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MOMS: HOW TO SPEED UP YOUR MORNING ROUTINE

POSTED BY BECKY HORACE ON SEP 1, 2014 IN BEAUTY | 0 COMMENTS

For mummies, mornings can be extremely hectic, with trying to get your kids fed, clean, dressed, and out the door on time with all of the necessary school “stuff”; sometimes we forget about ourselves but there are ways we can make time for ourselves during our morning routine.

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Prep the night before

The kids are in bed; you've poured yourself a glass of wine and want to curl up on the couch with a good book. I know you are tired, I know the last thing you want to do is think about tomorrow but if you could just give me a few minutes I could give you some ideas to make your morning easier.

- Before your kids are in the bed, have them pick out their outfit the night before to ensure no morning meltdown.
- Pick out an outfit and accessories for yourself for the next day. This way you won't sit in front of the closet and say you have nothing to wear and relent to another day of wearing gym clothes to the drop-off.
- Have a special spot in the house for book bags and shoes and make sure you have everything you need, such as books and a change of clothes, in the bag before the kids go to bed.
- Make lunch or at the very least, pack the snack of carrot sticks and grapes the night before in a tupperware, that way you can throw them into the lunch box in the morning without even thinking.
- If your coffee pot has a setting for an auto-timer, use it! No one likes mommy before her coffee.

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Clean yourself up

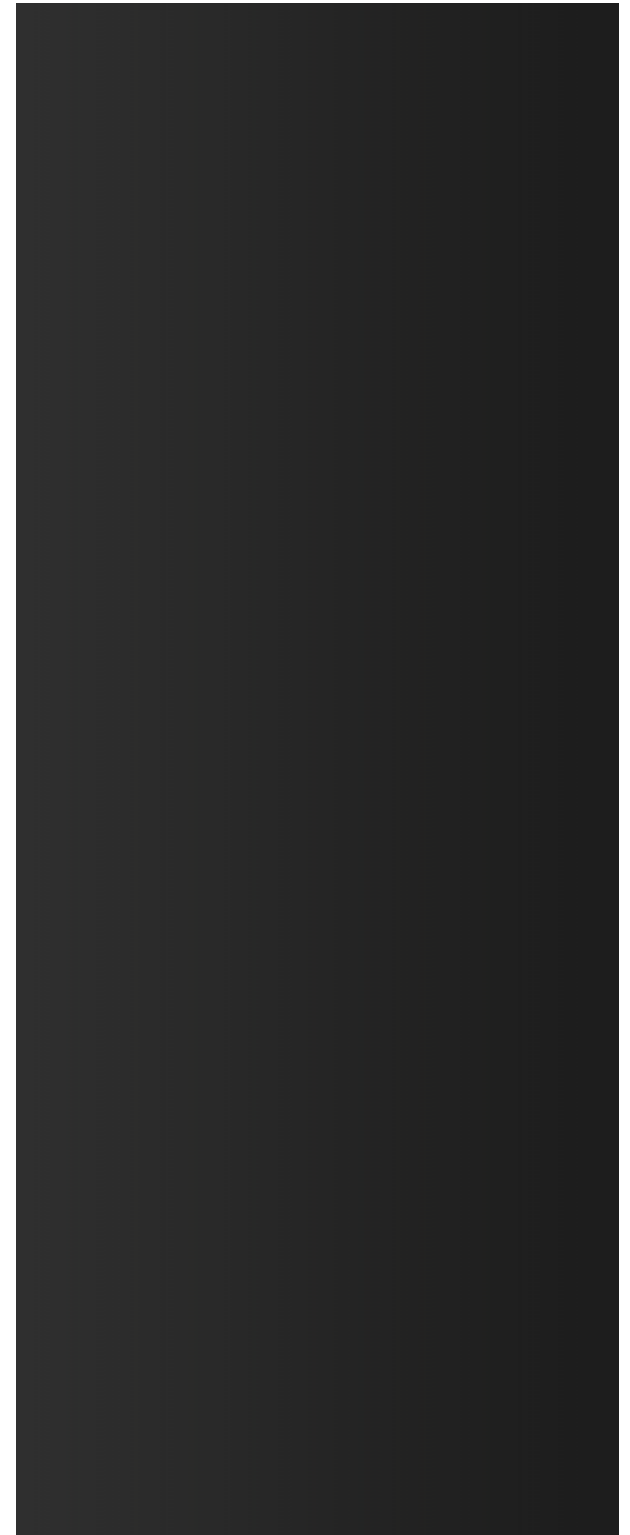
While the kids and husband are eating breakfast, this is the perfect time to get ready. I am sure you have good hygiene but here are some tips to help you speed it up.

- Two-in-one products are your friend so use them! We don't always have a lot of time to do the deep hair conditioning but there are some amazing products that can be a good alternative.
- Eliminate that morning shower and enjoy a nice bubble bath with your glass of wine the night before, after you have completed your evening prep for the next day. What a great stress reliever!
- If you can only manage a morning rinse off, consider a dry shampoo it will help to soak up the excess oil in your hair making you look less greasy. You can also use baby powder to eliminate the greasy look for the day.



Hair and face time



You are organized, the kids are happy with breakfast, you were able to shower, and now it's time to accentuate your natural beauty with your





hair and makeup routine.

- Consider a new hair style. The short bob is very easy and quick to dry and style. A new look that will build that self-esteem and is easy to manage in the process is a win-win.
- I can only speak for straight hair, don't flip your head and dry your hair from that angle. Yes it creates volume but it also creates frizz. Instead, dry your hair from the top once you set your part, this can help reduce the flyaway frizz.
- When it comes to makeup, purchase a two-in-one bronzer and sunscreen. This will create a sun-kissed look while protecting your skin all day long.
- Here is my recipe for a quick, fresh face look that can take you about two minutes.
 - Apply bronzer, followed by a quick brush of powder, apply a peachy blush along your cheekbone, apply a volumizing mascara and apply a subtle pink lip gloss; this is enough to highlight your natural beauty.

Remember moms, you are important. Your family loves and appreciates all you do for them but the best gift you can give them is to set a good example by being organized, happy, and healthy.

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Becky Horace is an American expat living in Bangkok, Thailand since January 2013. Since moving to Bangkok, she started a new career as a stay at her mom to her three year old son. She is a freelance writer and blogger, focusing on travel writing and parenting, you can find her writings on www.beckyorace.com. She also volunteers as the editor of BAMB! News, an expat parenting magazine which focuses on pregnancy and the early years of childhood.



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