

Mom's Moment: Meet Ami Desai

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I'm always on the hunt to profile moms who are crushing it. It inspires me, and I think we should all embrace the "moms supporting moms" movement. It's all about building a tribe.

I recently connected with [Ami Desai](#), a beauty blogger and influencer. She's a mom of two and major hustler.

As a first-generation immigrant born in the U.S., Ami started her career with E! Network and [Hollywood.com](#) before moving east for Graduate school. After graduating, she worked at CNN, helping create the Middle East "Crisis Desk," connecting stranded US citizens with their families. She moved back to California and joined Inside Edition, then transitioned to becoming the premier host for #OWNshow, a digital exclusive web-show on [Oprah.com](#).

Simultaneously while creating a name for herself on-air, Ami has built a business by harnessing her love for all things beauty. Her most dedicated endeavor has been turning to Instagram, and playing centerstage in the fabulous world of beauty blogging and lifestyle influencing. Her [IG](#) stream focuses on life as a modern mom, beauty expert, and business woman.

According to Ami, the word "beauty" means: someone who can admire someone else's beauty without questioning their own. This is something she teaches her kids, instilling in them that true beauty is also something that you can't always see.

While Ami is a dedicated mama to Rian (5) and Mila (4), she faces the normal challenges most creative moms endure- balancing work, life and motherhood. Because she works in a more non-traditional space as a beauty influencer, it can be hard for her children, explaining to others what mom does for work. However, she's learning how to navigate the social media game, while simply being mom.

I always ask mom bosses their tips for doing it all, and Ami shared her three secrets to the juggle.

1- Remembering that it's not really about balance, because work/life as mom isn't 50/50. Instead, it's about harmonizing your schedule. There are times we need to give 75% at work and only 25% at home; and vice versa, ...and that's ok.

2- Be in the present. It's so easy to try and multitask. I think that's the epitome of being a mom; trying to master a million things at once. But really, it's about being present in the time you spend with your kids. It makes the times you're not with them so much easier to handle and the mom guilt less overbearing. Consider this: 15 minutes of being really present trumps one hour of writing e-mails while playing with your kids.

3- Prioritize yourself, too. It's so easy to forget about YOU. It's ok to practice self care even if you've been away from home on a work trip. Take that long bath or indulge in a facial. You matter, too.

Touche, Ami.

Ami can be seen as a regular on Hallmark's Home & Family, as well as numerous morning shows. She's an avid Instagrammer, and loves interacting with her followers.

[Nadine Bubeck](#) is a TV personality, [fashion designer](#), author, blogger, and Scottsdale-based blessed boy mom.