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Haute hapai

By [Paula Rath](#)
Advertiser Staff Writer

Nine months ago, in the cool mid-winter month of January, there was lots of cuddling going on around O'ahu. Now, hapai women are suffering through the last weeks of pregnancy as temperatures soar to the highest of the year. It's hard to get comfortable, much less feel attractive and sexy.

We asked style-savvy hapai women, maternity-wear designers and retailers to share their secrets for surviving pregnancy in the late days of summer.

Crystal Cook, who is due Sept. 30, solved her maternity clothing issues by going to work at Hot Mama Maternity, where she has access to some of the coolest maternity fashions available. Since the store is air-conditioned, Cook, 22, also solved the heat problem, at least for as long as her shifts last. At pau hana time the Mo'ili'ili resident heads to the beach and jumps in the water. Her advice to other overheated expectant moms: "Water — and lots of it. I drink at least three liters of water every four hours. By the time you're thirsty, you're already dehydrated."

Kerrie Lee, the stylish owner/buyer of Koko Cabana in Koko Marina Shopping Center, is also due in a few weeks. Her secret style weapon: Fighting Eel's Puffy Tubes. She wears her regular jeans — with the zipper open — then covers the bulkiness with a Puffy Tube. Over or under a top, she places the versatile tube's upper elastic band under her bust, and the lower band at her hips, helping hug the jeans to keep them up. She finds them at The Butik and stocks them at her own shop.

Kaycie Uchida, 30, whose baby is expected to arrive on Sept. 25, stays comfortable in lightweight cotton dresses with empire waists. "Pregnant women are so lucky that they're the hottest style right now," said Uchida, who lives in the University area. She found hers at Le Lotus Bleu, Wal-Mart, PacSun, Luxi and Macy's. She plans to wear the dresses after delivery — as long as they're fashionable.

But everyone has their own style: Lee stays away from empire waists that have pleats from the band, which she thinks add bulk. "I stick to shirts with lots of length in micro modal, worn over leggings. Also, my Fighting Eel dresses are now tunics that I wear with leggings."

Uchida offers the following advice to mothers-to-be: "Find pieces that accentuate your neckline and collarbone. It's a great excuse to buy new jewelry because longer necklaces lengthen the body."

Holland Henderson, co-designer of Leighlani, a women's clothing line that includes hip, sexy maternity wear, gave birth two years ago — in October — and remembers the heat of late summer only too well.

She coped by wearing "anything sleeveless that didn't expose the belly." She walked every day in an air-conditioned mall or outside early in the morning. She also swam every day. "I just wallowed, really," she said, which helped her with water-retention issues. She recommends lightweight modal fabrics because they are cooler than cotton spandex. She lived in long tank tops from Old Navy and Forever 21, although today she would of course wear Leighlani dresses.



Kerrie Lee models the Cyprus dress by Leighlani, part of the local company's spring line, available in stores early next year. It can be worn four different ways to give a mother-to-be a little wardrobe variety.

Lew Harrington

BEAT THE HEAT

Cathy Uramoto, owner of Makana Mother & Baby, offers these strategies for expectant moms looking to beat the heat:

- Choose styles that aren't too clingy or tight, like empire-waist dresses.
- Natural fabrics, which breathe, keep perspiration

Paige Bradbury, owner of Hot Mama Maternity, recommends "simple styles that are comfortable and easy to wear. ... Lightweight fabrics and ones with prints are good to look for. Embroidered and embellished tank tops — the extra styling makes it look nicer but (the pregnant woman) is still in a comfy tank. Lightweight halters are good for day to night."

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HOLLYWOOD MOMS

Pregnancy is an epidemic in Hollywood these days — Salma Hayek, Keri Russell and Jenna Elfman are all taking the motherhood mantle, and look as glam as ever. Skye Hoppus helps the everywoman do the same with "Rock Star Momma: The Hip Guide to Looking Gorgeous Through All Nine Months and Beyond" (Atria Books, \$17.95). It includes tips from everyone's favorite celebrity earth mother, Gwyneth Paltrow.

LOOK LIKE A HOT MAMA

Maternity designer Liz Lange, a former Vogue editor and now a designer of a high-end line favored by celebrities and a budget line for Target, offers five tips for a breezy, stylish pregnancy:

1. The dress is the runway hit of the season. Empire waists and baby-doll styles are a pregnant woman's best friends. Look for dresses with stretch to accommodate a burgeoning shape.
2. Wear white - it never goes out of fashion. Not only is it a summer staple but it will keep you cool. Try sleeveless tops, skirts and dresses. Accessorize with gorgeous flats.
3. Show off your best assets, your legs and arms. Don't be afraid to show a little skin. Bermuda shorts made a return this season and provide expectant moms with the right amount of coverage. Pair them with detailed tank tops and comfy slippers.
4. If you love high heels but your feet are swelling, get the height without the pain with a wedge heel. Invest in a patent pair for evening or an espadrille for day. 5. Accessorize to your heart's desire. Chances are that you're not going to purchase a completely new wardrobe for pregnancy. With limited apparel options, accessories will help add versatility. Look for Lucite and patent accessories, peep-toe flats, colorful bags, circular pendants and retro-style shades.

at bay. Whatever the fabric choice, keep it lightweight and choose what feels good on your (sometimes sensitive) skin.

- Other style suggestions: scoop necklines, short or cap sleeves and sleeveless tops.

- Keep your hair off your neck with a ponytail or headband.

- Keep an insulated bag filled with chilled bottled water and a damp washcloth to cool you down when running errands. Put the cloth on your wrists, neck or forehead.

- Wear tons of sunscreen to prevent further chloasma (dark spots also known as "pregnancy mask") caused by hormonal changes.



Chiara Kruso dress, Hot Mama Maternity, \$40.

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Michael Stars Maternity T-shirt,
Makana Mother & Baby, \$44.

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Prego tankini, Makana Mother & Baby,
\$72.

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Japanese Weekend tunic,
Makana Mother & Baby, \$56.

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