

RUE DAILY

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CRYSTAL'S MATERNITY MUST-HAVES



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As my due date (April 5th!) rapidly approaches and I enter my final weeks of pregnancy, I wanted to share the items that have helped me get through these nine months. On the one hand, pregnancy has been an incredibly positive experience in my life but has also been challenging, too (severe morning sickness, learning to give up control, coping with weight gain, and fear of the unknown). For that reason, comfort and serenity have been the two things I've reached for most during this time, whether that's in the things I wear or the products I rely on at home. Here's what I'm glad to have discovered along the way:

4. Kari Gran Lip Whip: A little known fact to first time pregnant woman is that it's not uncommon to be stuffed-up in the nose for most of the pregnancy (as known as "rhinitis of pregnancy"). For me, this meant I had to breathe through my mouth to compensate, leaving my lips extra dry. I keep this lip balm on my nightstand and lather it on before bed each night. It leaves your lips silky smooth and has the prettiest pink tint to keep you feeling beautiful during a time when you don't always feel your best.

<http://www.ruemag.com/editors-picks/crystals-maternity-must-haves>