



Your Perfectly Pampered Pregnancy: Beauty, Health, and Lifestyle Advice for the Modern Mother-To-Be

By Colette Bouchez

Harmony. Paperback. Book Condition: New. Paperback. 368 pages. Dimensions: 8.0in. x 5.5in. x 0.9in. The moment a pregnancy is announced, all eyes are on baby. But what about Mom Not only is her body changing, everything about her lifestyle is turning upside down. A revolutionary new kind of self-help guide, Your Perfectly Pampered Pregnancy puts Mom at center stage, with hundreds of tips on how to have the healthiest, most vibrant pregnancy possible. Culling advice from top medical, beauty, and style sources worldwide , award-winning health reporter Colette Bouchez delivers sound medical advice as well as beauty and lifestyle tips to keep Mom happy and healthy, ensuring baby will be healthier and happier as well. Highlights include: The five most common pregnancy complaints and how to beat themThe beauty, hair, and skin care products that are safe to useand what to avoidHow to choose maternity clothes without losing your sense of styleNatural and relaxing ways to beat stress, overcome sleep problems, and handle pregnancy fearsHow to treat painfuland often embarrassing pregnancy problems naturally and easily, and how to know when its time to seek a doctors helpAdvice on how to blend your career obligations with impending motherhood look and feel great while doing...



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