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Tips for Looking Great While Pregnant

You're probably wondering how you're going to get through this pregnancy without looking frumpy, or if there is even a way to do that. Read on to learn some tips that will make this pregnancy a breeze (well, at least the dressing part).

This is not the time to wear extra large sweats all of the time or other pieces that are just huge on you. Frumpy attained! Your garments, whether at 1 month or 9 months, should fit well and complement your figure (yes, really).

For the first couple of months you may be able to stay in your current, looser fitting clothes. It's very important that you don't wear any tight jeans or leggings that may cut off circulation to the baby or organs (ask your doctor for clarification).

After you're past this stage, you can slowly start buying clothes as you grow. Whatever your professional position, you still need to dress for it. There are many retailers with maternity clothes. Depending on your budget you can find them at Target, Old Navy, Kohls

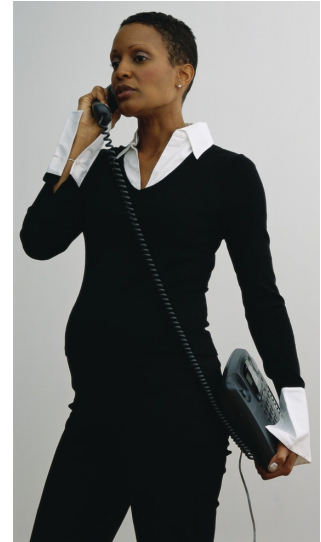
and Gap or Nordstrom, Saks, and Barneys. There are many other sources such as online retailers like EBay, Amazon and Craigslist.

You can get classic pieces from the more expensive retailers that you'll wear during multiple pregnancies and get less expensive items for only wearing during your current pregnancy.

Footwear is very important during pregnancy and even though, in the media you see women wearing stilettos and other very high shoes, I suggest you put these away for this time in your life and focus on more comfortable shoes that will work with your growing ankles. Yes, you have an excuse to wear flats everyday! Have fun with it. Try some styles out you normally wouldn't wear. Maybe you'll wear them even after you give birth.

Remember that to jazz any maternity outfit up, you can still wear your fun, funky and beautiful jewelry. You can add a scarf when you're not in the mood for a necklace for extra polish.

Congratulations! You're going to look great.



Fashion Faux Pas: Wearing Jeans Everywhere You Go

Yes, jeans are easy, comfortable (for the most part) and go with everything but that doesn't mean you should wear them everyday, everywhere you go.

Jeans are appropriate for casual occasions and old, ratty jeans are appropriate for around the house or in the

yard-only.

Jeans are not appropriate for weddings, the office (unless it's specified in your dress code) or other dressy occasions.

If you're an entrepreneur, be aware that always wearing jeans can give an "I don't care enough to dress properly"

persona, which isn't good for business.

Save jeans for casual times when you know everyone will be wearing them as well. And if you want to look like a leader, wear a nice top/shirt and throw a casual jacket on top.

Voila! Instant perfection.



Men: How to Dress with a Gut

Do you wonder how to dress when you don't have the six pack abs of the size 28 models? Read on for some guidelines that will have you looking trimmer and leaner.

Believe it or not, clothes that are big on you will just have you looking, well, bigger. Don't be afraid to buy clothes that fit; just don't get ones that are skin tight.

Your dress shirts should fit, but stay away from the ones labeled "fitted"; they're made tighter and won't do you favors. You can leave them untucked when not at work or at very dressy occasions.

Straight leg (even wide) pants (no matter what the fabric) are best for you. Tight fitting or skinny leg jeans or other pants are not your friend. These make you look wider above the ankles. Straight leg makes the eye go from top to bottom in a straight

line so it makes you look leaner.

No pleats on your pants, ever!

V neck shirts, whether knits or sweaters look great on you. They help elongate your torso which slims it.

Jackets (not suit coats) should be generously cut and fall straight from the shoulder. This makes you look trim.

Since suit coats are structured, they can give a great impression of a waist by the way they cut in slightly. Stay away from modern or European styles which are cut slimmer. Opt for traditional styles.

One last tip, saggy crotches look tacky. Buy pants that fit correctly.

Use these tips and you'll look a size or two slimmer.



Image from www.casualmale.com

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Benefits of Aromatherapy Ingredients

Did you ever wonder what the ingredients in aromatherapy really accomplish? Here's a list of some of them with their benefits listed.

Peppermint-stimulating yet helps stomach aches; squelches headaches

Lavender-relieves pain and tension; helps cuts, itching and burns

Eucalyptus-anti-inflammatory, loosens phlegm, antiviral

Aloe Vera-heals all kinds of wounds and burns, nourishes skin and can be drank

Rosemary-helps relieve muscle cramps and tension

Honey-moisturizes, nourishes (while tasting great)

Tea Tree-alternative to detergents, cuts oil (like hair oil), smells great

Grapefruit-helps improve mood, helps release pain relievers

Chamomile-helps produce calm and promotes sleep

Lemon-uptlifts and is an anti-depressant

The use of these ingredients have the potential to help you in a number of ways. Make sure the product you buy has a reasonable amount in it instead of a very small amount for a huge quantity produced.

I'm not a healthcare specialist of any kind and these examples have not been scientifically evaluated by me. Just have fun with them.