



pregnancy news

Pregnancy
Baby You
we try

MUM-TO-BE MONEY SAVER

The financial implications of preparing for a baby can be overwhelming, but this pay-as-you-go MasterCard could lend a hand. For mums-to-be and new parents, the BaBeeCard costs £14.95 a year and gives access to hundreds of discounts, from baby-related items to essentials like groceries. It could also help you budget for your new arrival, as you can only spend what has been loaded on to it. It's easy to top up by sending texts from your mobile, and friends can also add funds from anywhere in the UK. Visit www.babecard.com.

NUMBER CRUNCHING

52%

of UK bosses assess the chances of a member of staff falling pregnant before employing them

76%

of managers admit they would not hire a new recruit if they knew they were going to fall pregnant within six months

5%

of managers employ someone knowing that they are pregnant

Views and advice about baby making and how to make the most of your nine months

Take three... stretchmark balms

As your skin stretches with your growing bump and body, it becomes more delicate, making it prone to the dreaded stretchmarks. Applying a specialist moisturiser to your abdomen, thighs and buttocks from the second trimester onwards can help – we look at three organic options

1 Vital Touch Natalia Prenatal Anti-stretch Oil, £9.75 for 60ml

This blend of pregnancy-safe oils has quite a potent aroma, so it's not ideal if your sense of smell has been adversely affected by pregnancy. As it's an oil, a little goes a long way, and the skin feels immediately softened after even a sparing application. Also a great option for getting your partner to give you a relaxing massage!



2 Spiezia Restorative Body Balm, £38.40 for 120ml

Easy to apply, this rich balm has a relaxing lavender scent and feels intensely moisturising, but its richness means you might not feel comfortable getting dressed straight after an application. Probably best used after a soothing bath before bed...



3 Essential Care Bump Butter, £21 for 175g

Containing shea butter – a well-known intense moisturiser – and sea buckthorn fruit oil, this thick butter has a light, uplifting citrus scent. It also needs only a sparing application, but is easily absorbed – great if you're pushed for time.



CELEBS SAY

Hollywood actress Jessica Alba is taking time out from starring in the likes of *Fantastic Four* and *Sin City* to prepare for the arrival of her first baby. The 26-year-old, who's due this month, is enjoying 'nesting':



'I'm just trying to get my house ready before the baby comes. I'm used to having to be somewhere all the time, and it's the first time in my life when I really haven't been working in a while. Now it's just about the baby being healthy, the house being ready, and nesting – it's really different. It's cool – I feel like I'm fully absorbing the whole experience.'

PREGNANCY PAMPERING

You'll never have a better excuse to spoil yourself, and the stylish K Spa in West London offers tailored antenatal treatments. Sarah Greenwood, mum to three-year-old Lottie and 35 weeks pregnant, tried the Prenatal Massage (£75), as well as a manicure (£32) and pedicure (£42):

'The nourishing body massage used special antenatal cushions throughout, to ensure that my bump and I were kept comfortable. Whereas in the past I've always had quite firm massages, this was more gentle – perfect for soothing pregnancy stresses – and I felt really relaxed afterwards.'

www.k-west.co.uk; 020 8008 6600

