

DID YOU KNOW?
According to the American
Pregnancy Association, two

THE STRETCHMARK PREVENTER

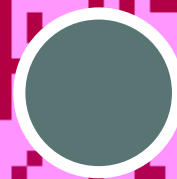
Loaded with skin-saving
ingredients like essential fatty
acids, Basq Resilient Baby Oil
protects skin elasticity so that
stretchmarks are less likely
to occur. \$38, basqnyc.com

MOMMY MAKE

STRETCHMARKS

ADRIANA LIMA

Age: 30



VARICOSE AND SPIDER VEINS

A DARK LINE (LINEA NEGRA)

Why it occurs

The linea negra, a dark line that runs from the belly button down, transpires due to an increase of estrogen and progesterone, which may cause a temporary

PREP + MAINTAIN

YOUR BODY BEFORE + DURING PREGNANCY

SOME WOMEN FEEL THAT BEING PREGNANT GIVES THEM CARTE BLANCHE TO EAT ANYTHING AND EVERYTHING AND FORGO REGULAR EXERCISING. BUT, THAT'S NOT THE BEST PLAN, SINCE IT CAN CAUSE YOU TO PACK ON UNNECESSARY WEIGHT. IT'S ALSO IMPORTANT TO TREAT YOUR SKIN WITH HYDRATING PRODUCTS TO KEEP IT WELL-MOISTURIZED BECAUSE, "ONCE THE SKIN LOSES ELASTICITY, IT CAN NEVER BE REGAINED," SAYS ORLANDO, FL, PLASTIC SURGEON ARMANDO SOTO, MD. GETTING YOUR BODY IN GOOD SHAPE PRIOR TO HAVING A BABY CAN HAVE AN IMPACT ON HOW YOU'LL REGAIN YOUR FIGURE.

Get your body into optimal shape

Before you become pregnant, take time to prepare your body for all of the changes it will experience—but it's the post-delivery weight that's hardest to lose, and if you've gone overboard and put on more than what may be considered healthy, it may be really hard to regain your figure. Working out before you get pregnant make being pregnant a little easier—most women feel better and have less pain and more energy—but it will also help your body recover quicker after delivery," says San Diego fitness expert Sara Holliday.

Why it's important

KOURTNEY
KARDASHIAN

Age: 32

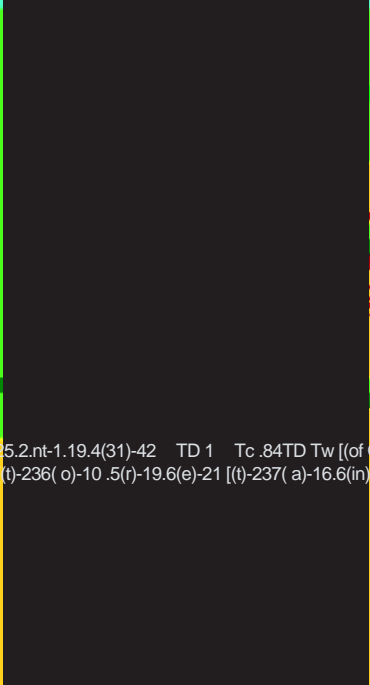
TIGHTEN THE TUMMY

Introduced to the idea of a compression garment by a friend, Kourtney sported a Belly Bandit for eight weeks after delivery. In fact, she was so happy with the results that she created her own limited-edition version. The medical-grade compression shape-wear helps to shrink the belly, waist and hips—while giving the upper body support—by applying constant pressure, which releases pent-up fluids, helping to mold the body and give memory to the muscles.

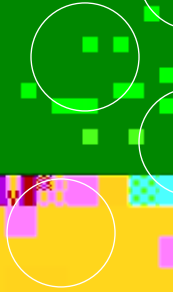
KOURTNEYS • POST-BABY MUST-HAVES

Kourtney Kardashian Limited Edition Belly Bandit, \$66, bellybandit.com

Keeping the body well hydrated, both inside and out, is of the utmost importance. Internally, appropriate hydration levels help prevent dehydration from occurring; externally, it keeps the skin soft and pliable. "Well-moisturized skin is more supple and can stretch and bounce back without difficulty—think of it like a rubber band," says Dr. Jody Levine. "If the skin is left to dry out, wheec2.2(2.9()103(w-40837-49.1((c2)9(ue)225.2.nt-1.19.4(31)-42 TD 1 Tc .84TD Tw [(of Q 9(t)ch)533834.8(1()229.4(c2.2(o)11st)710-1.1999 .8(323.0521 Tc. t4.16.6(i39-11.4(h)-13.6(3 -40.7(157-61.3.6)-10.6(t5w [(t)-236(o)-10 .5(r)-19.6(e)-21 [(t)-237(a)-16.6(in)-13. 4(a)-16.8(n3-26.6(d(c)22b6(d(c)2.6(u)-13ld9(a)-22.4()JTJ 2.J 0 -1.2 TD 635 h



8 MONTHS AFTER GIVING BIRTH





BREAST PROBLEM #2

"My breasts used to be full and perky. Now, they are so saggy that even the best lifting bra doesn't make much of a difference."

PADMA LAKSHMI

Age: 40

WHY IT HAPPENS

Think of the breasts as balloons during pregnancy—while you're carrying, they grow to make room for the expanding milk ducts; then, the glands shrink and the breasts lose fullness and volume. "If the nipples point upward or forward, you probably don't need a lift but maybe just some volume restoration. If they point downward, then you probably need a breast lift," says Dr. Matarasso.

HOW TO FIX IT: BREAST LIFT

If you want a long-lasting solution, you may want to consider a breast lift. But just lifting the breasts won't solve the problem in everyone. "If there is a loss of volume and sagging skin then you probably need a lift and implant to recapture the shape," says New York plastic surgeon Elie Levine, MD. "A breast lift leaves behind more scarring than an augmentation does. For those that are opposed to the idea of having large scars on their breasts, and are good candidates, going with an implant that may be a bit larger will give some lift and produce far smaller scars," says Dr. Matarasso.

WHAT THE RECOVERY IS LIKE

Somewhat painful during the first few days

HOW LONG DOES IT TAKE TO MAKE A FULL RECOVERY

About three to four weeks

HOW SOON YOU'LL SEE THE RESULTS

Immediately, although swelling may persist for the first few weeks

11
MONTHS
AFTER GIVING
BIRTH

EXERCISE OPTION

BUILD UP THE MUSCLES

Certain exercises, like pushups and incline fly moves that target the pectoral muscles, can help to firm up the appearance of the breasts. Keep in mind that you won't get the same result with working out as you would with surgery.

*NewBeauty does not claim to know whether these celebrities have or have not had any of the surgeries mentioned in this pict b(s)4555l 7k137 - sc4(i)34(ty d)-13.1(5)10.pec(5)10.her as8(foaapter)-8.ey