

MARCH 2012

Good Housekeeping

Guilt-Free

COMFORT FOOD

Healthy + hearty
(and easy!)

THE RIGHT BRA FOR YOUR BODY

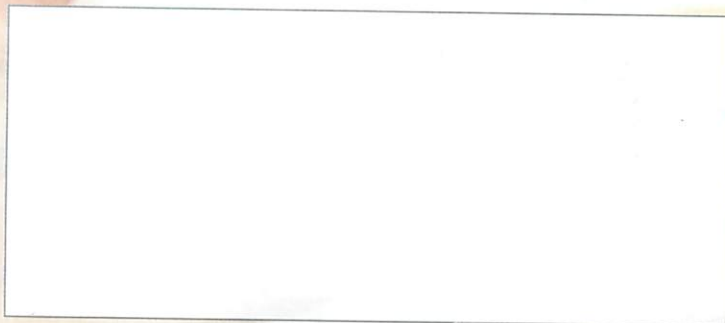
(Trust us: You're wearing
the wrong size)

2 DRINKS
that fight cancer
& depression

**BEST
MAKEUP
FINDS**
\$20 & UNDER

At home
with
KELLY

How she
stays so slim,
the quirky way
she keeps her
marriage close—
and her secret
3 a.m. habit



Invigorating
and water-saving.
Ahh-mazing!



Redo Your Loo

Simple revamps you can do yourself

Three quick add-ons to max out a small space

Get bottles off the sides of the tub with a **toiletries organizer**. Oxo's Bathtub Corner Shelf (\$6, oxo.com) is a plastic triangle that suctions to a bathtub's corner (and can go right in the dishwasher).

Hang towels where you need them with stylish **metal-look adhesive hooks**, like the Command line by 3M (from about \$6).

Expand elbow room: Install a **curved shower-curtain rod**. A double-rod style like Polder's (\$45 and \$50, polder.com) lets you dry towels or hand-washables out of sight.

Little changes, big impact

Swap out the toilet seat

Having a pristine seat in place is just...nice (and inexpensive, too—as little as \$15). Unbolt the old one from the rear of the bowl and attach a new one; some have nuts that can be tightened with your fingers.

Replace your showerhead

WaterSense-labeled ones, as in the multi-spray Moen Nurture line (*above right*; \$29 to \$39, lowes.com), could save your home 2,300 gallons of water a year. To replace: unscrew the old showerhead (you may need pliers or a pipe wrench), remove the plumber's tape, apply new

tape (available at hardware stores) to the threads, and twist on the new showerhead. Done!

Re-caulk the tub or sink

Discolored caulk makes a bathroom look dirty even when it's not. Remove the old caulk with a scraper (with any luck, it'll peel right off), then wash and dry surfaces. Mind your "45s": Snip the tube's tip at a 45-degree angle, then apply to seams at a 45-degree angle. GE Silicone II Kitchen and Bath caulk (\$6, caulk.yourhome.com) sets in three hours and has a five-year no-mold guarantee.

Ambitious, but still easy

Put down a new floor

It's easier than you'd think. Armstrong self-adhesive vinyl floor tiles (starting at \$1 a square foot, armstrong.com) can be cut to fit with a utility knife. Peel off the backing and stick right atop the existing floor (linoleum, tiles, etc.). Tip: A faux-stone pattern like granite is almost foolproof—geometric styles can be tricky to align.

Dress up the mirror Add a frame from MirrorMate (\$135 to \$235, mirrormate.com). Unlike others, these are pre-cut and have adhesive backing so they'll stick around your existing mirror. Or, if you have a medicine cabinet, consider replacing it. Robern makes handsome cabinets that are mirrored inside and out (\$190 to \$468, robern.com).

NOT A HANDY-WOMAN?

Leave the tools in the box and try one of these chic, simple trade-ups:

• A NEW SHOWER CURTAIN

The vivid stripes of Kate Spade's latest (*shown on page 27*; \$40, [Bed Bath & Beyond](http://BedBath&Beyond.com)) add a splash of color to a neutral space. Not so bold? The graphic-yet-subtle patterns of West Elm's spring styles (\$40 each) are eye-catching, but not overwhelming.

• LUXE TOWELS

Who doesn't love to cuddle up in a fresh set? Pottery Barn's plush Hydro Cotton (*left*; \$6 to \$19) shrank little in GHRI tests and can be monogrammed. Swank!

• A FRESH BATH MAT

For secure footing—and a spa-like look—splurge on a wooden mat, like this teak one (*below*; \$69, vivaterra.com). Prefer a softer style? Pick a cotton mat (it'll be superabsorbent) that's machine-washable and reversible so you can clean it less often.



A simple swap:
cozy new towels



Photograph, bottom left: courtesy of Pottery Barn