

LADIES' Home Journal

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LHG.com

Smarter Ways To Organize Your Kitchen

A GET-REAL GUIDE TO ROMANCE FOR GROWN-UPS

The Heart-Health Danger That Threatens Women

PRETTIEST NEW CLOTHES FOR SPRING

EASIEST DINNERS FROM TOP TV CHEFS

TRY RACHAEL RAY'S SIMPLE STEAK RECIPE



WHEN YOU'RE HOT, COOL OFF! COOL OFF® luxurious towellettes instantly relieves heat for fitness, sports/outdoor activities, or hot flashes. Infused with natural cooling herbs, soothing botanicals, & therapeutic oils. Keep handy in purses, desks, pockets. Amazon.com, Duane Reade, H-E-B & thequickchill.com



Long-lasting "chill"!

promotion

tipsntrends.com

MUST-HAVE BEAUTY EYE-ESSENTIAL! Wake up tired eyes, minimize crow's feet! TherPearl's non-toxic, reusable Eye-essential Mask conforms even when frozen to relieve facial tension, stimulate blood flow and reduce puffiness. Increases the effectiveness of eye-creams, relieves headaches & refreshes sun-damaged skin! TheraPearl.com



JOINT PAIN RELIEF WITHOUT PILLS JointFlex Pain Relieving Cream with skin conditioning Glucosamine & Chondroitin is the answer to pain-free living! Clinical studies showed users experienced substantial, fast-acting relief, improving each week! Prescription-free. Wal-Mart, CVS & fine drug stores. \$2 coupon at jointflex.com/tipsnj.

health & BEAUTY MUST HAVES

CRAZY SMART GUMMY VITAMINS VitaFusion® MultiVites™ pack essential vitamins and minerals into tasty, award-winning gummy vitamins specially formulated for adults. You'll love the natural fruit flavors and colors. Available at fine retailers. nnpvitamins.com



PEANUTFREE PEANUT BUTTER! LM. Healthy SoyNut Butter is nutritious, gluten free & a great substitute for peanut butter! Remarkably similar in taste and texture, yet safe for anyone allergic to peanuts or tree nuts! Made in USA. soynutbutter.com



FLAWLESS FROM HEAD TO TOE! Conceal blemishes, age spots, blotchy skin, spider veins... even tattoos! Achieve instant perfection with long-lasting, water-resistant Face Magic® and Leg & Body Magic®! Dermatologist-tested with SPF protection. By CM Beauty/Covermark. cm-beauty.com or 800-524-1120

DAILY IMMUNE SUPPORT Packed with elderberry and antioxidant vitamins A, C and E, VitaFusion® Daily Immune™ Gummy Vitamins support your immune system all year long. Natural colors and award-winning flavors. In the vitamin section at Target. nnpvitamins.com



MOUTH-WATERING SHRIMP AND MEALS Delicious, nutritious, and easy-to-prepare! The possibilities are endless. Contessa's restaurant-quality convenience meals are made with wholesome ingredients and their extensive line of frozen shrimp contains no fat, carbohydrates, or preservatives. Contessa. Better ingredients. Better you. contessa.com



HAIR THREADING AT HOME! Lindo® Twist-n-Roll threader removes hair from the root leaving no rash or redness! Apply a hot towel, roll threader across, unwanted hair is gone... instantly! Watch the video demo! Longs Drugs Hawaii, London Drugs Canada & facialwork.com.

