



Glow girl

Whether you're pregnant or planning to be, **HAYLEY NISSEN** uncovers a few secrets to heightening that natural glow

THEY say pregnancy is catching, which would explain why a swathe of A-list celebrities have been sporting rounded tummies of late.

But unlike them, most women don't have a team of stylists, chefs and make-up artists on-hand to make the most of their glowing forms.

No, most must rely on any hints or tips they can lay their hands on and hope like crazy that the morning's upset stomach hasn't accidentally been wiped on a sleeve.

That doesn't mean you can't look to the stars for inspiration though. Celebrities like Jessica Alba, Angelina Jolie, Nicole Kidman and Jennifer Lopez are perfect examples of how to look good pregnant.

What these divas have in common is that when they were pregnant, they could often be spotted in flowing dresses

es that accentuated their figure in all the right places without compromising on style.

Jessica Alba's dress at the Academy Awards in February this year, when she was heavily pregnant, was a great style for a protruding belly, with the silky fabric gently rolling over her tummy and the strapless design highlighting her fantastic upper body.

Angelina also favoured dresses during both her pregnancies and chose dresses with light fabric and intricate detailing like beading.

Creator of Australian label Hussy, Marie Hatziz is herself six months' pregnant and suggested these few tips for pregnant women:

Accentuate the face. Most pregnant women are glowing, so get a great haircut or wear your hair pulled back

Keep colours subdued. A little colour is okay, but you don't want to look like

a watermelon

Show off your bump with belts. Under the bust works well

Wear heels. You can still don your favourite heels if they still fit!

As for skin and body care, try Clarins Body Treatment Oil for firming and toning. With 100% natural plant extracts and essential oils, the treatment will help prevent any stretch marks. Combine this with Mamecare's cellulite-busting body brush and kiss that orange peel goodbye.

Thalgo's Stretch Mark Cream is also good cellulite and smells divine.

Bring out that glowing complexion even more with Inika's mineral range of foundations and eyeshadows, which are safe for mum and bub.

And lastly, don't forget to breathe.



1. Aveda All-Sensitive Body Formula, \$54.95, 1300 300 014
2. Bio Sculpture Gel products, nail polish \$17.95, www.biosculpture.com.au
3. Sisochera Infant Callus, \$39.95, www.sisochera.com.au
4. Gaia Organic Cotton Kimono babysuit, \$29.95, (02) 4929 5933
5. Clarins Body Treatment Oil, \$66, (02) 9693 4277
6. Inika mineral foundation, \$24.95, 1300 1 INIKA
7. Mamecare Cellulite Bristle Brush, \$13.45, available from Myer, Priceline, Kmart, Target and Big W
8. Pennington Foot Patches, stocked at Target or www.penningtoncosmetics.com
9. Inika mineral eyeshadow in blue topaz, bling bling, forest gold and peach fetish, \$24.95, 1300 1 INIKA
10. Strandbags Pink ruffio bag, \$24.99, (02) 9479 7777
11. nevenka Bosnian Gypsy dress, \$599, (03) 9415 7573
12. 807milk lingerie, www.hotmilklingerie.com.au
13. 807milk lingerie set, 1800 652 817, www.hotmilklingerie.com.au
14. 0101 Baby Bag, 1300 131 693, www.0101.com.au
15. Kids red patent point flats, \$69.95, (03) 8878 3000
16. Thalgo Stretch Mark Cream, \$60, (02) 9477 6900
17. Jamie Ray daisy baby hat, \$29.95, www.medisonlans.com.au
18. Fillybee Marahen carges, \$185, 1800 806 403