HOLLYWOOD’S BEST-KEPT ANTI-AGING SECRET

SEXY HAIR IN SECONDS

THE BEST DRESSES FOR YOUR BODY

FABULOUS AT EVERY AGE

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

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 on 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.

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 Aquazura Deneuve bow pumps and a “Mini Givenchy” romper. ■


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