & Johnson seems like a good place to begin. Rumour has it, though it would be irresponsible to advocate this, that their Baby Shampoo is a hardcore party make-up remover, even tackling morning-after false-eyelash snot. In theory, it shouldn't hurt. 'No More Tears', remember? But maybe that's a step too far.

French favourite Mustela's products smell like sleepy cuddles, unconditional love and good clean fun. That's why it's my number one baby brand to steal. Mustela Dermo-Cleansing is a soap-free, deeply moisturising shower gel and Mustela Cleansing and Soothing Wipes are big, thick and perma-moist thanks to the lid-clicker thingy (technical term). Mustela PhysiObébé No Rinse Cleansing Fluid cleans makeup brushes in seconds, Mustela Hydra-Bébé Facial Hydrating Cream is gentle and non-greasy and Mustela Bébé Massage Oil is a spill-proof spray that's perfect for travel bags. Formidable.

Nappy rash cream. Ugly name, marvellously multifunctional product. Sudocrem is the ne plus ultra of overnight zit zappers. It also eases eczema, heals burns, calms rashes and, according to some, knows the secret to world peace. With propolis, marigold and neem,

*Feel guilty for stealing from someone without teeth? Find a pre-baby picture of yourself in a bikini. That kid owes you*

the Organic Pharmacy's Nappy Balm is the slap-it-on cure for scaly elbows and dry knees. Barrier cream Bepanthen contains pro-vitamin B5, ideal for razor nicks (men can steal from babies too!), and Metanium ointment contains 20 per cent titanium dioxide, which nukes ingrown hairs overnight.

Now, why the sweet hell would anyone put actual scent on a baby? Unsoiled, babies smell like perfection. But Nenuco Baby Cologne is more Spanish than bullfighting and affecting a lisp, and smells rather like Clean, the squeaky-soap scent beloved by uncomplicated types. Doesn't really shake my rattle, but to each her own.

At bathtime, step away from the Johnson's Baby Oil (which contains less-than-popular mineral oil). Instead, try Burt's Bees Baby Bee Apricot Baby Oil in a hot bath: it's skin-softening, sweetly fragranced and doubles as a shaving aid. The 4little1 (dreadful name, lovely brand) Sleepytime

Organic Massage Oil's lavender and Roman camomile make it a stress-slaying night-time body moisturiser, and it's organic, so it grew on a big tree in a secret garden (that's what organic means, right?).

Next? Hair. Tricky area: baby shampoos can be drying for over-processed tresses, resulting in an Eighties troll-doll coif. Lucky for you, I've discovered a handful of gems. The A'kin Unscented Very Gentle Shampoo and the A'kin Unscented Very Gentle Conditioner are hypoallergenic and pH-neutral, while Philip Kingsley PK Baby Shampoo and Little Sprout Children's Deep Conditioner will leave your hair so bouncy and soft you'll want to tuck it into bed and read it 'The Owl and the Pussy-cat'.

Want more? John Lewis Baby's Muslin Squares beat Eve Lom's hands down and, at £12.95 for six, are much better value. Sunburnt? Try the Organic Pharmacy Children's Lavender & Chamomile Milk Bath. Heading to the slopes? The Mustela Bébé Hydra-Stick with Cold Cream soothes and hydrates. Eczema-prone? The Weleda Calendula range is super-settling, anti-inflammatory and gently unctuous in the nicest possible way. Feeling chesty? The Erbaviva Sniffles Organic Baby Chest Balm offers eucalyptus, tea-tree oil and myrrh to ease congestion. Dry legs? Neal's Yard Baby Balm has beeswax and shea-nut butter for immaculately moisturised limbs. Hygiene-obsessed? The Derma H2O WaterWipes are designed for über-tender newborn skin, with 99.9 per cent water and no chemicals, so use them with your own cleanser then flush them au revoir. Want something for everything? If you can't answer this already, then you've obviously had your head in a sandpit for the past year. Because everyone knows Waitrose Bottom Butter produces skin as smooth as a baby's – well, you get my drift.

Here's my final tip: soak two breast pads in some cool tea, squeeze and apply to your eye sockets for a 10-minute pre-party de-puffer. Yes, you'll look like a tit. But that's the price you pay for stealing from babies. □

## Top picks for tots of all sizes

Everything Mustela

A'kin Unscented Shampoos, £10.49

Neal's Yard Baby Balm, £10.50

Weleda Calendula Cream Bath, £7.95

Derma H2O WaterWipes, £3.29

Sudocrem, £2.69

Waitrose Bottom Butter, £2.89

## Soft parade

Not just practical but pretty in the bathroom too

FACE CREAM, £46, AND BODY CREAM, £50, BY **BONPOINT**



ECORGANIC BABY & CHILD BODY WASH, £13.30, AND BODY CREAM, £21.80, BY **ESTELLE & THILDE**



BATH SOAK, £4, BY **LITTLE ME ORGANICS**



BABY POWDER, £16, BY **BAMFORD**

PK BABY SHAMPOO & BODY WASH, £18, BY **PHILIP KINGSLEY**

