

YOUR GUIDE TO A HEALTHY, HAPPY & STYLISH NINE MONTHS

PREGNANCY

expert
parenting

AU \$12.95 NZ \$13.95

life+style

TERESA
PALMER
*on the JOY of
motherhood*

Push it!

10 WAYS TO
EASE LABOUR
PAIN

THE
PERFECT
NAME

+ on-trend picks
for 2017

Beautiful
nursery style

SHOP
NOW

READY
SET
GLOW

Tips to beat nausea
Pregnancy fitness plan
Safe beauty buys

