

strokes of genius

| by Candace Walsh | photos by Melyssa Holik

We can't rub your feet, but here's the next best thing: a shower of nature-infused pregnancy pick-me-ups.



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If Mary Poppins had a style makeover, she'd be given the **1 OiOi Black Check Carry All**; it's delightfully Brit, with many ingenious pockets (www.oioibabybags.com). No need to wait till the baby comes to use it—break in this under-the-radar diaper bag early by stocking it with: **2 R. W. Knudsen's Recharge** (great for staying hydrated during pregnancy and labor; www.rwknudsenfamily.com); **3 Ayala's Herbal Water** (www.herbalwater.com); **4 Teeccino caffeine-free herbal coffee bags** (www.teeccino.com); an **5 EarthLust Peacock water bottle** (www.earthlust.com); **6 Bellybar chewable vitamins** (www.nutrabella.com); and a tube of customizable **7 MixMy Granola** (www.mixmygranola.com). Cofounder Matt Pawlik designed and sent a special batch of granola for this column, keeping in mind the nutritional needs of pregnancy: folic acid (dried papaya and berries), omega 3s (flax seeds), and fiber and protein (nuts). Don't forget **8 Oregon's Wild Harvest's Maternal Sereni-Tea** (www.oregonwildharvest.com), which contains herbs that calm and that aid the digestion. I'd also make sure to include: **9 Nvey Eco moisturizing organic lipstick**, which goes on like silk (www.econveybeauty.com); and **10 Boiron Oscilloccinum homeopathic remedy**, for immune support (www.affordablehomeopathy.com). Bodhi-chitta's exquisitely scented **11 Nurture the Goddess lotion** (lavender, rose geranium, and clary sage; www.bodhichittabotanicals.com) and **12 Maclaren Beginning Balancing Facial Mist for Mother**, infused with

orange, mandarin, and geranium (www.drugstore.com), are true game changers when it comes to mood uplift.

13 Earth Mama Angel Baby's Happy Mama Body Wash contains fresh ginger to offset queasiness, as well as the essential oils of lime and pink grapefruit (www.earthmamaangelbaby.com); and **14 BabyBear-Shop's organic Mama Belly Oil** nurtures your skin with calendula, Roman chamomile, and rosehip-seed oil (www.babybearshop.com). If your pregnancy "glow" is sometimes a bit more than you bargained for, check out my go-to skin solution: **15 Miracle Skin Transformer**. It smooths out skin tone without looking like makeup, and it's paraben-free and SPF 20 (www.miracleskintransformer.com). Cake Lingerie is designed for expecting mamas; we love their sexy **16 Blueberry Torte camisole and French knickers set** (<https://cakelingerie.com/cake-shopping/>). **17 Milkstars' The Joan nursing top** is both glam and wickedly comfortable (www.milkstars.com).

The **18 Glamourmom Nursing Bra Tummy Control Long Tank** is a nursing bra, a camisole, and shapewear in one miraculous garment (www.glamourmom.com). Both the **19 Bamboobies Nursing pads** (www.buybamboobies.com) and soft **20 WillowPads** (www.willowpads.com) are absorbent, organic, and reusable.

Welcoming baby into the world shouldn't include micromanaging a gift registry for a baby shower, but we've all seen just how much injection-molded plastic stuff can pile up if you don't first

drop some hints. My dream baby-shower wish list would include: an **21 Olive Juice Trapeze Dress layette** (www.olivejuicekids.com); **22 MetroKids Gear pants**, which allow extra room for "cloth-diaper butt" and are made by work-at-home mom Sasha Graybill-Pauling (www.metrokidsgear.com); **23 Robeez Soft Soles reversible baby shoes** (www.robееz.com); the deliciously simple **24 HoneyDumplings Buckwheat Baby Mat** (www.honeydumplings.com); **25 Beehive Kitchenware Co.'s baby cup** of lead-free pewter (www.beehivekitchenware.com); **26 Zoe Organics' hand-crafted Organic Baby Bath Tea** with oatmeal and lavender, in unbleached muslin bags (steep in baby's bath, then use bag as a washcloth; www.zoe-organics.com); and the **27 Kokopax Eco-Classic baby carrier** with (not pictured) matching Samantha diaper tote (www.kokopax.com). And for the family (or big sib's) bed, note the **28 PeeKoo bedding system**, which combines a duvet with a zip-in top sheet for less muss, fuss, and bulk, and a way easier bed-making process (www.peekoobedding.com).



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