

SPRING 2015

THE ONLY REGIONAL MAGAZINE DEDICATED TO EVERY STAGE OF MOTHERHOOD

Mums

Essential
daily
'to-dos'
for
Mums-to-be
Top tips for a healthy,
happy pregnancy

MUMS
who
DARE...

How to make the giant,
life-changing leap to self-
employment

BEACH BUMP

Discover the best in maternity swimwear this holiday season

**HAPPY
NESTING**

Embrace your home-maker
urges to help create a baby-
ready home

Healthy,
**HAPPY
BABIES**

Natural solutions to nappy
rash and teething



According to some schools of thought, colouring your hair during pregnancy is something to be avoided, mainly owing to the potential toxicity of these products. According to the NHS, however, the chemicals in permanent and semi-permanent hair dyes are not highly toxic and most research, although limited, shows that it's safe to colour your hair while pregnant.

Using hair dye when you're pregnant

Many women decide to wait to dye their hair until after the first 12 weeks of pregnancy, when the risk of chemical substances harming the baby is much lower. If you're colouring your hair yourself, you can reduce the risk further by making sure that you wear gloves, leave the dye on for the minimum time, work in a well-ventilated room and rinse your scalp once the dye is applied.

Highlighting your hair, by putting the dye only onto strands of hair, also reduces any risk. The chemicals used are only absorbed by your hair, and not by your scalp or bloodstream.

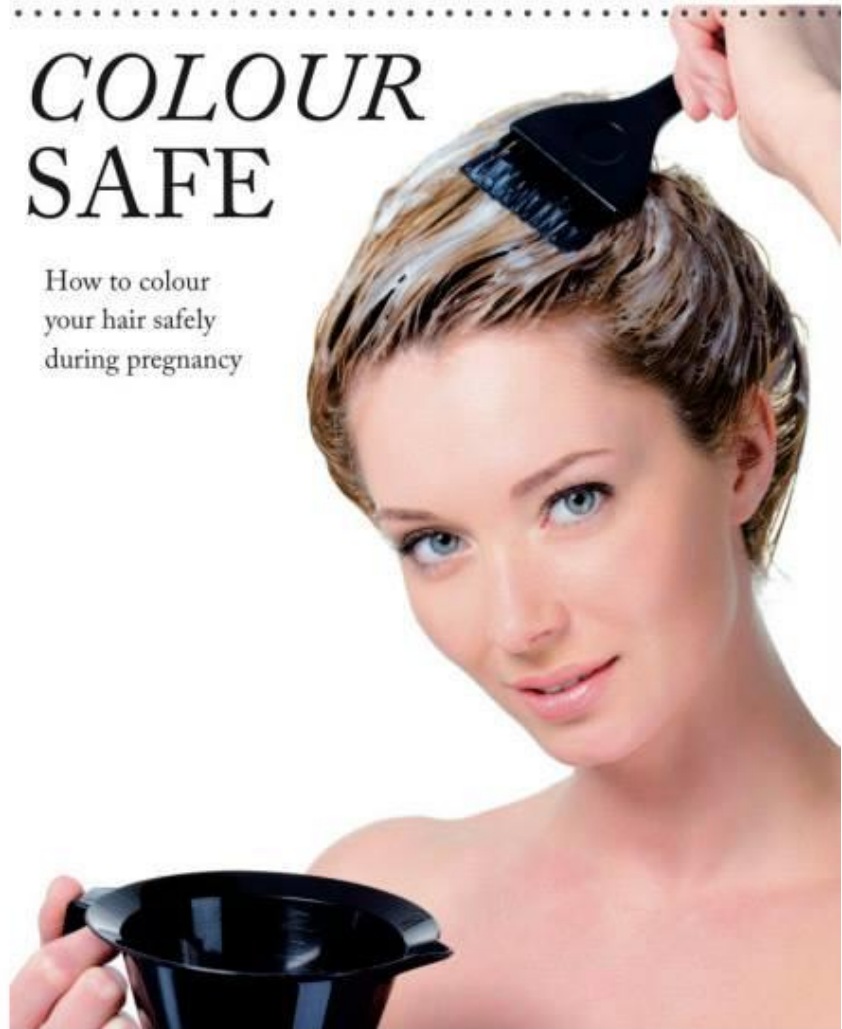
(Advice from www.nhs.uk)

Semi-permanent pure vegetable dyes

If you are concerned about dying your hair, then why not opt for a natural alternative such as henna. It's always a good idea to do a strand test before using any dye as pregnancy can affect your hair's normal condition, meaning it may react differently to colouring than it usually does.

COLOUR SAFE

How to colour your hair safely during pregnancy



Discover a natural way to colour your hair

Herbatint™, the original and authentic hair colourant with over forty years' experience in natural hair dye, is back and better than ever! The original non-Ammonia hair colour range now contains 8 certified organic herbal ingredients including Aloe Vera, Walnut, Cinchona and Rhubarb to soothe the scalp and condition the hair as it gently colours. With 6 new colours added to the range there are now 36 shades to choose from, Herbatint products are approved by PETA, the FSC and the UK Vegan Society and are gluten free. Herbatint™ is also uniquely packaged to encourage several applications from each pack. Not only does this make the product very economical to use but discourages the user from applying more product to the hair/head than is necessary. Thanks to Herbatint's™ balanced formula and the use of natural properties, herbal extracts and proteins, the formula gently colours and protects the sensitive structure of your hair and scalp, giving a deep natural gloss and brilliance with 100% grey coverage. In addition, a stringent study of permanent hair colourants made HERBATINT a top recommendation. A 2011 report by 60 millions de consommateurs, the French equivalent of Which? Magazine, tested 18 high street and "natural" permanent hair colour brands comparing performance and toxicity and found HERBATINT as their top choice. The report found that Herbatint (shade 4M) distinguishes itself, out of all its competitors, with a safer formulation on the toxicological scale because it uses fewer substances that can raise potentially sensitivity or become toxic[®]

<http://www.herbatint.co.uk/about-the-brand/independent-toxicology-report-certification>[®]

