

AUGUST 2012

Good Housekeeping

NO-COOK SUMMER SUPPERS

HOW TO AGE YOUNGER

7 simple health boosts, p. 57

"I'm
55 lbs.
lighter!"

Diana Regimbal
went from
210 to 155 lbs.

Free!
**DIET
PLANS
THAT
WORK**

5 women's
easy-to-follow
plans—one is
right for you!

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MO
How



SCENT-FREE

Don't like heavy fragrances? Try Giovanni Soothing Unscented Facial Cleansing Towelettes (\$7, Whole Foods).

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Aveeno Ultra-Calming Makeup Remover Wipes contain feverfew and in

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\$3.49