



Jessica

Alba

Natural Beauty, Down-to-Earth Charm

By Gina Roberts-Grey

She's happily married to hottie Cash Warren, has two adorable daughters – Honor, almost 4, and Haven, 9 months – and has a smoking hot career. But Jessica Alba, 31, takes it all in stride and remains virtually unaffected by her glamorous Hollywood surroundings. In fact, she even shops flea markets for gently used items she can refurbish and restore instead of perusing trendy boutiques for exclusive home furnishings.

The star of family favorites like "Spy Kids 4" and the "Fantastic Four" is also passionate about the planet. And to help fellow moms around the world raise their kids in eco-friendly homes, she's accepted a new role, that of budding entrepreneur and co-founder of The Honest Company.

BELLA caught up with Alba so she could share her secrets with our readers on getting back to her pre-pregnancy body after baby number two, how motherhood has changed her and how she defines beauty.

WHAT DID YOU THINK THE FIRST TIME YOU HELD YOUR BABIES IN YOUR ARMS?

[It was] a mix of instant love and a feeling of being terrified. It's one of the scariest experiences ever because you realize you're now responsible and really a grown-up. Now I was responsible for and in charge of this little person: her happiness, her sadness, everything is on me. That was pretty profound and heavy. But the biggest thing was really a tremendous amount of love for each of them the instant they were born.

What surprised you about being a mom?

I wasn't sure what to expect. I kind of felt like I've always been maternal [that] when I became a mom, I came into my own as a person and a woman. Being a mom felt like exactly what I was supposed to be and everything fell into place in an interesting way when I had my first daughter. I got rid of the doubt I used to have; there was no more second-guessing myself about what I wanted to do with my

life. I definitely became more at ease and comfortable in my own skin.

Have you had to deal with any sibling rivalry yet?

No. I'm sure I will since that's normal with siblings. Toddlers want you to listen to them, not their brother or sister. All kids want to be heard. But because my girls are still so little, I haven't had to negotiate that yet.

So many moms feel guilty or torn about having a career. How do you balance being a mom with work and still find time for yourself?

I actually consider working as time for me. I think about it in a way that's different than how most view it: working doesn't feel like a job to me, and I'm so fortunate in that way.

There are long days, and of course, work takes me away from my husband and kids and I don't love that, but I feel passionate about what I do. Of course, I would always rather stay home with my family, but it's nice to do something that I love.

Honestly, I don't know that there's a perfect balance. Being a working wife and mother is an imperfect scenario. It's also a busy one. Women who have careers also take care of the house, participate in their communities, and in general, do everything.

We put a lot of pressure on ourselves and feel like we have to be the best, sister, mom, friend, wife and so on. That level of extreme perfectionism is unachievable. I don't know if you ever stop feeling guilty.

What are a few of your favorite ways to alleviate some of the typical "mom guilt"?

I have wonderful, strong friendships and lean on my friends. It's important for women to have time with their friends, like a girl's night out, to bond and talk



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Honest to Goodness Good

To make it easy and affordable for parents, Jessica Alba co-founded The Honest Company, a monthly service that conveniently delivers customized bundles of safer, healthier, more sustainable and beautiful products, including:

Honest Family Essentials Bundle: \$35.95

The five core products needed by every family: Shampoo/Body Wash, Face & Body Lotion, Healing Balm, Laundry Detergent and Hand Soap. After the first month, subscribers can personalize and choose from The Honest Company's assortment of nine other Honest products in the suite.

Honest Diaper Bundle:

\$79.95 An entire month's supply of Honest diapers for your baby, conveniently delivered to your doorstep (ending the late-night diaper runs for good!). And for a limited time, anyone who signs up for membership will receive Honest Wipes for the lifetime of their membership!



about what's going on in life. It's so nice to relate to other women who feel overwhelmed or who understand that being a mom is a tough job, but also such a rewarding one.

It's easy for your identity to become wrapped up in your family, so it's important to have friends you can rely on and who can rely on you.

You've worked with the March of Dimes so you obviously know how important healthy living is to kids. What are some ways you and your family lead a healthy lifestyle?

We have a pretty healthy home. We have all non-toxic paint and are as organic as possible. The fabric we

covered our couch in and the carpets on the floors are all organic. We're very conscientious about what we bring into the house and try to buy or make everything as non-toxic and clean as possible. My kitchen counter is recycled glass and the wood floors are all finished with non-toxic products.

I try to do as much refurbishing as possible, too. It's good for the environment so that's good for our health, but it's also nice to know exactly what I'm bringing into our house. I'll buy home goods from Craig's List or at a flea market and re-cover or re-stuff it with new material that's all non-toxic. It's fun to have original things that aren't newly mass-manufactured, too.

I buy as much organic food as possible and try to limit the amount of processed foods we eat.

What is your secret to regaining your great figure post-baby?

I try to work out, but that's tough. The only way I can go to the gym is if I go super early in the morning while my husband has daddy-daughter time. But what really helped was having a different mentality with my second pregnancy.

The first time was overwhelming and new and I didn't always make healthy choices. I did eat for two and so did my husband. Every morning he made bacon for breakfast. I swear we had



Get Jessica's Natural Summer Look

These hot products will help you create Jessica's natural look without busting your budget...

Facial Micro Loofah Foaming Gel make-up remover/facial cleanser

Deep clean and remove make-up residue with micro loofah beads that dislodge impurities and dead skin cells. Great for all skin types. **(Minus417.com, \$39.99)**

Booty Parlor's Flirty Little Secret Firming Bronzer with Pheromones

Copy Jessica's tight, naturally bronzed and glowing skin by using this one-of-a-kind body bronzer (it's also one of Alba's faves) that's infused with pheromones that will make you irresistible to the guy in your life. **(BootyParlor.com, \$32)**

EnvyDerm Growth Mascara by EnvyDerm has been specially formulated to repair lash damage and promote new lash growth, while harnessing the power of its active natural ingredients (such as Moroccan Argan Oil, vitamins, minerals and amino acid), all of which nourish eyelashes with every use. **(EnvyDerm.com, \$36.)**



bacon with everything. We ate cereal and bacon, waffles and bacon. And at night, almost every night, we had desserts. No surprise, he gained some weight, too.

With my second pregnancy, I made different, healthier choices. I stayed active, ate healthy and didn't gain as much weight. That meant my body wasn't in so much shock the second time.

BELLA's tagline is "Beauty as defined by you." Can you share with our readers how you define beauty?

I think kindness is beautiful. So is humility and selflessness. I define beauty by actions not appearances.

You have a lovely, natural look. What is your secret to looking fresh and natural?

I'm fortunate to have a great facialist; that really helps. But I also never sleep with make-up on –that's a no-no.

I have a good cleansing and moisturizing regimen, too. I wash and moisturize my face every morning and night, and I've been doing that forever. I also drink lots of water and always try to get a good night's sleep.

You already wear a lot of hats: Wife, mom, actress, and philanthropist. What made you throw on another one – entrepreneur/chief inspiration officer and co-founder of The Honest Company?

My pregnancy with Honor was a huge educational moment. I was pregnant for the first time and read books about what was happening to my body, what would happen after I had the baby and so on. I also read about how to

create the best environment for my kids, which included limiting the amount of chemicals in my body and what I was exposed to.

I threw everything out that contained chemicals that may hurt my baby, but I was shocked to learn that even things marketed for kids like tearless shampoo and baby detergent had things that can be irritating. I found some alternative products online but also found it's so expensive to create a healthy home. That's not right; it shouldn't be so expensive or overwhelming to search for products that are healthy. I don't think living a healthy life and choosing healthy options should cost so much. There are enough social injustices – healthy living shouldn't be one, especially when the health of our children is at stake.

It's hard enough to be a mom and a wife and work, let alone go through the experience of having to understand chemistry. So I helped create The Honest Company, a brand that helps moms get everything they need for their home and personal care from one place instead of going to five different stores. And it decreases your carbon footprint, too, since you don't have to drive around to several stores.

I'm passionate about this because it's something I sought out as a mom. It's practical and effective; all the products are great and work well. They really are clean, so you feel good using them. 👁️