

# The road to recovery

Congratulations—you've survived labor and delivery! These finds will ease you back to your old self, so you can turn your focus to that brand-new baby in your arms.

### Save your skin

The stretching is done—now it's time to restore some of that elasticity and erase signs of wear and tear.



**BELLY REBOUND CREAM**  
Mamēna Organics butter, from \$20, mamenaorganics.com



**STRETCH MARK MINIMIZER**  
Bell cream, \$49, belliskincare.com



**FIRMING TREATMENT**  
Noodle & Boo gel, \$38, noodleandboo.com

**C-SECTION SCAR SOOTHER**  
Dr. Blaine's scar treatment, \$20, drugstore.com



### After-baby freebies

Depending upon where you deliver, you may walk out with loads of goodies. Ask your nurse what's available to you, and don't be shy if she offers you a free sitz bath, hemorrhoid pads or other useful items. They may not have looked so tempting pre-delivery, but they'll be a godsend now!

### Ladies of the C

If you delivered via C-section, you'll need some extra time to recover. Follow your doctor's orders, don't push yourself too hard, and call on these products to help you heal while you're off your feet.



Czela Bolies recovery underwear, \$35, czelablue.com



Abdominal belt, from \$30, cesactionrecoverykit.com



C-Panty compression underwear, \$83 for set, dpapers.com



Breastfeeding? There's no better way to rein in your uterus post-delivery!



Wink compression undergarment, \$89, winkbellybands.com



Cinch shaper, \$95, byanew.com

### Where's my waistline?

You may not be back to your svelte self just yet, but don't despair! Try out a scalpel-free tummy tucker and get your waist shrinking.



**4-tip chick**  
While you're working on your belly, why not slim your hips to match? Get back to normal gradually with this shaper.

Shrinkix hip belt, \$55, upspringbaby.com



### GIVE IT A REST

You're going to need some R&R to truly get your motor running again. See if you can catch a few winks between nursing sessions—getting the rest you need will help tame mom brain and have you looking healthier too.

Mom & MD Designed

The After Cesarean Underwear



Pull on & go, non-bulky cesarean recovery.

FDA approved silicone incision care combined with focused, anatomically designed support for the swelling, scarring, sensitivity & tenderness associated with recovery.

Toss the granny panties & get back to baby in comfort.

Mom & MD designed.



www.cpanty.com

# Fashion meets function

Every mama loves a brand new bag. The hard part is deciding on just one!



Pecunia Pickle Bottom Busy Backpack, \$169, pecunia.com

**WHY WE LOVE IT:** Thoughtful extras (like a built-in changing pad) combined with lovely design ensure diaper duty is as elegant as can be.



Babymel Amanda, \$88, babymel.com

**WHY WE LOVE IT:** It includes standout features at a price we can get behind.



Starksak Karta, \$210, starksak.com

**WHY WE LOVE IT:** The vibrant, eye-catching print makes it impossible to resist.



Flourville Mother Ship, \$150, flourville.com

**WHY WE LOVE IT:** You can carry a large load without being weighed down.



Skip Hop Studio, \$89, skiphop.com

**WHY WE LOVE IT:** It's chic enough to make you feel like a stylin' mom, but practical enough to keep you uberorganized.

## #1 The Cinch Tummy Wrap

### CARE ESSENTIAL FOR NEW MOMS

**SUPPORT-ENHANCE-TONE**

- £ The Only Adjustable Wrap with Cinch Tension Control.™
- £ Get back to shape with just ONE wrap!
- £ Highly Recommended by M.D. (Ob-Gyn) & Mid-Wives

WWW.CINCHTUMMYWRAP.COM or ask your retailers

★★★★★ 5 Stars Rated by Industry Experts

Created by Lifestyle & Health Expert **Charlene Williams**

## GLAMOURMOM

THE BUILT-IN NURSING BRA

It's a nursing bra. It's a tank top. It's a camisole.™ It's built-in tummy control!

Introducing our new Glamourmom® Nursing Bra Tummy Control Long Tank! This tank style features a built-in support panel that trims the tummy and waist while supporting the lower back! View our full collection at [glamourmom.com](http://glamourmom.com) or call 1.888.579.4666

Come by and see us at the ABC Kids Expo in Las Vegas, NV, October 11th through 13th at BOOTH #65391

Inner Tummy Control Panel

RECOMMENDED BY Buyer's Guide PREGNANCY & NEWBORN