



Need a little support?

Try these fabulous undergarments before and after birth

"From the creator of Spanx, these maternity tights provide tummy support and are a comfortable option with dresses and skirts."

Assets by Sara Blakeley
Marvelous Mama
Terrific Tights in Black,
 \$18, loveassets.com



"A powerful shaper is a must under form-fitting clothing; this one uplifts the belly."

Assets by Sarah
Blakeley Marvelous
Mama Unbelievable
Underwear in Nude,
 \$20, loveassets.com



during pregnancy

"Layering this simple yet sleek camisole under every t-shirt, sweater, and blouse will give you smooth lines."

Ingrid & Isabel
Everyday Cami in Petal,
 \$32, figure8maternity.com



✿ Bare necessities

Ingrid & Isabel
BellaBand in Petal,
 \$26, figure8maternity.com

"This is an awesome transitional garment to pair with shorter or non-maternity tops. It acts like a stretchy under-layer for the belly."



Commando
Low Rise
Thong
in Blue and Cupcake Pink,
 \$20 each, bare necessities.com

"Hands-down, the most comfortable thong for pregnancy! It's seamless, light, and holds up to many washes. The low-rise style works with a growing belly."





"I love the bold colors of this piece for larger-busted moms that are nursing. It has a built-in nursing bra and it's extra-long—great for the postpartum belly."

Glamourmom Full Bust Long Top in Grape, \$39, glamourmom.com



"Comfortable postpartum panties with a built-in shaper that don't look like granny's."

Amon Maternity Forgive Bodyshaper in Nude, \$24, figure8maternity.com

"Lace trim on the top of this excellent nursing bra gives a layered-camisole look under low-cut garments."

Elle McPherson Intimates Maternelle Medium Support Soft Cup No Wire Nursing Bra in Pink, \$55, destinationmaternity.com



"This 2/3 slip can be worn with any bra and is perfect for postpartum dressy occasions. I love the lace at the bottom—anyone would feel sexy in one of these!"

Yummie Tummie Slippie in Nude, \$68, yummietummie.com

after pregnancy



"Wider straps, a sexy surplice neckline, and belly support make this a great garment for nursing moms."

Japanese Weekend Nursing Body Shaper Top in Black, \$66, japaneseweekend.com

As a founding partner of **Stilista (stilistaboston.com)**, a team of fashion experts who help clients shop for and plan their wardrobes, **Maria Vasilevsky's** passion is real-world style (her personal look includes lots of denim!). A mom to a three-year-old, she loves to tackle maternity and postpartum style challenges.