

GREAT EXPECTATIONS

A new regular column tracking the highs and lows of pregnancy from the first inkling to the final push

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The second trimester is supposed to be when you glow. All those positive pregnancy concepts suddenly come into play, and if you're lucky you'll have all and sundry describing

you as 'radiant' and 'dewy'. In my case, though, 'dewy' seems a short step away from 'greasy', and entering the fourth

month hasn't meant the downsides have simply disappeared. Peeing for England is a given, as your baby grows and puts the squeeze on your other internal organs, bladder included.

Many women see their morning sickness fade away at this stage only to be replaced by stints of digestive trouble and bloating.

Whether pregnancy 'becomes you' or not is largely down to the hormones swarming through your system, so try not to get too worked up about it. The simple fact is, the beginning of your second trimester will hopefully see you settling into your pregnancy, and is therefore a good time to take stock and pay some attention to your rapidly changing body.

Tackle stretch marks now by oiling up after a bath or shower: the Estelle and

Thild body oil is a new beauty best-seller.

It's also important to keep up with some form of exercise – not only can this improve your endurance during labour but it will help with maintenance, so there's less to do post-baby. Remember, it's unlikely you'll get to do much at all immediately postpartum, so you want to keep your strength up for as long as possible before the sprogs pop. I visited TenPilates for a special prenatal

Reformer Pilates class, which I preferred to a prenatal yoga session.

Truth be told, I was being a little over-cautious turning up to the latter (I hadn't worked out in a while). All the other mothers were fit to burst and I was barely showing; and while I was impatient to get on with more dynamic moves, everyone else was tuning in to baby and extending the odd limb. I must have looked like I'd taken the

class by mistake. At the four-month mark, I'd recommend sticking to regular yoga classes – with some slight adjustments. It's just a case of informing your instructor that you're preggers.

I also went to the Aveda Institute for a special pregnancy massage designed to relieve tension built up in the first



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of the best

FOR STRETCH MARKS



1. DR. CEUTICALS. Stretch Mark Solution £14.99 [boots.com](#)
2. AURELIA Dry Body Oil, £48; [urbanretreat.com](#)
3. ESTELLE & THILD Pregnancy Body Oil, £26; [net-a-porter.com](#)

trimester and stave off puffy ankles. Many health and beauty treatments are not recommended for pregnant women, but if you shop around you'll find therapists trained to work safely with expectant mothers. And while abstinence from some things is necessary during pregnancy, pampering isn't one of them. Now more than ever you have good reason to keep stress levels down and spirits up, so seek out the best practitioners and products, lay back and enjoy... ♦