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## Gifts to comfort (and spoil) an expectant mom



by *Charlene Prince Birkeland*, Shine staff, on Mon Jan 12, 2009 9:54am PST

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### Lavender body wrap

The pregnant body is full of aches, especially in the last trimester. I love this lavender body wrap because it's large enough that an expectant mom can let it rest on tired, sore legs or all the along the entire spine. Heat it in the microwave for 90 seconds and you're set for an hour of comfort. (US\$34, warmwhiskers.com)



### Heatable slippers

Okay. Peppermint foot soak, Karen Neuberger lounge socks and now heatable slippers. The feet take a beating during pregnancy so mama has to treat them well. After all, she will be chasing her kid around for a very. long. time. These slippers have removable aromatherapy pads that you heat in the microwave and pop back into the slippers to warm your feet. A true delight. (US\$30, warmwhiskers.com)

Baby shower gifts don't have to be *for the baby*. One of my favorite things to do is give a gift to the expectant mom -- something to pamper her because I knew how rough that last trimester is on the pregnant body. Check out the slide show for the products you can put in a baby shower gift basket. Your expectant mama friend will love you for it.

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