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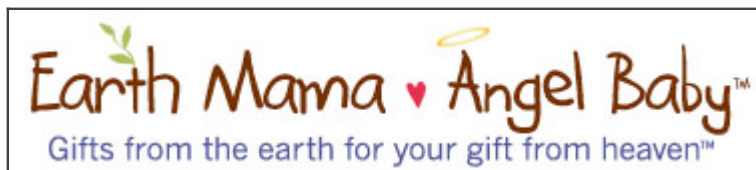
Bellybytes®

MILKITMAMA.COM

ISSUE #10

You're pregnant? A new mom? **Chronicle Books** and **Bellybar** encourage you to **Milk It** while you can. Here's how to make the most of motherhood.

Featured Sponsor: Earth Mama Angel Baby



Earth Mama Angel Baby is the only complete line of organic and natural products to comfort the entire process of childbirth from pregnancy through labor, postpartum recovery, breastfeeding, and baby care. Whether you need Stretch Oil for a pregnant belly (Gwyneth Paltrow used it!), Morning Wellness Tea for the queasies or lanolin-free Natural Nipple Butter for sore nipples, Mama has it. Visit their Web site library and read a wealth of information on herbal and parenting topics, a free birth plan and submit a photo for the gallery of our mamas and their angel babies.

[More about Earth Mama Angel Baby](#)

Bellybar Nutrition Tip



Looking for the perfect gift for your newly pregnant girlfriend, or a nursing mom? Look no further! A box of Bellybars is the ultimate in smile-making. Our four popular flavors—Mellow Oat, Berry Nutty Cravings, Baby Needs Chocolate and Burstin' Chocolate—are sure to satisfy and bring a smile to every face! Or even better, go to earthmamaangelbaby.com and check out the Mother of All Pregnancy Gift Basket—beautiful Earth Mama Angel Baby products with Bellybars! Treat the pregnant and nursing women in your life well—treat them to a delicious and healthy Bellybar.

They'll love you for it!

[Click here to buy Bellybars from BabyCenter.com](#)

[Visit NutraBella's Web Site](#)

Be a Spa Mama

Win These Prizes

This week, we're giving away the following prizes. If you haven't entered our sweepstakes, [do it already!](#)

(NOTE: If you've already entered, you're automatically eligible for every bimonthly giveaway.)



The mother of all gift baskets from **Earth Mama Angel Baby**. Retail value: **\$250**.



Subscription to **FitPregnancy** magazine.



Here are some of our favorite spa recipes for prenatal pampering.

Lavender Bubble Bath: Soothe and Heal Your Body

- 4 cups water
- 1 bar of your favorite unscented soap, grated
- ¼ cup coconut oil
- 3 drops lavender essential oil

In a medium saucepan, warm the water over low heat. Add

the soap and stir until dissolved. Remove the pan from the heat and add the coconut and lavender oils. Draw yourself a nice deep bath, add at least a cup of your newly concocted bubble bath, and enjoy. You can store the remainder in a sealed jar, in the refrigerator for up to one week. Makes about 4-½ cups.

Berry Cleanser for Normal Skin

- 6 ripe blackberries
- 2 teaspoons almond oil
- 1 tablespoon witch hazel

In a blender, combine all the ingredients and blend until smooth. Spread the mixture on your face, massaging it lightly into the skin. Rinse off with warm water, then splash your face with cool water for a really exhilarating effect. This recipe makes between one and two applications, depending on how much cleanser you like to use. Store in the refrigerator and use it all within five days.

Chardonnay Clarifying Mask

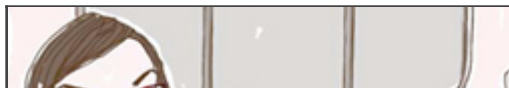
- 1 egg white
- 1 tablespoon white wine

In a small bowl, whisk the egg white and wine into a froth and spread onto your face. You can keep this mask on all night and rinse off with lukewarm water in the morning. Makes one application.

From: *Spa Mama: Pampering for the Mother-to-Be*

Congratulations to Kathryn Cox of Euless, TX! Kathryn won our ninth round of prizes (including \$325 worth of maternity clothing from [Isabella Oliver](#))!

Every two weeks, we're giving away high-end prizes for pregnant women and new mothers. If you've already entered the sweepstakes, you're automatically eligible for each bimonthly giveaway. A new winner will be announced every two weeks until January 2007 in this e-newsletter—so spread the word and invite other expecting or new moms to join in!



Additionally, every two weeks, you'll receive Bellybytes®,

Retail value: \$12.97.



DVD box set from [Laugh and Learn](#). Retail value: \$90.



[Spa Mama](#) from [Chronicle Books](#). Retail value: \$12.95.

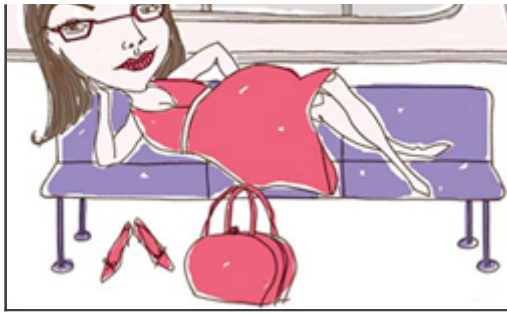


A box of 12 [Ballybars](#). Retail value \$30.

MORE INFO

Hot Mama Hair

Instead of focusing on your butt, try to think about how much thicker, longer, and shinier your hair is, thanks to all the protein that's being pumped into every gorgeous strand. Plus, during pregnancy very little hair falls out, which further adds to your mane's lushness. My



this parenting e-newsletter, filled with helpful tips on parenting, nutrition and pregnancy and special information about our featured prizes.

No purchase necessary—a

purchase won't increase odds of winning. One entry per person. Duplicate entries will be deleted.

advice? Don't cut your hair right now. Let it grow full and long. Now's definitely not a good time for a short haircut, because you'll need all the bulk you can get on top to balance out the expanding lower regions.

From: *Hot Mama: How to Have a Babe and Be a Babe*

You are receiving this email because you subscribed to the Chronicle Parenting newsletter or entered the Milk It Mama! sweepstakes. To unsubscribe to the Bellybytes newsletter, [click here](#). To forward to a friend, [click here](#).

