

GOOD HOUSEKEEPING

GOOD HOUSEKEEPING
QUALITY TESTED

100
CALORIE
SWAPS

Change
Your Life
in **30**
Days

- ✓ SLEEP BETTER
- ✓ COOK QUICKER
- ✓ EAT HEALTHIER
- ✓ LOSE WEIGHT
- ✓ CLEAN FASTER
- ✓ STRESS LESS

& have
more
fun!

15+
DIY AT-HOME
SPA TRICKS

the **GOOD** stuff

F E B R U A R Y 2 0 1 9

SPECIAL
**Flip
Over!**
FOR
STYLE + HOME + FOOD



CHRISSEY TEIGEN COVER: Photographed by Eric Ray Davidson. Fashion styling by Aya Kanai. Prop styling by Cate Geiger Kalus. Hair: Laura Polko/The Wall Group for The One by Frédéric Fekkai. Makeup: Mary Phillips for Becca Cosmetics. Manicure: Tom Bachik for OPI. Top and Bottom, \$278 and \$258, sleepyjones.com. Necklace, \$2,720, alisonlou.com. Bracelet, \$225, pandora.net.

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Buy or DIY beauty

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WELLNESS

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MORE TIME FOR YOU

Set your alarm a little earlier than usual so you can enjoy five to 15 minutes that are all for you. Focus on taking deep breaths to center yourself. "If you don't find stillness in the morning, you could go through the day feeling as if it's impossible to get your head above water," explains Pedram Shojai, founder of Urban Monk Nutrition and *New York Times* best-selling author. Turn to page 15 for 30 days of self-care tips and tricks to revamp your life!