Chic pieces that work during pregnancy—and long after

By Sara Kendell | Deputy NW

Does a nursing bra mean it’s time to give up on style? There’s no need to believe that the whole pregnancy and nursing process means you have to sacrifice style. There are plenty of options available to help you find the perfect piece of lingerie. But first, let’s talk about some of the best pieces to wear during pregnancy and nursing.

EARLY DAYS

It’s all about comfort and support. Consider a belly band or nursing bra. These pieces will help support your growing belly and provide extra comfort during those early months.

LATER DAYS

As your bump grows, consider a maternity dress or skirt. These pieces can be worn alone or with a nursing bra or belly band. Look for dresses that have nursing access or can be easily adjusted to accommodate your changing body.

LATER LATER DAYS

Once your baby is born, you may want to consider a maternity bra or a nursing bra. These pieces can be worn alone or with a nursing tank or shirt. Look for bras that have nursing access or can be easily adjusted to accommodate your changing body.

THE DEAL

Afternoon coffee. Free Wilco album.

Get a Starbucks® gift card for free at Starbucks.com, when you purchase any coffee, tea or punch at Starbucks. The offer ends on Aug. 9, 2015.


THE TASTED

Hair masks that work hard, get results

At hair salon New Time hair studio, with any purchase of $50 or more, I’ll include a hair treatment. It’s a little like a spa treatment, but for your hair. It’s called the "Hair Smoothing Treatment." It’s a deep conditioning treatment that’s perfect for those who want to improve the look and feel of their hair.

EAT

One of my favorite things about summer is the ability to grill outdoors. There are so many options for grilling, from simple burgers to elaborate BBQ spreads. Grilling is a great way to enjoy fresh, healthy meals while spending time outdoors.

SHOP

From stylish pieces to comfortable options, there’s something for everyone at shopNW.

TODAY

Enjoy exclusive savings on select items at shopNW. Don’t miss out on these limited-time offers!
Necklaces with style, slimming power

By Steve Hargis
Washington Post (17/10)

If there’s one piece of jewelry that is universally fascinating, it’s a long necklace.

The trend is striking, drawing the eyes down, away from the face. Such long necklaces arerowning right now, as there are many ready-to-wear accessories available at different price points. From one to five feet long, a lot of women are hitting the stores and trying the long necklace styles.

A pre-made version sold at the Badass Bean Company’s Strands necklace ($12, 32 inches long) is a mix of elements in bright but not overwhelming colors. It is available in many colors, from still very thin to five feet long. The 40-year-old woman wearing this necklace is very pleased with it. The necklace has been her number one jewelry choice this year.

Carrie Tubbs, an advertising executive, has been using necklaces to attract attention. Her necklace is a large circle with a square in the middle and is available at the store. She also has another necklace that she uses in a presentation. It is gold and silver and is a large circle with a square in the middle. She has used this necklace for the past three years.

Seventeen-year-old girl, who was surprised

Maturity pieces that go beyond the bump

Continued from p.1

Teenage girls want nothing more than to be seen as mature. To them, being a mother is the ultimate achievement.

For the past several years, maternity clothing has been getting more attention. Women are looking for clothing that is both stylish and comfortable.

A notable trend is the use of knitwear. The material is both comfortable and fashionable. It can be worn under dresses or on its own, making it a versatile option.

Another trend is the use of lace. Lace is a popular material for maternity clothing. It is both elegant and comfortable. It can be worn under dresses or on its own, making it a versatile option.

The use of cardigans and scarves is also a popular trend. Cardigans and scarves can be used to add interest to an outfit and to keep a woman warm.

In summary, maternity clothing is becoming more stylish and comfortable. Women are looking for clothing that is both stylish and comfortable. The use of knitwear, lace, cardigans, and scarves is becoming more popular.

Hard to miss fashion’s obsession with camo

Continued from p.1

Camo is a popular trend in the fashion world. It is a camouflaged pattern that is used to blend in with the environment. Camo is a popular trend because it is both stylish and comfortable. It can be worn on its own or under other clothing items.

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Target line lets you mix and match

Target has been known for its mix-and-match designs over the years. In order to continue this trend, Target is now offering a new line of clothing that is both stylish and comfortable. The line includes a variety of clothing items, from tops to dresses to pants.

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Stopper chosen to be the most fashion-savvy

Shoppers can choose a stopper that is the most fashion-savvy, with components such as charms and beads. The stopper is designed to be a fashion accessory, inspired from the 80’s and available in many colors and at nationwide stores.

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Hair masks that get big hydrating results

Continued from page 3

Hair masks have been on our radar for a while now, and it’s easy to see why. They’re the ultimate self-care moment, allowing you to nourish and hydrate your hair from root to tip in just a few minutes. So, let’s dive into why these masks are so beneficial and how to incorporate them into your routine.

Primer/Prepagent

How to Create the Perfect Pre-Mask Routine

Before diving into the mask, it’s essential to prepare your hair. This includes wetting your hair and detangling it with a wide-tooth comb or a detangling brush. This will ensure that the mask is evenly distributed and that your hair is ready to absorb the nutrients.

Masks

There are various hair masks available, each tailored to different hair types and concerns. Some popular options include:

- Hydrating masks
- Nourishing masks
- Detangling masks
- Clarifying masks

Each mask typically contains ingredients that target specific needs, such as hydration, nourishment, or deep conditioning.

Application

Once you’ve prepared your hair and chosen your mask, it’s time to apply. Start by parting your hair into sections to ensure even distribution. Apply the mask from root to tip, focusing more on the ends where the hair tends to be drier and more prone to breakage.

Timing

Most masks recommend leaving them on for 5-10 minutes. This allows the ingredients to penetrate the hair shaft and provide deep conditioning.

Rinse and Style

After the recommended time, rinse your hair thoroughly with warm water. Follow up with a cold water rinse to help seal the cuticles and add shine.

Hair masks are a simple yet effective way to keep your hair healthy and vibrant. By incorporating them into your routine, you can enhance the performance of your regular hair care products and achieve noticeably smoother, stronger locks. So, why not give a hair mask a try and see the difference it makes in your hair’s overall health and vitality?

Klara Mask

Made with Desert Cactus, SLC.

by the handful of post-pregnancy

I’ve noticed a noticeable

mask and found that it left

your hair feeling

Dry:

My hair was

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in its

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love your laundry

Make the chore a little less painful with a colorful, efficient laundry room

eco chic

Artist makes old magical again

by Tom Geer

Once you have a laundry—
and most of us do—we want it
why not create a space that is
a little more fun to live in?

In the home of the couple living in an apartment building, there is a small space that
they use for their laundry. The space
is well organized and contains all the
necessary tools and supplies. The couple
enjoy spending time in this space,
and it adds to the overall aesthetic
of their home.

The couple used some fabric
baskets and bins to store clean
and dirty clothes. They also
added some colorful towels and
decorative elements, such as a
picture frame and a small plant.

In the background, there is a
washing machine and a dryer,
which are energy-efficient and
quiet. The couple also has a
laundry basket to collect dirty
clothes, which makes it easier
to keep the space organized.

Overall, the laundry room is
a functional and stylish space
that the couple enjoys spending
time in.