

Pregnant, Fashionable & Looking Good - Are You?

If you're apprehensive about the transformation, remember the changes are happening for a good reason: You are creating a new human being! Bearing that in mind, here are a few pointers to help you revel in your nine-month metamorphosis.

Dont neglect your skin

Pregnancy hormones can wreak havoc on your skin. Your complexion may look great, with that pregnancy glow, break out like it hasn't since you were a teen or it may become drier and look splotchy. However, this is not the time to change products keep to your usual regime but maybe just add a good moisturizer it can work wonders anywhere skin feels dry including over that expanding belly!

Dont underestimate the power of makeup

Makeup can do wonders during pregnancy. It can be used as a tool to feel pretty and in control. This is particularly important during a time when many women feel they have lost control of their body. So go ahead and have some fun: Try a new shade of lipstick or eye shadow. Makeup can be washed off it isn't permanent, and it's a great way to give yourself a quick pick-me-up.

Avoid hair-raising hairstyle changes

One big pregnancy perk due to hormone changes is thicker, more lustrous locks. Some women also notice that the texture of their hair changes or their locks become shinier. If you normally have a thick head of hair and fear that any more will be unmanageable, you may find a shorter cut easier to wear while you're pregnant. But, it is not advisable to go for a dramatic change as your body is going through enough changes as it is. Work with your stylist to find a cut that suits you. Use Clips, combs and other hair accessories to enhance your style, but don't overdo it, less is more.

Enhance your inner fashion

Today there are so many hip maternity clothes available that your biggest challenge will be sticking to your budget. With so many great choices, you should have no trouble finding something that suits your style. Unlike in the past when there were only a couple of specialized places to find maternity wear now many department stores carry their own lines at reasonable prices.

Here is a tip for your maternity wardrobe. Buy a few basics you can mix and match, for example a pair of black, denim and beige trousers, Capris or shorts (depending on the season). These can then be rotated with various coloured tops, shirts and cardigans and also used for various occasions. Accessorizing can also make you feel better or give an outfit that little extra. Just by adding some chunky jewelry or a pretty scarf can make all the difference.

Do not buy loads in advance, wait and see how you change and buy your clothes accordingly, otherwise you could end up with items you never wear but you thought looked cute in the shop.

Talk yourself into a good mood

If all else fails, remind yourself that even though you can't squeeze into a slinky dress or your favorite jeans right now, you are still fabulous. Beauty is a state of mind not a certain look, size, or weight. You are glowing, you are pregnant, and you are beautiful!

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