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ROYAL MOTHERHOOD

Treat your new baby—and yourself—like a prince or princess with these luxe essentials



Gentle Birth Method
by Dr. Gowri Motha
tummy wrap, \$20.
gentlebirthmethod.com



Red curry
with sweet
potato
noodles

FOURTH TRIMESTER

THE FUTURE duchess of Sussex, Meghan Markle, started practicing with her yoga-teacher mother when she was seven. These days her new baby could get her om on at an even earlier age, thanks to the proliferation of baby-and-me studios like Love Child in New York. Designed for the under-12-months set and their parents, classes teach everything from infant massage and bonding exercises to restorative poses to help parents cope with sleep deprivation. Baby-and-me yoga is just one of the “fourth-trimester” holistic wellness practices adopted by new mothers like the Tot’s Nasiba Adilova. Another must-have for the first 90 days’ postpartum? A soft cotton tummy wrap from the London-based celebrity obstetrician Gowri Motha. Derived from traditional belly-binding practices in India and Malaysia, these gentle girdles help support internal organs. Devotees of the fourth-trimester lifestyle also swear by an Ayurvedic diet, a sequence of nourishing, warm foods intended to help the body heal. Key dishes include kitchari, a basmati-rice porridge made with split mung beans and turmeric; bone-broth ramen; and red curry with sweet potato noodles. Bon appétit.

NATURAL WONDERS

From a retractable pacifier to supermom Karolina Kurkova’s botanical washes, the latest baby products are as innovative as they are stylish.



TOXIN-FREE TEETHER Doddle & Co. pacifier, \$9.99. thetot.com.



GIANT COTTON STUFFED ANIMAL BigStuffed plush toy, \$100. bigstuffed.com.



BOTANICAL GROOMING PRODUCTS Gryph & IvyRose Daily Embrace Shampoo & Conditioner and Knight in Armor Body Oil, \$29 each. gryphandivyrose.com.



MINI-ME Will the “Meghan Markle effect” translate to baby fashion? Perhaps, as a number of her favorite brands now come in pint sizes, including a ballet-flat version of the duchess’s go-to Aquazzura Deneuve bow pumps and a “Mini Givenchy” romper. ■

1. Gucci bib, \$370. gucci.com.
2. Givenchy Kids onesie, \$265. childrensalon.com.
3. Aquazzura shoe, \$250. aquazzura.com.
4. Stella McCartney Kids onesie, \$95. 305-864-2218.

SB = BUY ON SHOPBAZAAR.COM