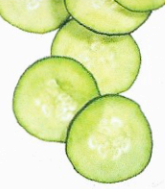


GOOD HOUSEKEEPING
QUALITY TESTED

2018 SEAL SPECIAL



DIET DETOX



STYLE UNDER \$100



SKIN SAVERS



BEST LINENS

GOOD HOUSEKEEPING

makeover
issue

Quick, Healthy Meals!

- Fresh Pasta
- Hearty Stew
- Fudge Brownies

JESSICA ALBA

Her Secret to Keeping It Honest

5 Easy Tips to Look Younger

p 19

NEW!
LAB-TESTED
SLEEP BETTER TRICKS
p 75

Change Your Life in 31 Days

How to Boost Energy, Stress Less & Feel Happy

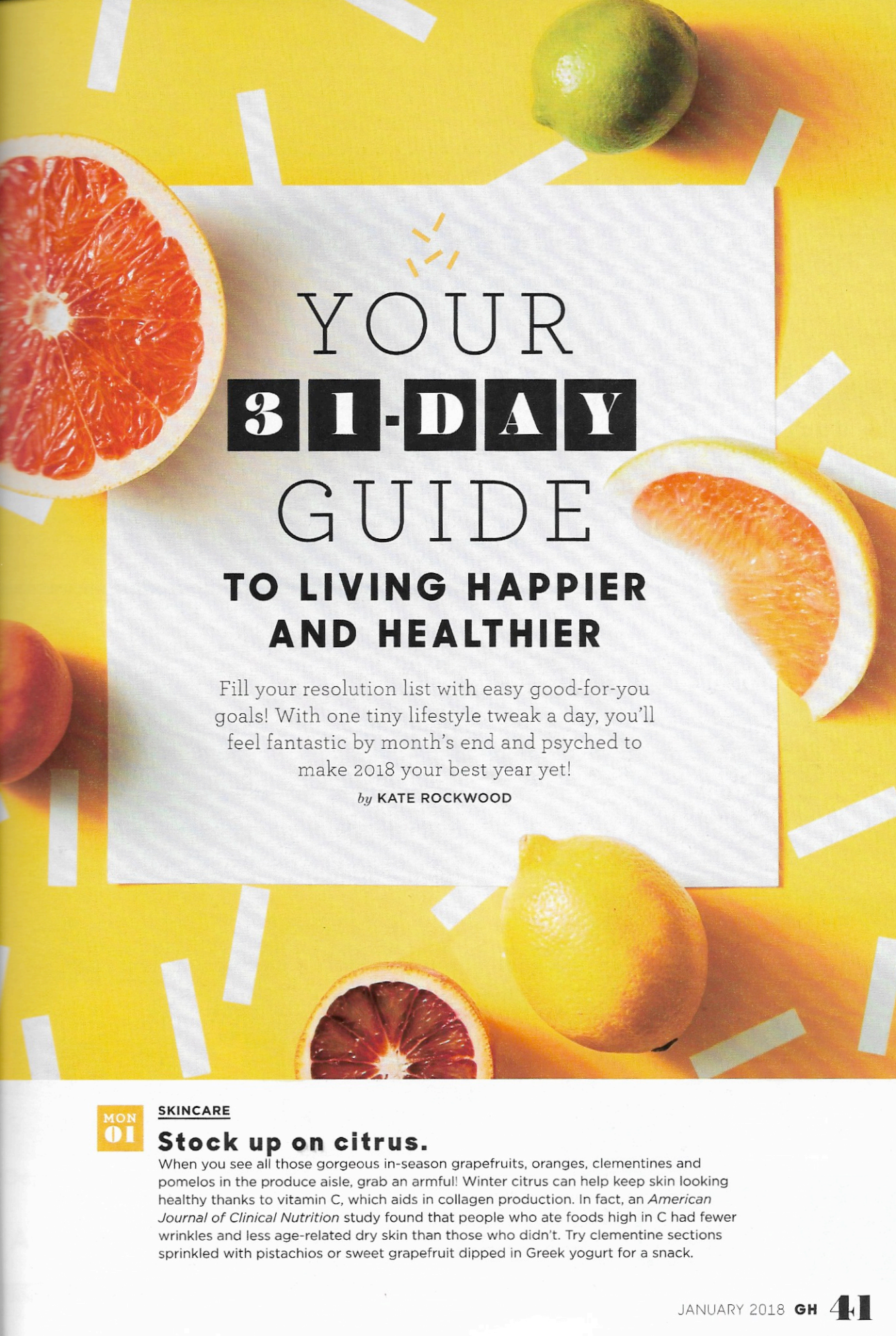
p 41



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\$3.99 JANUARY 2018



YOUR
31-DAY
GUIDE
TO LIVING HAPPIER
AND HEALTHIER

Fill your resolution list with easy good-for-you goals! With one tiny lifestyle tweak a day, you'll feel fantastic by month's end and psyched to make 2018 your best year yet!

by KATE ROCKWOOD

MON
01

SKINCARE

Stock up on citrus.

When you see all those gorgeous in-season grapefruits, oranges, clementines and pomelos in the produce aisle, grab an armful! Winter citrus can help keep skin looking healthy thanks to vitamin C, which aids in collagen production. In fact, an *American Journal of Clinical Nutrition* study found that people who ate foods high in C had fewer wrinkles and less age-related dry skin than those who didn't. Try clementine sections sprinkled with pistachios or sweet grapefruit dipped in Greek yogurt for a snack.



FRI
26

FITNESS

Switch up your routine.

Any exercise is good for you, but one study found that people who worked out in multiple ways were less likely to have shortened telomeres, the DNA segments on the ends of chromosomes that tend to break down as we age (longer telomeres are thought to be an indication that a body is aging slowly). Sign up for tai chi, rock climbing, crew and Pilates... so many choices!

SAT
27

DECORATING

RETHINK YOUR ENTRYWAY. Make the chaotic zone by the door a calm, happy space, advises Carly Moeller, founder of interior design firm Unpatterned. Set up simple systems (a mail basket, a shoe bench, hooks) for tidying. Then move art or flowers from the living room and invest in a mirror or a colorful rug. "You can be a little cheeky because it's a small area," she says.

SUN
28

LOVE LIFE

Snooze to get close.

Getting sufficient zzz's can make you feel ready for action. A study in the *Journal of Sexual Medicine* found that women who got more sleep had more desire the next day and an overall easier time becoming aroused. Every additional hour they slept increased their likelihood of having sex by 14%. So skip late-night Web searches and hit the hay.



TUE
30

BEAUTY

Treat yourself to a \$3 facial.

Give your skin a spa-level nutrient infusion. **Yes to Coconuts Moisturizing DIY Power-to-Clay Mask** (\$3, Target) comes with a mini mixing bowl and a spatula. Just add avocado (to moisturize), yogurt (to soothe), honey (to smooth) or green tea (to reduce redness). As the clay dries, it draws dirt and oil from skin. More pampering? Yes, please!

WED
31

POSITIVE THINKING

Pay yourself a compliment.

Repeat after us: "Today is my day. I'm thankful for me." Positive self-talk can help you focus on what's good in your life, says psychologist Joy Harden Bradford, Ph.D. Research shows that a little vitamin G (for gratitude) can make you feel happier and more satisfied and even improve your sleep. "If you repeat an affirmation related to gratitude in the morning, you're likely to show and feel more of it throughout that day," Bradford says. You're so welcome!

MON
29

SHOPPING

Get new kicks.

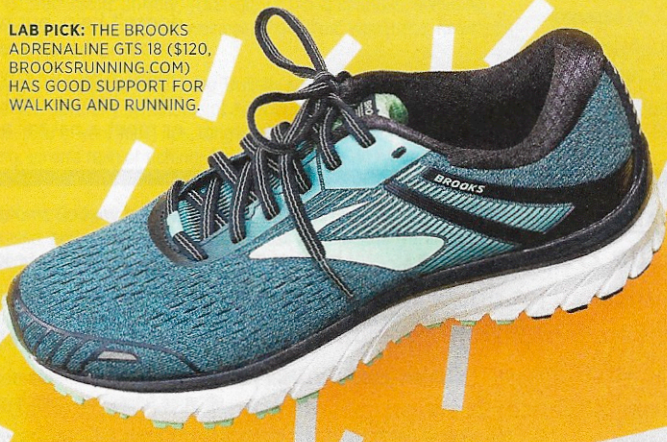
Check out these GH Wellness Lab tips to start 2018 on the right foot.

Shop in the p.m. When feet are slightly swollen, it's easier to find the right size and avoid pinchy shoes.

Bring your old pair. Staff at specialty stores can assess which areas are most worn so as to suggest a pair with appropriate support for your gait.

Do squats. Lace up and do a couple of knee bends. If the shoes are properly supportive, your knee should move over your foot, not inward.

LAB PICK: THE BROOKS ADRENALINE GTS 18 (\$120, BROOKSRUNNING.COM) HAS GOOD SUPPORT FOR WALKING AND RUNNING.



—with reporting by Alexis Reliford



BALSAM HILL PRE-LIT TREES AND WREATHS

These are a no-brainer for the holiday season. The branches proved flame-resistant in our Lab tests, and there are plenty of style, lighting and size options.



RETAILMENOT

There are half a million deals on the easy-to-use app and website. Open one up the next time you're shopping, and you could save \$20 in 20 seconds.