

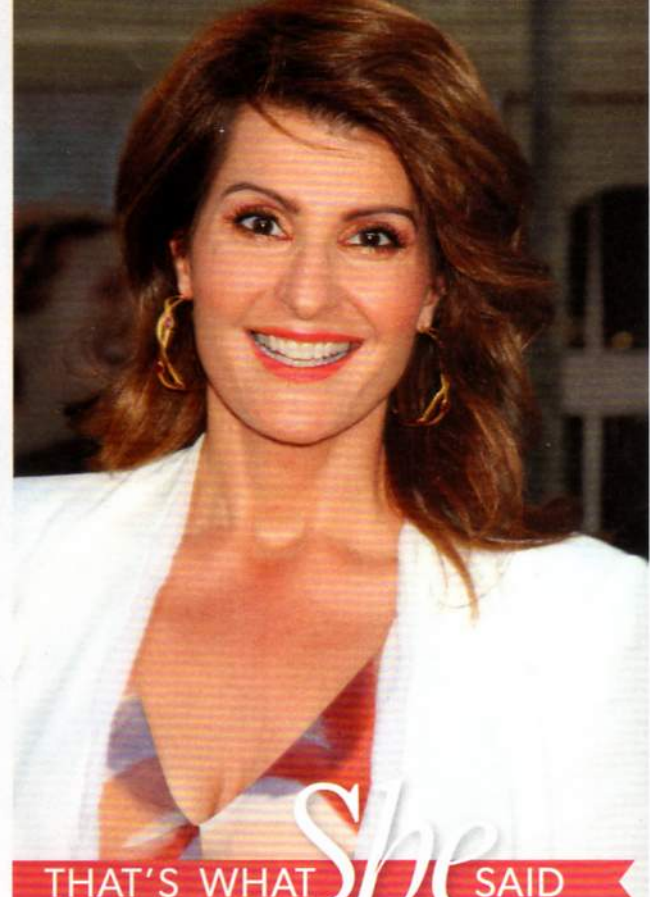
...Yes To Tomatoes Blemish Clearing Facial Towelettes

I developed pregnancy acne that didn't go away when my son arrived. I picked up Yes To Tomatoes Blemish Clearing Facial Towelettes on a whim, but they've since become one of my staples. I don't have to worry if the ingredients in these pre-moistened towelettes are safe: they're 97 percent natural and free of parabens and phthalates. My skin was noticeably clearer and softer after just a week of using them, and has stayed that way. When it's hard to find time to shower some days, it's great to know that at least my face is clean and clear!

yestocarrots.com

- TERRI COLES

Winnipeg's **Nia Vardalos** (*My Big Fat Greek Wedding*) is no stranger to hard work and hectic schedules. But when she and husband Ian Gomez (*Cougartown*) adopted a three-year-old daughter in 2008, motherhood really tested her stamina. **How does she stay healthy?**



Before I shot My Life in Ruins, I was just not feeling well. I had to make some changes. I lost weight, but losing weight is not the answer to everything. Then I became a mom, and that's when I really saw it.

In order to keep up with my daughter, I needed to make some changes. Adding vitamin supplements - along with eating a healthy diet and exercising - led me to feel better and sleep better.

Unlike many actresses, I do not have a fitness trainer or nutritionist. I just rely on my doctor and advice I get from other people. If I responded to any pressure whatsoever from Hollywood, I would have had a boob job and a nose job by now!

- AS TOLD TO JULIE M. GREEN

Nia is a spokesperson for Life...Supplemented (lifesupplemented.org) and author of the recently published *Instant Mom*, a memoir of motherhood.

For more fun with famous parents
Go to ParentsCanada.com/celebrities



What's your ideal Mother's Day?

WE ASKED OUR FACEBOOK FRIENDS AND THEY FESSED UP.



Day of peace, which in my house means no kids fighting and everyone eating their dinner which I did not have to cook. And I get more than five minutes of time to myself to do some stitching.

Michelle M.

Mother's day...there is really no such thing for a single mom like me but my ideal Mother's Day would be to have all my siblings and our families together for one huge barbecue in the back yard. We haven't all been together at the same time and I have a lot of great nieces and nephews I have never met and would love everyone to meet my children, grandchildren and great grandchild.

Rebecca S.

I'd love to sleep in and then spend the day doing something fun with the family (no chores, no cooking etc.)

Sarah F.

Sleep in, cuddles with the babe, then off to the spa :)

Christina B.

A full day of sleep (just kidding)... But honestly.

Kate P.