

MOTHER'S LITTLE HELPERS

Thankfully, there's a solution to almost every post-pregnancy-body problem that could possibly be plaguing you – yes, even the ones you would really rather not discuss, thank you very much

BEST FOR **An inside-out check**

If you're amazed by your body during pregnancy, just wait till you've given birth. The best day of your life heralds a frankly mesmerising decline from wonderment to dismay. You may be the type to diet and work out like a demon, or you may not. Everyone, however, should be the type who goes to Six Physio for a Postnatal Body Check. This isn't about vanity, it's about inspecting under the hood to ensure that everything's working as it should be after a spectacularly intense nine months. The wonderful Camilla Lawrence will look at your back, pelvis, abdominal muscles, joints, pelvic floor (intimate, but by now you'll just be pathetically grateful for an expert opinion) and anything else that might be both

out of whack.
£98 (sixphysio.com)

BEST FOR **Reclaiming your figure (and without a knife in sight)**

Nothing prepares you for quite how revolting you feel, and indeed look, post-childbirth. The only advice they give you during antenatal classes is, 'Don't look. Seriously, don't look down or in the mirror.' You could ignore this and nearly faint in shock, or you could see Dr Angelica Kavouni. Her three-step post-pregnancy body-sculpting programme uses no knives. Instead, she employs three of the punchiest technologies out there, to sculpt, shape and shrink: cryolipolysis ('fat freezing') to do away with lumps and bumps; high-frequency ultrasound to lift the bits that have given into gravity; and radiofrequency to help skin regain its tautness. The best bit? There's little in the way of recovery time (a course of four sessions, one per week, is suggested). The worst? You'll need to have finished breastfeeding...
From £1,200 (cosmetic-solutions.co.uk; 020 7486 9040).

BEST FOR **Going barefaced (and getting away with it)**

You may or may not have time to yourself AT ALL. Ideas – like pre-made batches of ratatouille, cold cuts to chuck in salads and smoothies packed full of healthy things to fill you up when you're on the go – are sensible and straightforward (she'll show you how to make them too). She'll even book you a meal-delivery service once you're back from hospital. Genius.
From £150 for 90 minutes (gwynetharcher.com).

BEST FOR **Taming your skin**

Oh, the things that are denied to you during pregnancy... Fun things, like booze and pastrami and gooey cheese, and less fun, but just-as-important-in-life things like some of the more punchy prescription drugs. Because nothing

quite gets to grips with an eruption of teenager-style pimples (another delightful side-effect of pregnancy) like a strong dose of Differin, and lazy old skin cells are really best sloughed off with a bit of Retinol. Dr Alexis Granite is a dermatologist with near-perfect skin but, post-pregnancy, she will also become your best friend, for she wields the power to write you a prescription for both of these previously forbidden things. A month or so down the line, and you've never seen skin so well behaved.
Consultation, £250 for 30 minutes (cadogancosmetics.com; 0808 252 9544).

BEST FOR **Easing back into the gym**

Many people might assume that the scariest place after having given birth is the gym. But if you've worked out all your life, you'll know that's not the case. Exercise entirely. It's COMO. At dropping the back into your investigation, to sessions – which have stability, of cots) and e that stays in his). And becomes your fine for you to consultants at ers to him. (245).

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Because new mothers barely have time to wash, let alone put on make-up. Something as simple as semi-permanent lash extensions can make an enormous improvement while you are convalescing, and Blink's are as natural looking and undetectable as they come. Ask nicely, and they'll tidy and tint your brows at the same time.
Half set from £80 (blinkbrowbar.com). □

