

COSMOPOLITAN AUSTRALIA'S MOST STYLISH GUIDE TO PREGNANCY

PREGNANCY

What does YOUR BABY look like today?

YOUR PROGRESS REPORT FROM CONCEPTION TO BIRTH

Celeb inspiration

Dress as hot as Angelina, Gwen, Ashlee, Nicole & co

DOES MY BELLY LOOK BIG IN THIS?

His thoughts about your changing shape

I loved my "drug-free labour"

42 MUST-READ PREG & BIRTH STORIES

Feeding your bump

+ THE PERFECT PREG WORKOUT

KEEP YOUR STYLE!

THE BEST denim, lingerie, dresses, work & weekend wear



ISSUE 10
Australia \$33.50 inc GST
New Zealand \$33.50 inc GST

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Spring

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+ FLIP OVER
BON





ESSENTIAL OILS

While it's great to use essential oils during pregnancy, you have to be careful when choosing which ones you use. Many aromatherapists believe that the essential oils – extracts of certain plants and flowers – used in aromatherapy can stimulate the endocrine system, balance hormone levels, and soothe stress when pregnant. However, because they are so powerful you do have to be careful which ones you use. Ask an aromatherapist to make you a pregnancy blend rather than mixing your own, so you know it's safe and won't cause any harm to you or your baby.

OILS TO AVOID DURING PREGNANCY

✗ Basil ✗ Fennel ✗ Rosemary
 ✗ Clary Sage ✗ Jasmine ✗ Rose
 ✗ Cedarwood ✗ Lemongrass
 ✗ Sage ✗ Cypress ✗ Marjoram
 ✗ Thyme ✗ Peppermint

“For a product to be certified organic, a minimum of 95 per cent of the ingredients must be organic”



SARAH wears DRESS: \$147. Olsen, available at Sweet Lily Maternity (www.sweetlilymaternity.com.au).
 BOOTS: \$199.95, Scooter (800 07 756).

Baby naturals

Here are some of our favourite natural baby products. All of them are made without sulphates, colours, preservatives, mineral oils, parabens and petro-chemicals, so they're much less likely to aggravate your baby's sensitive skin.

Simbababy Massage Oil for Newborns. \$25.45, 03 9584 0668 (organic)

MOP Pear Shampoo for infants and toddlers. \$22.95, 1800 104 204 (organic)

Walaala Calendula Oil, \$23, www.walaala.com.au (biodynamic)

Babies Only Baby Powder. \$19.95, 03 5348 2464 (organic)

Apivita Propolis BABY Mild Wash for Hair & Body. \$19.95, www.apivita.com.au (natural)

Jurlique Baby's Soothing Barrier Cream. \$32, 1800 805 286 (biodynamic)

Little Joey Baby Shampoo. \$17.95, www.littlejoeyorganics.com.au (organic)

Tiny Tribe Bubble Bath. \$12.95, www.tinytribe.com.au (natural)

