

strokes of Genius

Our goodie bag of materni-time treats

BY CANDACE WALSH | PHOTOS BY MELYSSA HOLIK



The summer of 2001 was My Pregnant Urban Summer with a bonus overlay of Heat Wave, aka The Summer of Chafed Inner Thighs. So you can guess why I like the looks of the ① **Oxford Skort** (www.bornfit.com), a mini-skirt with sewn-in shorts. In

it, you can do sweaty things (exercise, walk to the fridge) without incurring further discomfort. Other neat items on my retroactive wish list: ② **Preggie Pops** (www.threelollies.com), which soothe morning sickness with flavors like ginger and lavender; and ③ **Citrus Bellybar Chews** (www.nutrabella.com), loaded with Omega-3s and folic acid—they taste like Starburst fruit chews! I would have loved Ajne's organic essential-oil fragrance ④ **Joie de Maternité** (Joy of Motherhood), a blend of Bulgarian rose, sandalwood, and rosewood that balances the heart chakra and supports the birthing process and nervous system (www.ajne.com). Another essential-oil goodie: ⑤ **Young Living's Thieves**, a blend of cloves, rosemary, and more that protects the wearer from most airborne bacteria (www.secretofthieves.com).

Pregnancy hair is thick and lustrous, but if you want an uplifting hit of chemical-free color, try one of ⑥ **Surya Henna's** hues (www.suryacosmetics.com). Unlike the messy powders of yore, it's available as a liquid that contains nourishing seed and fruit oils. But don't treat only your hair—Otopia's organic ⑦ **Yummy-Mummy Pre and Postnatal body cream** is a smoothie for your skin (www.otopiaorganics.com).

I imagine there might be a baby shower in your future; if so, consider these clever elements. The ⑧ **Wee Generation diaper bag** is incredibly cute, loaded with green goodies, and has huge eco cred—it's made of 100 percent recycled plastic bottles (www.weegeneration.com). ⑨ **Tin Parade's Great**

Green Gala Shower Kit includes bamboo plates, birch-bark centerpieces, and these organic cotton-flower napkin rings (www.tinparade.com). ⑩ **The Baby Bunch's organic bouquet** looks like a cluster of roses, but some of those blooms are cleverly rolled bibs, hats, and onesies (www.thebabybunch.com). Guests can wear ⑪ **birth-wish bracelets** to support the mom-to-be, at the same time supporting the women workers who participate in Bead-ForLife, a fair-trade program in Uganda (www.birthinbinsi.com). ⑫ **Tiny Revolutionary's Double the Mommies baby T** gives a welcoming shout-out to same-sex expectant-mama couples (www.tinyrevolutionary.com), and the ⑬ **organic Groovy Green Romper** just makes me smile (www.chapteroneorganics.com). ⑭ **Soaps in the shape of a pregnant torso** celebrate your own blossoming shape and make great party favors (www.bloominbellysoaps.com). And want to preserve your torso's shape for posterity? You can, with ⑮ **Eternal Maternal's Bellycaster kit** (www.eternalmaternal.com).

Après birth, have chlorine-free, pure-cotton maternity pads at the ready. Reusable pads of organic cotton (www.lunapads.com) are economical and cloud-soft, and when you need ditchables, all-natural ⑯ **Natracare** (www.natracare.com) and **Maxim** (www.maximhy.com) get my vote. Feeling sore and sensitive? To hasten the healing process, brew a soothing sitz bath with ⑰ **LüSa Organics' Postpartum Herbs** (www.lusaorganics.com). Your lactating breasts deserve only the best . . . which in this case is the supersexy yet ultracomfortable and underwire-free ⑱ **Nummies nursing bra** (www.nummies.com). Vintage-inspired ⑲ **"It's a Boy!" pins** are a playful keepsake alternative to the notification-by-cigar method (www.thebabygardner.com). I like ⑳ **Dapple dishwasher detergent** because it provides dramatically clean dishes and is free of nasty chemicals and residues—and what better time to make the switch than before baby starts gnawing on her cup? (www.dapplebaby.com)

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