

2018 SEAL SPECIAL





STYLE UNDER \$100



5000 Dissue

# OUSFEPING

## Quick, Healthy Meals!

- → Fresh Pasta
- → Hearty Stew
- → Fudge Brownies





NEW!
LAB-TESTED
SLEEP
BETTER
TRICKS

## Change Your Life in 31 Days

How to Boost Energy, Stress Less & Feel Happy, 44 HOUSEKELPING

# January GOOD 2018 C. HOUSEKEEPING



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5 SIMPLE TRICKS TO LOOK YOUNGER NOW!

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KEEPS IT HONEST

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YOUR 31-DAY GUIDE

LIVE HAPPIER & HEALTHIER

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HEALTHY COMFORT FOOD MMM!

LAB-APPROVED
SLEEP SECRETS



2018 SEAL SPECIAL ALL THROUGH THE ISSUE





OLYMPIC ASSURE INTERIOR FLAT PAINT Give your home a makeover with this twoin-one paint and primer that did well in our Lab evaluations with a quality finish, rich colors and a tough formula that stood up to stains and general wear and tear.



MARY KAY GEL SEMI-MATTE LIPSTICK This full-coverage, fade-resistant lipstick with sunflower oil and jojoba butter won't dry out lips. GH beauty scientists were impressed with its smooth application.

velvety finish and wide range of shades.

#### YOUR LOOK

] Style Checklist Cooking ails for skin, sweater styling, custom lipstick and more!

24 Week of **Awesome Outfits** 

Easy-dressing ideas that work from Monday to Funday

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with \$25,000 INSTITUTE

TRIED+ TESTED

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"Our twins almost died twice before they were born'

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#### **OUR COVERS**



Jessica Alba Cover Photographed by Justin Coit. Fashion Director: Kristen Saladino. Hair: Chad Wood using Honest Beauty at The Wall Group. Makeup: Daniel Martin for Honest Beauty. Manicure: Ashile Johnson for Chanel Le Vernis at The Wall Group. Earrings. Octavia Elizabeth. Tibi Sweater at Saks Fifth Avenue. Ganni Skirt at Saks Fifth Avenue. Heels, Marion Parke.

Room Makeover Cover Photographed by Mike Garten. Prop styling: Cate Geiger Kalus. Furniture makeover: Alex Mata. For similar: Succulent Duos/Trios, from \$35, bloom2bloom.com. All Across Africa Large Hope Bowl in Cloud, \$58, thelittlemarket. com. For details on additional items, turn to page 54.

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