

# 4 Simple Skin Care Tips For Pregnant Women

Throughout your pregnancy, you'll hear tons of wives tales and see tons of Facebook posts about self-care. All of the information thrown your way can be very confusing and anxiety-inducing.

During my pregnancies, I felt overloaded with information from everyone! That's why I've kept this skin care post as simple as possible. If you want healthy and glowing skin during your pregnancy, just remember these five tips.

## 1. Moisturize, Moisturize, Moisturize!

One of the most crucial parts of skin care during pregnancy is moisturizing. It's necessary to nourish your skin from head to toe. You may experience [dry skin during pregnancy](#) due to hormones and physical changes. Reduce this issue by using a facial moisturizer, body lotion, and night cream to hydrate your skin.

## 2. Water Is The Way To Go

The American Pregnancy Association emphasizes the seriousness of [dehydration during pregnancy](#). Skin is the largest organ we have, and it needs adequate hydration. Drinking 8 to 12 cups of water per day is ideal.

If you get tired of plain water, consider changing it up a bit. Infuse water with cucumber, lemon, lime, and fresh mint leaves. This adds refreshing flavor that may help you drink more. You can also enjoy herbal tea, just make sure to read the [APA guidelines for tea during pregnancy](#).

## 3. Always Read Product Labels

In regards to skincare, cosmetics, and healthcare products, women ask themselves *"Is this safe to use?"* hundreds of times during pregnancy. I know that I did! From [formaldehyde in nail polish](#) to retinoids in skin cream, there are many questionable ingredients.

To relieve some anxiety, take a practical and simple approach. First, ask your OBGYN a list of ingredients you should avoid during pregnancy. And if you have additional questions, call your OBGYN or an "ask a nurse" line for professional advice.

## 4. Don't Forget The Sunscreen

Lastly, make sure that you wear sunscreen with broad spectrum UVA/UVB protection during pregnancy. Make sure that your cosmetics, moisturizers, and other skincare products contain an SPF of 15 or higher, too.

Skin sensitivity increases during pregnancy and your skin may become more [dehydrated during sun exposure](#). This can lead to burnt, dry skin and the inconvenient discomfort that comes from sunburns. Stick to skin care products that provide sun protection.

## Final Thoughts

Skin care during pregnancy doesn't have to be complex. You don't need to spend a fortune on fancy products, and you don't need to toss out your entire medicine cabinet.

Hydration, sensible product choices, and professional medical advice are all that you truly need. Focus on the four tips in the post above, and enjoy this life-changing time period as much as possible!