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)

At home with
KELLY

2 DRINKS that fight cancer & depression

BEST MAKEUP FINDS
$20 & UNDER

How she stays so slim, the quirky way she keeps her marriage close—and her secret 3 a.m. habit
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 suction 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": Snap 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, caulkyourhome.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 precut 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) 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) shrunk 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; $89, 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.