

# I did it mom's ~~my~~ way

BY: LORI COHEN

TO MARK MOTHER'S DAY WE SENT OUT AN SOS TO MOMMY BLOGGERS AND OTHER WISE WOMEN ASKING THEM TO SHARE THEIR BEST LIFE HACKS.

## BEAUTY

### GO WITH THE GLOW

'My mother always told me to pinch my cheeks before I walked into a party to make my cheeks glow. I still do it to this day because it gives me a subtle glow that blusher just can't replicate. It also gives me a little confidence kick because it makes me feel as if I have my mom right there! Having said that, I think blusher is the most underrated cosmetic. If you choose the right shade it really can knock a few years off your looks.' - Kirsten

### KEEP IT LIGHT

'When I'm travelling for short work trips or weekends away, I store my face creams and serums in contact lens cases. They never leak, and because you only need to put a little bit in, you don't waste.' - Anika



### BRUSH UP

'Using a make-up brush to apply my tinted BB cream or foundation was a life changer. I realised that it actually made it quicker to apply my product. It allows me to really get into the creases around my nose and eyes and it applies more evenly. It also saves me money because there is less wastage.' - Nisrene

### SHINE OF THE TIMES

'Always rinse your hair with cold water (as cold as you can take it) at the end of your shower. It closes your pores and gives your hair shine and volume, making it look amazing with little effort.' - Denise Loris, blogger at *Family Treasures*

### TIMESAIVING TIPS

'Getting ready in the morning can be one of

the most stressful parts of a mom's day. To simplify your routine, get your lashes and eyebrows tinted. Consider waxing; it lasts longer too. Minimise your make-up choices and then perfect them. You will be less overwhelmed when you're staring at the mirror with a toddler on your leg.' - Teri Row, blogger at *Choose A Row*

### CHILL OUT

'A few sleepless nights can really take its toll and leave my eyes looking like the baggage reclaim at arrivals. The secret? Invest in a good eye cream with a silver tip applicator and store it in the fridge. Before bed, use the silver tip to massage the cool gel-like cream around your eye-area to de-puff and soothe swollen and tired eyes. In the morning, you'll be looking and feeling fresh.' - Megan Kelly, blogger at *Megan Kelly Blog*

### MIX IT UP!

'Exfoliate at least once a week to get rid of dead skin cells and achieve glowing skin. For a quick DIY exfoliator, I mix coconut oil and baking soda into a paste, massage it into my skin and see the glow afterwards. It is both natural and nourishing.' - Juwayra Januarie, blogger at *Curly Heads and Dimples*

## FASHION

### A MASTERMIND MAKEOVER

'Confidence is a woman's most valuable "accessory" but it's not an easy thing to "wear". I'll never forget the words of my grandmother explaining to me that a woman's confidence comes from within, but starts with



the first piece of clothing she puts on every day... her underwear. Always care enough about yourself (and your body) and make sure you are wearing the right size, comfortable, beautiful underwear. It's something that makes you feel special, so do it for yourself.' - Mari-Louise Candiotes, blogger at *Just A Mamma*

### GET YOUR WARDROBE WORKING

'I got tired of impulse buying and then feeling like I still had nothing to wear. So I have a rule when buying something new. It has to go with at least three things in my wardrobe or can be worn more than one way. For example, a waterfall cardigan can be worn open and relaxed or I can wear it belted for a smarter look.' - Ashton

### SMOOTH OPERATOR

'I wear a uniform to work so I have to iron smart shirts almost every day. I use my hair straightener on the collar to get it completely smooth. It's much easier than trying to do it with the iron.' - Sherise

### JEAN QUEEN

'Ill-fitting jeans can really kill any outfit. No matter your body shape, a well fitted narrow-leg pair of jeans not only immediately elongates the leg, but it's also classic so you can take it from day to night with just a change of the top and your shoes.' - Ulpha Edries, blogger at *Remarried Mom in the City*

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## FOOD

### TOAST LIFE!

'When I have one of those busy

days when I haven't had time to really plan and cook a family meal, we have "picnic night". We make cheese sandwiches and I cover them in foil, then toast them both sides using a frying pan. It makes it look like you've used a fancy griller, and we take them outside and eat on a blanket. The best is that there is no mess.' - Tebogo

### KEEP IT UNDER CONTROL

'Planning and prepping is definitely a winner for me, especially when it comes to cooking. Prepping dinner a day ahead saves me so much time. Also, cooking oven dishes and using the steamer means I have my hands free, so there's no stirring of pots every few minutes which is hard to do with small kids around.' - Fatima Schloss, blogger at *Life's Little Blessings*

### YOU SAY TOMATO...

'Every Sunday, I throw some tomatoes - usually between six and eight, into my blender to make them into a puree. I do the same with four to six medium sized onions. When I braise a curry or whatever else I am making in the week, I just whip the blended tomatoes and onions out of the containers from the fridge and straight into the pot.' - Nicola Subben, blogger at *Peanut Gallery 247*

## WELLNESS

### A FIT FAMILY

'I am fortunate enough to be able to walk my son to school, so generally I will try and take the long route on the way home.

It's a great way for him to expend some of that endless energy and we get to have a chat about the day. In the evenings we often take his bike out, which means I'm usually running to keep up, giving me another quick burst of exercise - perfect before we sit down to dinner as a family.' - Jenni Moss, blogger at *My Journey as a Mom*

### BE WATER WISE

'We know it's good for us to drink eight glasses of water a day, but this can be hard. I have a clear water bottle and I've marked it into 200ml gaps on one side and the time of day on the other, and I make sure I get through one gap every hour. It makes it more manageable for me when I break it down like this.' - Patricia

### FITTER FEET

'Roll a tennis ball under your feet. It feels like a massage and helps me with pain after a long day on my feet.' - Boniswa

### EARLY BIRDS

'Being a mum means you basically have to put yourself on your to-do list so that you can get in "me time". I wake up an hour earlier than everyone at home so I can get my exercise in and have some quiet time to blog.' - Mira Naidu, blogger at *Real Life Mum*

