

IF you're planning to get naked, you're going to need to do some prep work. Here is MATTHEW BARBOUR's guide to the products that will make you look your best in the nude.

BE A BEAUTY IN THE BUFF

Phd Skin Care's Never Miss A Spot Self Tanner (£24.99, Boots): Sunburn and wrinkles aren't a good look – but getting your white bits out isn't a great option, either. Keep yourself protected from 98 per cent of harmful UV rays at the same time as getting the best DIY instant tan with this fab product. It comes complete with its own wand to reach all those nooks and crannies other self-tan systems can't get to. Quick-drying, with a special no-rub formula, it's available in three shades.

Ultrasun Overnight Summer Skin Recovery Mask (£42, qvcuk.com): This overnight skin healer rejuvenates your body. Designed to alleviate sunburn, it provides extra hydration, reducing sun damage by up to 40 per cent. Credit the brown algae inside which drip-feeds nutrients while you nap.

Beach So Chic (from £13.99, beachsochic.co.uk): Avoid the risk of dodgy needles with these amazing jewellery tattoos. Sure to distract from any flabby bits, they're non-toxic and waterproof so can last for up to five days but they can also be washed off in a trice with baby oil.

The TanOrganic Tan Erase Ultimate Exfoliator Glove (£13.99, Boots): The perfect body buffer to get you primed for action. It makes skin feel silky-smooth and can be used wet or dry. It's reusable, too, so you'll never be left with a dodgy fake tan. Finish with a slather of **TanOrganic OilArganic (£34.99 for 100ml, feelunique.com).**

Celluli Attack Concentrate (£78, phytomer.co.uk): Clinical trials have shown that using this for just one month makes cellulite half as visible. It contains pepper slimactiv, sea absinthium, sea grape and glycolic acid to nuke those unsightly areas and get you looking your best.

No! No! Pro 3 (£289, Boots): This nifty little gadget uses light and heat technology to remove hair at the root. It's pain free and long-lasting – a definite alternative to waxing and shaving. It also has an attachable LED tip which pulses the skin, targeting fine lines and wrinkles, thus helping to reduce their appearance.

Astral Original Moisturiser (£10.99, chemists): This is the go-to moisturiser of choice for everyone from Amanda Holden to Kate Beckinsale. Its formula has not changed since the 1950s and it multi-tasks as a body lotion, heel balm, after-sun, make-up remover and so much more.

Remescar Silicone Scar Stick (£23.95, allbeauty.com): This stick can help heal old and new scars caused by anything from burns to surgery, acne and even stretch marks. It leaves a thin and invisible silicone-based film over the area which promotes healing at the same time as maintaining optimal moisture.

Real mums bare it well

READERS REVEAL POST-BABY BODIES

SIX new mums have stripped off to reveal their post-baby bodies in Me. The mothers, who have children ranging from just three weeks to a year old, wanted to show how real women look after giving birth. Their photoshoot comes after a number of celeb mums have lost their baby weight in record time. Abbey Clancy was back in a bikini four weeks after giving birth, while Kate Middleton, Keira Knightley and Rosamund Pike all showed off toned post-baby figures. But this is not the reality for most new mothers. Here, our six mums tell LAUREN NAYLOR how they feel about celebs, the pressure to look good... and their post-baby bodies.



Gemma Bennie, 23, had baby 3mths ago

Hannah Musa, 22, had baby 6mths ago

Debbie Winstanley, 38, had baby 7wks ago

Sarah Clement, 29, had baby 6wks ago

Karleen Smith, 33, had baby 5wks ago

Katie D'Souza, 26, had baby 1yr ago



POST-NATAL IMPRESSION... Kate and Abbey

‘Mums don't have the time to look amazing’

FULL-TIME mum Gemma, from Essex, gave birth to son Jesse-James three months ago. She says: **‘I was lucky. I only put on a stone during pregnancy and I have pinged back into shape very quickly. I had no stretch marks. I need to tone to be completely back to my pre-baby body – but I think it's important to spend time with my baby rather than sweating it out down the gym. I guess celebrity mums have an image to uphold and they must feel pressured to ping back into shape. I think that's a huge shame. I'm all for looking amazing but for the average mum, it takes a lot of hard work and time – and we simply don't have that.’**

‘My post-baby body really gets me down’

STUDENT Hannah from London, is mum to baby son Kaelan. She says: **‘I was a size 10 before I had my son. Now I'm two sizes bigger. My partner tells me I'm beautiful, but when I'm faced with images of skinny new mums like Abbey Clancy and Kate Middleton, I start to question if I am, because they look so good in comparison. It is taking much longer than I expected to get back in shape. I hate my stomach and my love handles the most, and my mid-section really gets me down. There is a lot of pressure on new mums to look good, but I'm too busy being a mum to worry about looking good.’**

‘Breastfeeding helped me shed the pounds’

ACCOUNT manager Debbie, who lives in Derby, is mum to Phoebe, four, and baby Amber. She says: **‘I don't have a personal trainer or a dietician, as I imagine many celeb mums do. But even then, I don't know how they manage to look so incredible. My husband James says “mummies need to be squishy, because they give the best cuddles!” He loves my curves. I was 11st when I fell pregnant and I've just got back to that weight, but think that has been solely down to breastfeeding. Of course I feel envious of anyone who is super-slim after giving birth, but I'm happy in my baby bubble for the time being.’**

‘I don't have time to wash hair, let alone go to gym’

CARER Sarah is mum to little Pheby. Sarah, from Essex, says: **‘I can't even find the time to put my make-up on at the moment, let alone wash my hair and go to the gym. I don't feel envious, but I do wonder how on earth celebs can look so good, so quickly – it's just not do-able for the average new mum. It worries me that people expect us to go back to normal straight away and to look incredible all the time. The reality is, we don't. I hate my boobs. I feel they have dropped. I've also got a jelly belly. I wish I could look half as good as the celebs but for now I'm just enjoying being a new mum.’**

‘It's dangerous to exercise straight after giving birth’

FREELANCE PR worker Karleen, from Surrey, is mum to Emilia San Jose. She says: **‘I'm so amazed at what my body did to give me my beautiful baby but it has changed a lot. I can't worry about how I look on the outside right now – I just want to focus on bringing up my baby. I recently read an article about how to get Kate Middleton's flat stomach five weeks after giving birth and it shocked me. It can be dangerous to exercise so soon after a baby. After six weeks, your health visitors encourage you to get out for fresh air, not to push yourself. New mothers should concentrate on bonding with their babies.’**

‘I'm saving up for a boob job...I've lost all volume’

MAKE-UP artist Katie, from Essex, is mum to year-old Penelope. She says: **‘When I see pictures of celebrity mums they make me feel inferior. I am already saving up for a boob job because I have lost all volume and gone from a 34E to a 30D. I think people like Abbey Clancy look incredible, but she makes me want to have a complete body overhaul. I'm a single mum, and I find it hard to get out of the door to do anything. I definitely don't have time to get to the gym to exercise. I am all for looking amazing after a baby, but in reality the majority of women don't. We should celebrate our bodies as they are.’**