

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

"How I saved my own life"

One stubborn woman proved her doctors wrong

KELLY confesses...

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

Best MAKEUP FINDS \$20 AND UNDER p. 67

goodhousekeeping.com



\$3.49

7 years younger

Stop-the-Clock Strategies

goodlooks

Sagging: The Fix

Ulthera tightens the skin and stimulates collagen (results in three to four months)

HIDE AND CHIC

Welcome spring with your chin up in these stylish camouflagers

- 1 Collar Up Pop the back of the crisp collar on this Lauren by Ralph Lauren shirt (\$90) to fake an elongated neck.
- 2 Soft Focus The pretty drape of this Tommy Bahama peach cowl-neck (\$98) directs attention away from the throat.
- 3 Wrap It Jcpenney's 76-inch floral-print scarf (\$13) is a classic concealer.



FINE LINES AND DRY SKIN

Beauty bargains L'Oréal Paris Age Perfect Hydra-Nutrition Golden Balm Face, Neck & Chest (\$20, drugstores) and Olay Total Effects Night Firming Cream (\$20, drugstores) aced lab tests for moisturization, and testers raved that the products reduced their fine lines. "It felt substantial and seemed to keep my skin moist for a long time," said one tester about the Olay.

UNEVEN SKIN TONE Panelists chose Lancôme Rénergie Lift Volumetry Neck (\$88, department stores) for improving skin tone and for its lightweight hydration. "This was non-greasy, absorbed well, and smelled wonderful," said a volunteer tester.

SAGGING SKIN Super-pricey Guerlain Orchidée Impériale Neck and Décolleté Cream (\$365, department stores) scored highest in the lab for lifting; testers preferred it for firming and gave this "silky" cream top marks for reducing fine lines. "I really thought this worked better than what I previously used," one tester commented.



Fine-line smoother



Great hydrator



Skin tone booster



Best firmer

Solutions at the Derm's Office

Problem #1 Vertical tendons
The Fix BOTOX relaxes tendons/muscles, making them less prominent \$600 to \$1,700

Problem #2 Horizontal lines
The Fix HYALURONIC ACID FILLERS smooth lines; they're diluted to prevent lumps \$600 to \$800

Problem #3 Sagging
The Fix ULTERA tightens skin and stimulates collagen (results in three to four months) \$2,500 to \$5,000