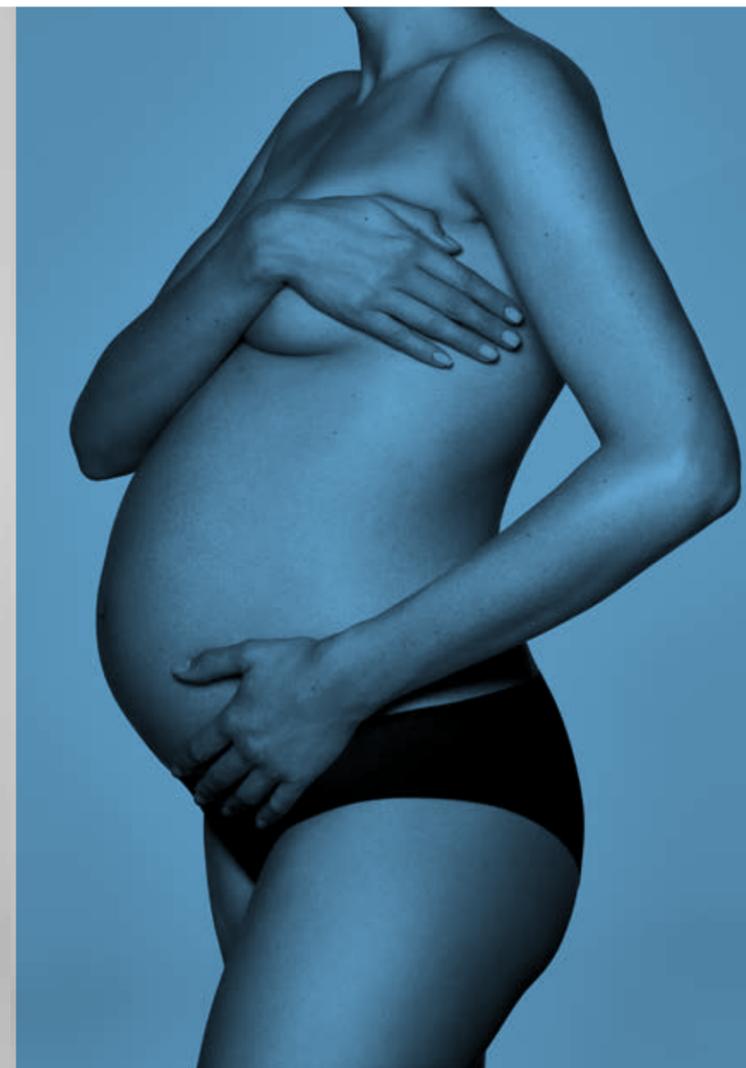


PREGNANCY SPECIAL



From the rules you should stick to, to the ones you can break and those you never knew about, Jessica Diner shares the definitive guide to seeing you through pregnancy and beyond...

MUM'S THE WORD

PHOTOGRAPHS KARINA TWISS



⇒ SICK AS A DOG?

'70% of women suffer from morning sickness,' reveals fertility and pregnancy specialist Zita West. 'Try to manage your blood sugars,' she advises. 'Eat little and often, and drink and eat ginger – it really helps.'

⇒ WHAT SUPP?

Pharmacist Shabir Daya unravels the supplement saga. 'Load up on omega-3 fatty acids: they're vital for mother and baby both during and after pregnancy,' she says. 'Processed food, an unhealthy diet and stress can all take their toll, so a good multivitamin is essential, too.' Daya recommends Zita West's Vital Essence, £26.50, and Vital DHA, £15.50, which contain everything you and baby need to get through nine months in rude health.

⇒ THE EXPECTANT BEAUTY RULES

We speak to the pros to set things straight...

SAY YES TO SUNSCREEN 'Facial pigmentation or melasma affects 40% of pregnant women, but can be prevented with a good sunscreen,' says dermatologist Dr Samantha Bunting. 'Choose one containing zinc oxide and use it daily.'

BE OIL AWARE Suzanne Colston-Lynch, head of training at Neal's Yard Remedies, recommends avoiding most essential oils while pregnant – unless recommended by a qualified aromatherapist – as they can increase blood pressure and may even cause contractions. When the baby is more developed in the second and third trimester, however, do try lavender, chamomile and ylang-ylang, diluted in a base oil or used in a diffuser. 'They're all relaxing and calming,' explains Colston-Lynch.

CAN YOU COLOUR? We asked A-list colourist Sally Northwood for the lowdown on hair dye and pregnancy. 'I recommend switching to a balayage technique or tints while pregnant, but most colours are ammonia-free these days, so they're gentle and don't emit toxic fumes.'

COME CLEAN... 'Increased breakouts and resurgent acne are common during pregnancy,' says facialist Sarah Chapman. 'Rebalance skin using a rich balm cleanser like my Skinesis Ultimate Cleanse, £40.'

⇒ NO MORE LINES

Stretch marks? What stretch marks? Give your growing bump some love with these tried and tested (and sworn-by) treatments.

- This Works Energy Bank Body Makeover, £32
- Elemis Japanese Camellia Body Oil Blend, £34
- Clarins Tonic Body Treatment Oil, £40
- Bio-Oil, £8 ▶



➔ **5 THINGS NO ONE TELLS YOU ABOUT ...DOWN THERE**

PELVIC FLOOR EXERCISES

'Pregnancy deliberately weakens muscles and puts pressure on your pelvic floor, so you need to exercise it. This helps in the birth, too,' says women's health expert Jane Wake, founder of *Innovo* podcasts.

BOOK A PRE-PUSH WAX

Want to be groomed for the big day? Strip's Mama Treatment uses wax specially formulated for sensitive pregnancy skin. From £23, nationwide (stripwaxbar.com).

WILL I TEAR? Up to 70% of women will experience trauma below. Fortunately, a rich blood supply to the cervix means injuries require less healing time. Try Dani Kenney Vajay Spray, £32. A few post-pee sprays will boost recovery.

...AND STRETCH?

Your skin is designed to make way for your baby during birth. So while things may stretch down there, you can lessen tearing by massaging Weleda Perineum Oil, £9.95, into this delicate area from 34 weeks onwards. Your body will thank you during labour.

POST-BIRTH PADS!

Women bleed after birth – a fact rarely spoken about. Pack Naty by Nature Womenscare Eco Sanitary Towels, £4 for two packs, and don't use tampons until after your six-week postnatal check to avoid infection.



➔ **HAVE BUMP, WILL TRAVEL**

Avoid an awkward dismissal at check-in by following author Emily Oster's advice: 'Travelling close to 36 weeks means you'll need a doctor's letter.' (It's 32 for those brewing multiples.) In fact, it's safest to take a GP's letter from week 28. Airlines fear you may give birth in the air after this stage (!), but otherwise there's no harm to the baby. The only other concern is radiation: 'The exposure you get when you

fly is slightly higher than on the ground,' says Oster. 'But unless you were to take more than three round trips from London to Tokyo, you shouldn't be over the radiation exposure limit.'

REMEMBER Wearing sexy compression socks is a must when you fly, as risk of deep-vein thrombosis, or blood clots, is higher when pregnant.

➔ **FOOD (AND DRINK) FOR THOUGHT**

FIRST UP, COFFEE... The American College of Obstetricians and Gynecologists and the NHS advise pregnant women limit their intake of the glorious ground bean, as caffeine crosses the placenta and enters the baby's bloodstream. Those in the know say limit yourself to one cup daily.

COUNT YOUR UNITS Alcohol consumption can also reach your baby, but while abstinence is recommended, moderation seems to be the key message. Linda Geddes, *New Scientist* columnist and author of *Bumpology*, says, 'If you don't want to abstain during pregnancy, try to stick to one or two units once or twice a week, but if you occasionally drink a little more, it's probably fine.'

GET FISHY Knowing which fish to scoff can be a minefield, so let us break it down: those high in mercury, like tuna, should be eaten no more than twice a week. The same goes for oily ones like salmon, trout, herring or mackerel. Combine with plenty of white fish to get a good source of vitamins, minerals and omega-3 fatty acids for you and the baby.

SUSHI? OR SHOULDN'T YOU?

The consensus from the NHS is that if the fish has been previously frozen, it's fine as long as you keep to the limits as above.

Chopsticks at the ready! **JUICE WELL** We're gaga for green juice, but many bought options are unpasteurised.

'Pasteurisation involves heating food to help kill harmful bacteria. Unpasteurised fruit and veg juices don't go through this process, so could potentially carry bugs such as salmonella and E. coli,' says Angelique Panagos, nutritional therapist for The Detox Kitchen. 'Make juices from scratch. Wash fruit and veg well before blending into a smoothie using the whole fruit, so you get the fibre.'



➔ **SUPPORT SYSTEM**

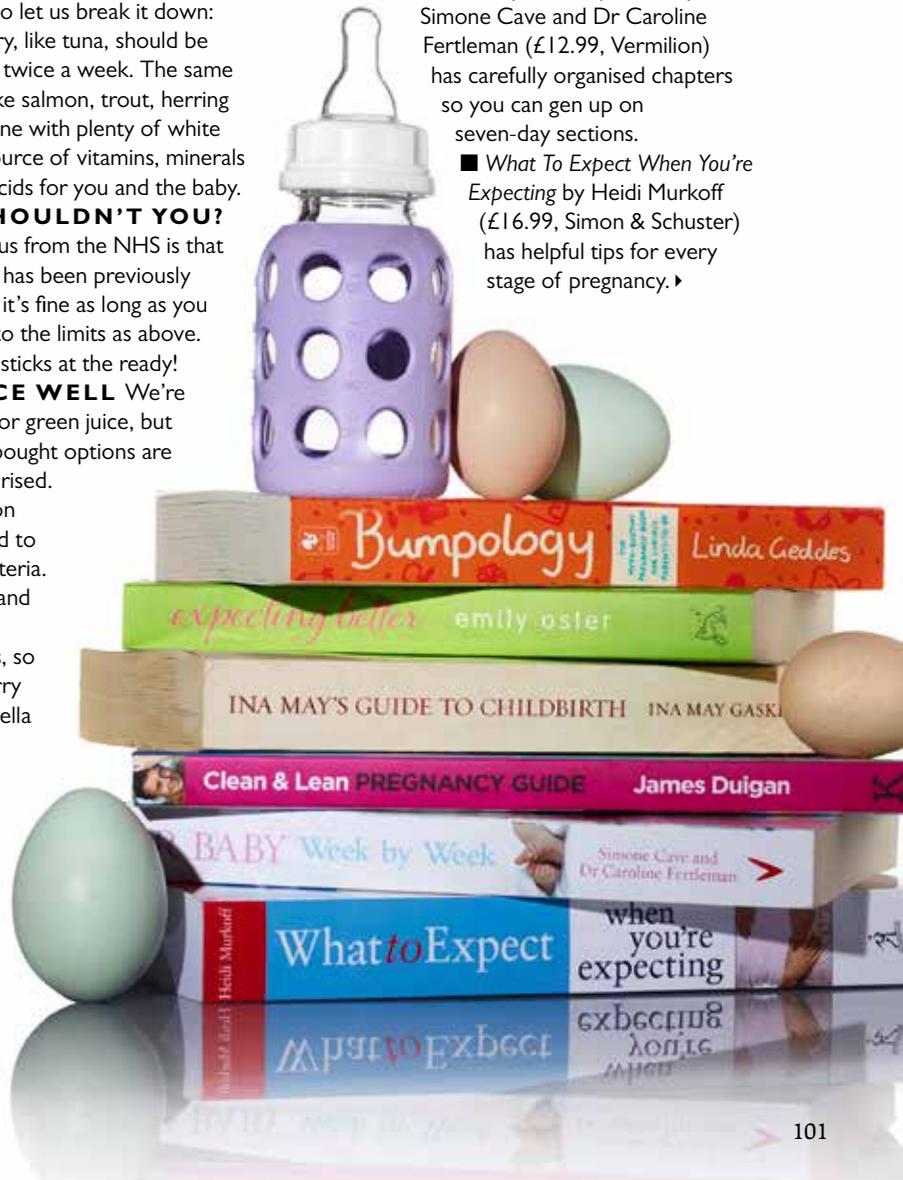
Contrary to common belief, there's no evidence that bra underwiring affects lactation, but comfort is key in all stages of pregnancy and after, so be sure to go for a fitting to make sure you're kitted out correctly. M&S or Mothercare should be your defaults.

➔ **SWOT UP**

Where parenthood is concerned, homework has never been so rewarding. Line your shelves with our picks.

- *Bumpology* by Linda Geddes (£9.99, Bantam) talks pregnancy without patronising.
- *Expecting Better* by Emily Oster (£6.46, Orion) features pregnancy myths debunked by economist Oster.
- *Ina May's Guide To Childbirth* by Ina May Gaskin (£12.99, Vermilion). An empowering reminder of the body's ability to give birth.
- *Bodyism Clean & Lean Pregnancy Guide* by James Duigan (£12.99, Kyle Books). Healthy recipes and easy workouts for mamas-to-be.

- *Your Baby Week By Week* by Simone Cave and Dr Caroline Fertleman (£12.99, Vermilion) has carefully organised chapters so you can gen up on seven-day sections.
- *What To Expect When You're Expecting* by Heidi Murkoff (£16.99, Simon & Schuster) has helpful tips for every stage of pregnancy. ▶



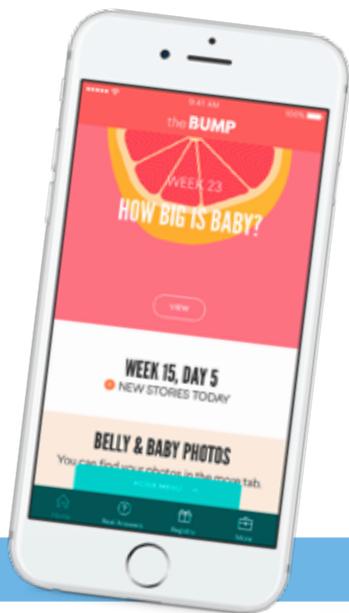
⇒ GET APPY

CYCLES Trying to conceive? Timing is everything. This app helps you establish when you're ovulating.

PREGNANCY+ NHS-approved, you can track your baby's development as well as your own.

MOTHERCARE Everything from shopping lists to a contraction timer, name suggestions and songs to play to your bubba.

THE BUMP For weekly updates on the size of your baby, as well as links to expert articles about your pregnancy stage.



⇒ THE DUE DATE DIRECTORY

Consider this your little black book for every ache and pain...

REFLEXOLOGY Pre- and post-maternity reflexology is Paolo Lai's thing. His method helps to eliminate toxins and reduce stress, as well as realign the body's energies and hormones during each trimester. From £55 at nevillehairandbeauty.net.

ACUPUNCTURE 70% of the women Ross Barr treats come with fertility issues. From assisting with conception to managing pregnancy symptoms, he balances hormones, aids IVF and eases morning sickness. From £75 for 50 minutes, rossbarr.com.



HOMEOPATHY During your pre-labour homeopathy consultation with Trisha Allen, she prescribes remedies to deal with the onset of emotions the day might hold: anxiety, panic, fear, as well as pain management. £85 for 90 minutes, tricia-allen.co.uk.

⇒ A RIGHT GOOD RUB

There are many pregnancy massages, but it's the nuances and attention to detail that makes an expensive treat worthwhile. Give these a try.

FIRST TRIMESTER

Using Ayurvedic principles, the BlinkSpa Pre-Natal Treatment nourishes the skin and works to relieve aches and remove excess fluid and heat. £90 for one hour, blinkbrowbar.com/treatment/blinkspa

SECOND TRIMESTER The Elemis Peaceful Pregnancy Massage involves lying on a beanbag on the floor, which might sound strange, but if back problems are plaguing your pregnancy, this is for you. £105 for one hour 15 mins, nationwide, elemis.com.

THIRD TRIMESTER Sometimes, invigoration rather than relaxation is required and the Elemental Herbology Pre-Natal Well-Being Massage does just that. £60 for one hour, nationwide, elementalherbology.com.

⇒ PARENTING ESSENTIALS

BREASTFEEDING AND PARENTING CONSULTANT

Amanda Marks is a fairy godmother for all things baby-related, be it breastfeeding support or sleep training. Her holistic approach starts with a consultation at a London clinic and is followed up with Skype and WhatsApp support, throughtheeyesofaparent.co.uk.

BLOG SPOT Nineinthemirror.com not only has a brilliant blog about all things bump-related, it has trawled the shops of your favourite designers to find clothes suitable for pregnancy and beyond (think Mary Katrantzou, Emilia Wickstead and more).

PAEDIATRIC FIRST AID OK, this might not be one of the most glamorous activities on your list, but we couldn't recommend it more. Book in for a paediatric first aid course to give you confidence for your imminent arrival, redcrossfirstaidtraining.co.uk. ▶



