



# **Belli Beautiful: The Essential Guide to the Safest Health and Beauty Products for Pregnancy, Mom, and Baby**

*Annette Rubin, Melissa Schweiger*

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Pregnant women are used to hearing the warnings from their ob-gyns about which foods and medications to avoid, but surprisingly no one informs them about which skin care ingredients could be potentially harmful to their unborn child through topical absorption. Many of the ingredients used in beauty products are normally safe, but when applied during pregnancy are actually linked to birth defects and miscarriage.

Exposing the hidden pitfalls of the products we use every day, expert Annette Rubin-- founder of Belli Skincare, the #1 beauty brand recommended by ob-gyns--and beauty writer Melissa Schweiger show moms how to detoxify their skincare regimens. They explain the ingredients to watch for on labels and identify the safest products across major brands. But pregnancy and motherhood doesn't have to mean a ban on beauty! Packed with essential guidance, *Belli Beautiful* helps moms take the best care of their babies while still looking as fabulous as ever.

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