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When you're pregnant, most women don't need to change their beauty routine per se. We recommend all women look at what products that they're using and are using products that aren't harmful to or toxic to themselves or the environment.

Many women do ask about hair dye and other cosmetics, and I would tell anyone that there is no evidence that says dyeing your hair is harmful to your pregnancy.

In terms of things like, Can I get my nails done while I'm pregnant? Yes, you can certainly get your nails done while you're pregnant.

The main thing to keep in mind is if you do get your hair or nails done, to be in a salon that has a well-ventilated area to make sure that you're not breathing in some of those fumes.

If you're worried, the best thing to do is wait until you're outside of the first trimester.

And then, often we get questions about tanning during pregnancy and I think

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women often – you know, their body is going through changes and they think about maybe using some tanning products or going tanning, and we recommend to all women, whether you're pregnant or not, to avoid tanning. You can damage your skin, and so we would recommend avoiding that during all times.

[End recording]