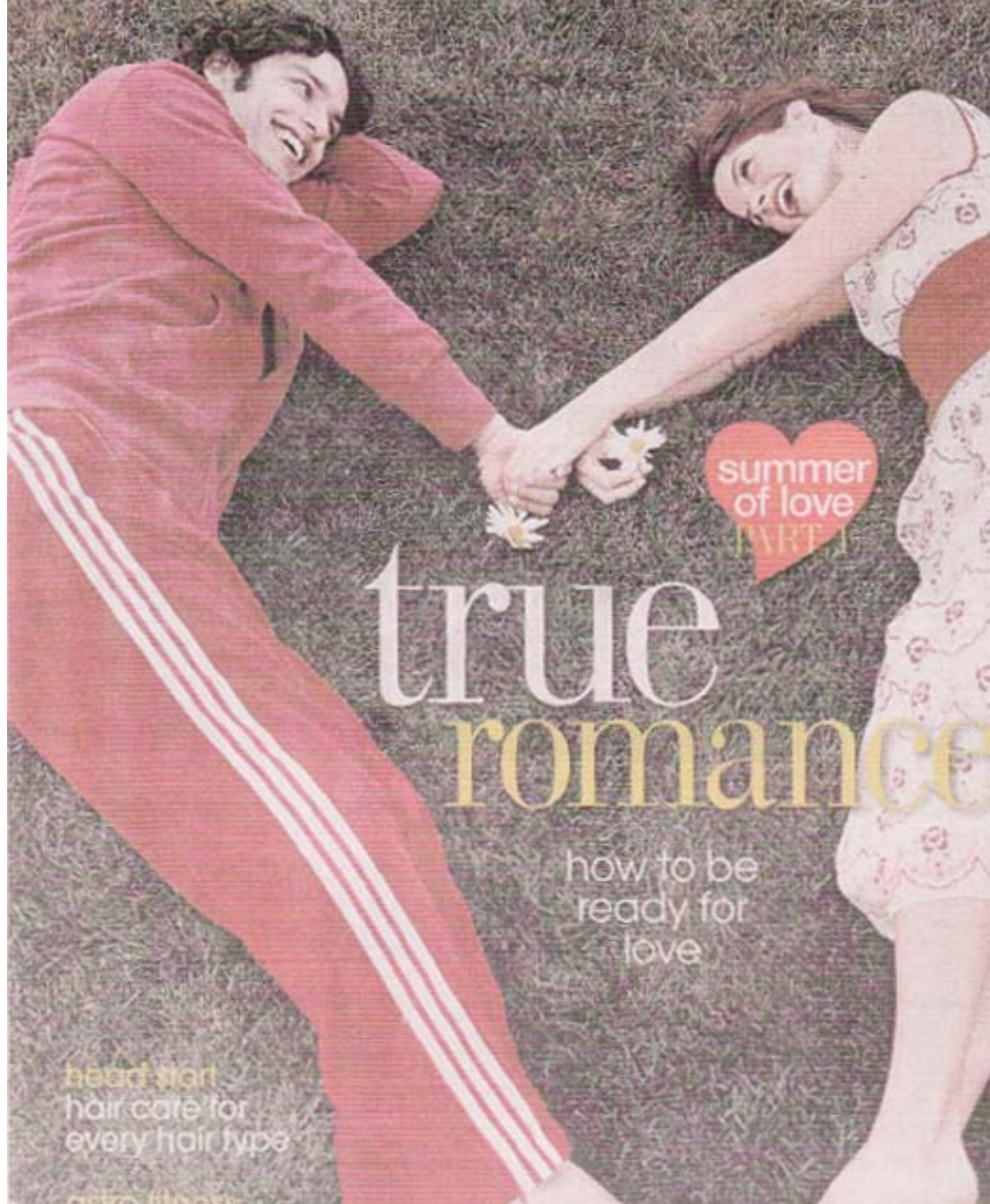


body + soul

Sunday

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summer
of love
PART 1

true romance

how to be
ready for
love

head start
hair care for
every hair type

astro fitness



princess diary

with Melinda Ayre

Baby love

My baby is due any day now. I am huge and I have the occasional elbow or baby's bottom pressing outwards from my tummy. As a beauty editor I probably have more beauty products ready for bub than anything else. Apparently I won't have time to use any of them anyway and I won't have time to sleep or wash my hair either. But let me have my little fantasy until reality crashes in...



1. Belli Baby Skinish Moist. \$34 I went to a wedding recently and a couple had a five-day-old baby with them. He was so unbelievably tiny and his skin was so velvety. I wouldn't dare put anything other than the most pure and mild creams on such heavenly skin. The very impressive Belli Baby products were created by Dr Jason Rubin to keep his wife and baby safe, and they're allergy-tested, tear-free and include no petroleum products or sulfates. This cream will help with any dry patches of skin on bub, and contains chamomile, castor seed oil and a botanical extract of the comfrey plant. Call 1800 884 916.



3. Babies Only's Organic Baby Hair Care Baby Shampoo. \$19.95 I don't mind little bald babies but I am hoping to have a bub with hair so I can try out this organic shampoo. Babies Only was developed with a paediatric herbalist and an aromatherapist, ensuring only the purest natural ingredients touch bub's skin. This hairwash, with organic rosehip oil, avocado oil, sunflower oil and safflower oil is gentle, non-fragranced and won't strip away the skin's protective oils. Available from David Jones.



Mee Tie by Bubba Mee baby carrier, \$69.95. A versatile carrier for bub with three carrying positions: hip, back or front.

2. Petit Extrait Babies Bath. \$19.95 My friend had a pile of so natural bubble baths; unfortunately, none of them were sudsy enough for bath-time fun. Her little one kept whining "More bubbles, more bubbles." This one is soap-free, with coconut oil and glycerine, but will still give lovely soft bubbles for bath play. Available from www.petit.com.au



4. Weleda's Calendula Baby Cream. \$14.95 This morning my leaning tower of nappies was strewn everywhere. As it turned out, my man had tripped over it in the flurry of getting ready for work at 5am. Apart from a million nappies, we are also going to go through a tonne of nappy cream. One of the loveliest is this 100 per cent natural balm with pure beeswax, biodynamic calendula and chamomile to soothe, and gentle lanolin to form a protective layer. Available from health food stores.

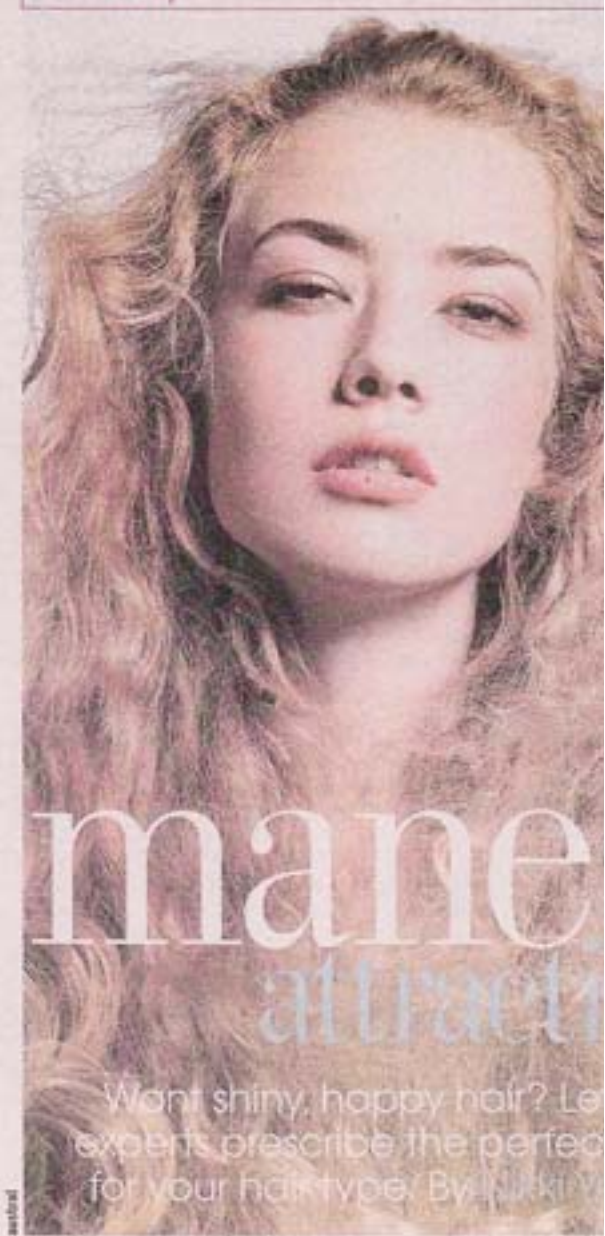


Classroom Nursing Bra Tanks, \$59.95, visit www.fertilemind.com.au or call 1800 757 777. A full support sports-style nursing bra integrated into the tank top.

5. Bay Bee Baby Baby Soap, \$11.95, \$14.95 Am I going to turn my little one into a cosmetics addict already? Well, as I'm about to have a summer bub, a friend suggested this rifty product. It's refreshing for bub after a nappy change and you can also freshen up baby's room with its gorgeous new baby scent. Available on www.baybeecino.com.au

6. Belli's Baby Sunscreen, \$11.95 - \$20 The Avado range was created by Tammy Fenner after having her second child, Lucy. "She had extremely sensitive skin and was prone to eczema breakouts. I decided to add avocado oil to her bath and it worked wonders," says Fenner. I love the sunscreen:

beauty



mane attract

Want shiny, happy hair? Let experts prescribe the perfect for your hair type. By Jackie...

LONG HAIR

Maintain length and prevent split ends

Salon Solution: "Maintain long hair with regular visits to your hairdresser for trims and treatments," says Sydney hair stylist Alan Coban. "This will ensure your mane does not become lifeless, damaged and drab." If your hair falls past your shoulders, Coban suggests getting layers cut to create shape and movement. "Regular Nutritive Aquo-oleum treatments (available at Alan Coban salons) are also a must for longer locks because they're intensively nourishing and designed to repair and protect the hair."

Home Hair: "It's essential to shampoo your hair with a cleansing shampoo and Coban says. "Regular at-home hair treatments are fantastic for longer locks because they nourish your hair so it remains manageable." **Extra tip:** Don't sleep with ponytails, and use silk pillowcases to avoid hair snags. **Product picks:** Tigi Cat Headshot Heavenly Hydration Shampoo, \$27.95, and Rintense Conditioner, \$28.95. Charles Worthington Shine On Shine Silkening Shampoo, \$14.95, 1800 809 282.

