

One Hot Mama

Our guide to being pregnant in the city



People say you're glowing, but you know the truth. You're perspiring.

You're also nauseous, exhausted, and getting larger by the day. Cheer up. We've got ways to keep you happy all 40 weeks — no sweat.

A new subscription service, [PetiteBox](#) delivers health and beauty products for mom and baby — from brands like Dr. Hauschka and Weleda — direct to your door (\$25 per month). Some of the goodies, like Basq's Advanced Stretch Mark Butter, come in handy now. Others, like small organic baby toys, are for later.

C'mon and shake that baby maker. Classes at [Rhythm for Life](#) (single class, \$25; ten-pack of classes, \$195) strengthen your core, increase balance, and tone the all-important pelvic floor. Prenatal dance sessions are designed to get preggos loose and limber — and keep them that way.

When it's time for the baby shower, [Ollie & the Egg](#) will make sure you don't drink sparkling cider from a baby bottle. Alex Thune is a party stylist specializing in pitch-perfect, mom-to-be events. Themes can be pretty (Japanese cherry blossoms), funny (the Little Man shower includes neckties and mustache details), or cheerfully gender neutral.

If you're pregnant now, chances are you'll be pregnant or nursing come swimsuit season. Get over it. The Swedish ladies behind Boob nursing wear have introduced a clever two-piece (\$99, at [Caribou Baby](#)) that looks great with a belly but also flatters once belly turns to baby. Plus, the adjustable top offers easy, discreet access for poolside feedings.

Do not pass go, do not wait in line at the airport — go directly to your babymoon at [The Lodge at Woodloch](#) (rooms from \$279 per person per night). Just a short drive from the city, this woodland refuge offers multiple prenatal treatments, including a facial for your belly. Add in private prenatal yoga sessions, meditation classes, and an indoor pool, and you'll be overjoyed.