

# PREGNANCY & newborn

MORE THAN \$2,750 IN FREE STUFF UP FOR GRABS AT [PNMAG.COM](http://PNMAG.COM)! SEE PAGE 12 FOR DETAILS

## BUYER'S GUIDE

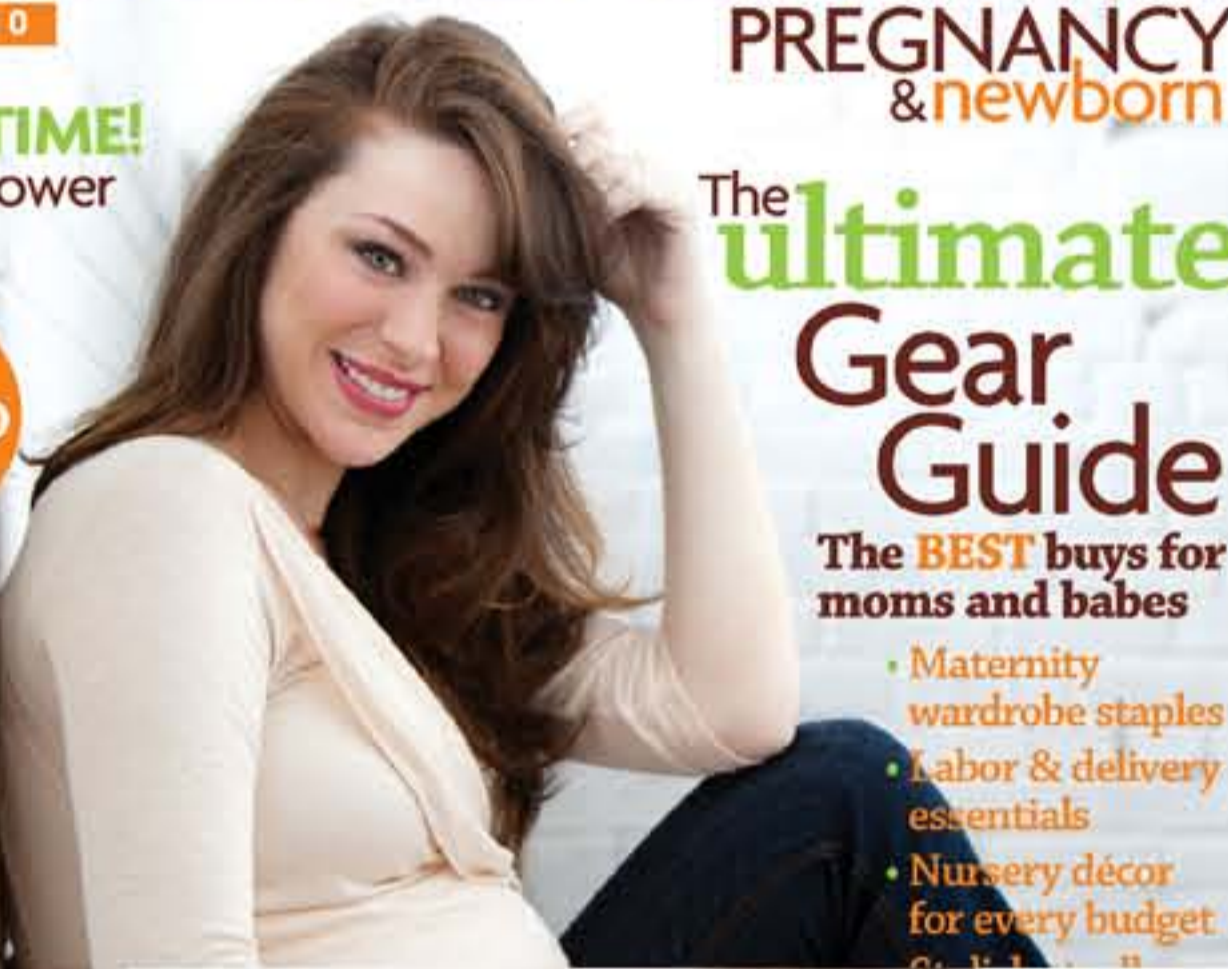
FALL 2010

**PARTY TIME!**  
Festive shower ideas

**CORD BLOOD 101**

Eco-friendly finds for green families

**IT'S IN THE BAG**  
Our favorite diaper totes



### The ultimate Gear Guide

The **BEST** buys for moms and babes

- Maternity wardrobe staples
- Labor & delivery essentials
- Nursery décor for every budget



Not all gripewaters are the same!

Baby's Bliss GRIPE WATER

#1 Selling Natural Gripewater

ALL NATURAL

Our **ALL NATURAL** formula is made with organic fennel and ginger to ease baby's stomach discomfort due to colic, gas pains, teething and hiccups.

- Fast Acting and pleasant taste
- No refrigeration required
- Pediatrician recommended
- Paraben Free



• The Original



- Apple flavor for toddlers



• Convenient travel size

Bringing Bliss to Families..... Naturally!



Visit [www.babysbliss.com](http://www.babysbliss.com) for more information and store locations

### beauty



Is it safe to dye my hair during pregnancy?

**A** With all the options available today, you don't have to go *au naturel* unless you want to. Let your stylist know you're expecting so she can help you make healthy color choices—plant-derived hair dyes are available at some salons, and highlighting is considered safe because chemicals are not sinking into the scalp. See if you can receive your hair service in an open space relatively free of chemical fumes that might spike your nausea.



Advanced Cosmetic Technologies all natural permanent hair color, \$30, [actnatural.com](http://actnatural.com)

### Especially for expectant moms

		bioq eye gel, \$24, <a href="http://bioqeye.com">bioqeye.com</a>
	Bio-Oil skin care, \$12, <a href="http://biooil.com">biooil.com</a>	
	Palmer's butter, \$8, <a href="http://palmers.com">palmers.com</a> for stores	Mama Mio shower cream, \$19, <a href="http://mamiomio.com">mamiomio.com</a>
		
	Baby Bump mask and scrub, \$22, <a href="http://damaternity.com">damaternity.com</a>	Burt's Bees leg and foot cream, \$9, <a href="http://burtsbees.com">burtsbees.com</a>

Nine Naturals shampoo and conditioner, \$36 for set, [ninenatural.com](http://ninenatural.com)