

GOOD HOUSEKEEPING



*Take
Better
Care*

OF
YOURSELF

**DE-STRESS
YOUR NECK**

P 40

TRY AN INSTANT
FACIAL

P 12

**LEVEL UP
MOVIE NIGHT**

P 58

TURN YOUR
SHOWER INTO A SPA

P 15

CUDDLE MORE

P 40

PLAY A BOARD GAME

P 97

**PRACTICE
GRATITUDE**

P 42

+
**Plan an
EPIC TRIP**

P 51

2024 TRAVEL AWARDS



*So
Delicious!*

**CHEESY LEMON
PEPPER PASTA**

**THYME-ROASTED
MUSHROOMS**

**HEALTHY
LOADED SWEET
POTATOES**

**PHILLY CHEESESTEAK
STUFFED PEPPERS**

**LINGUINE WITH
ARUGULA PESTO**

P 80

**Eat
Well**

And
after all
of that...
get the
best sleep
tonight!

P 104

BEAUTY / PAMPER YOURSELF



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APRIL FRANZINO
BEAUTY DIRECTOR

1 Indulge in a Face Oil

"When my skin is particularly parched or dull, I pat a face oil all over for a quick hit of hydration that makes my complexion feel replenished and look glowy."

—April Franzino, Beauty Director

2 Coddle Cuticles

"Before bed, I spend a minute rubbing a thick cuticle cream onto my nails and wake up with soft, neat cuticles."

—Chiara Butler, GH Beauty Lab Reviews Analyst



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CHIARA BUTLER
BEAUTY LAB
REVIEWS ANALYST

3 Buff Your Body

"I keep a traditional Turkish kese [exfoliating mitt] in the shower to give my skin a spa-like sloughing. You can use it alone or with a product like bodywash or soap."

—Birnur Aral, Ph.D., GH Beauty Lab Executive Director



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BIRNUR ARAL,
PH.D.,
BEAUTY LAB
EXECUTIVE
DIRECTOR



4 Add Zen to Your Space

"I love turning on a fragrance diffuser an hour or so before going to sleep. I'll use different essential oils, from lavender to rose, to create a calming, serene environment for rest."

—Catharine Malzahn, Beauty Assistant

5 Revive Sleepy Eyes

"I leave undereye patches [try GH Seal Star Mary Kay Hydrogel Eye Patches, \$40 for 30 pairs, marykay.com] in the fridge and pull them out right before use. The coolness helps reduce the look of undereye puffiness and feels invigorating."

—Danusia Wnek, GH Beauty Lab Senior Chemist



6 Maximize Moisture

"After a shower or bath, I massage a rich cream onto my body to double up on hydration and leave my skin plumped."

—Sabina Wizemann, GH Beauty Lab Senior Chemist



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SABINA WIZEMANN
BEAUTY LAB
SENIOR CHEMIST

7 Pucker Up to Soft Lips

"Spoil often-overlooked lips with a little 'facial': Smooth flaky skin by buffing lips with a damp washcloth or a lip scrub, then layer on a thick lip mask for nourishment."

—April Franzino

8 Breathe Deeply for Relief

"When I'm stressed, I'll put a few drops of an aromatherapy essential oil—I love Farmaesthetics Adrenal Support Etheric Inhalation Oil with citrus and pine (\$28, farmaesthetics.com)—into my palms, cup them around my nose and mouth, then inhale and exhale for 10 seconds to decompress."

—April Franzino

Diffuser and soap: Mike Garten; Prop styling by Lis Engelhart, Franzino, Aral, Wizemann and Butler: Mike Garten.

PAMPER YOURSELF / **BEAUTY**

9. Elevate Your Bath

Today's soaks are much more than warm water and a few bubbles. Take your sudsing experience to the next level with these indulgent bath boosters. Say spa-ahhh!

ATMOSPHERIC ACCENTS

Add ambience to the room before you step in. "I burn a candle with a soothing scent to set the mood," says GH Contributing Beauty Editor Dori Price. Or tie together a bunch of fresh eucalyptus and hang it from the showerhead to release a calming aroma when steam hits, Wnek suggests.

GH BEAUTY LAB PICK: NEOM ORGANICS PERFECT NIGHT'S SLEEP CANDLE, \$55, AMAZON (ABOVE)

H₂O ENHANCERS

Get more from your soak by adding a bath product to the water for aromatherapy and bonus benefits: Try a bubble bath or a bath bomb for suds, a bath oil or a bath soak for skin softening or bath salts for aches (Wnek recommends Epsom salts).

GH BEAUTY LAB PICKS: FOR CALMING: LUSH FRESH HAND-MADE COSMETICS TISTY TOSTY BATH BOMB, \$8, LUSHUSA.COM (ABOVE); FOR REST: DR. HAUSCHKA MOOR LAVENDER CALMING BATH ESSENCE, \$25, DRHAUSCHKA.COM; FOR INVIGORATING: DR. TEAL'S RELAX & RELIEF PURE EPSOM SALT SOAK WITH EUCALYPTUS & SPEARMINT, \$5, TARGET

SKIN SMOOTHERS

A bath is the perfect time to buff skin silky with a creamy body scrub or a body brush. "I use a soft- to medium-bristle dry brush on my body before I get in to exfoliate and promote circulation," Wizemann says. "Using gentle pressure and moving in circular motions smooths and softens skin."

GH BEAUTY LAB PICKS: DOVE CRUSHED MACADAMIA & RICE MILK BODY SCRUB, \$7, WALMART; SPARITUAL SLOW BEAUTY DRY BODY BRUSH, \$20, SPARITUAL.COM (BOTH ABOVE)

HYDRATION HELPERS

"When my skin is especially dry or feels sensitive, I apply an oil before and after a bath to help lock in moisture," Wizemann says. "Sometimes I even drop it into the bath to give my skin that silky feel."

GH BEAUTY LAB PICK: FARMAESTHETICS MIDNIGHT HONEY BATH & BEAUTY OIL, \$45, FARMAESTHETICS.COM (ABOVE)

SECRETS TO

YOUR BEST SOAK EVER



SET TIME AND TEMPERATURE

"Bathwater should never feel hot and uncomfortable, because it can compromise the skin barrier," Wnek notes. "The National Eczema Association recommends bathing in lukewarm water for no longer than 15 minutes."



ADD PRODUCTS

If you're using a bubble bath or a bodywash (like L'Occitane En Provence Verbena Shower Gel, \$24, left, Malzahn's go-to), pour it under running water as the tub fills, as the friction helps create bubbles. Drop in a bath bomb or disperse non-bubbling products like oils and salts throughout the water once the tub is filled.



STAY TOASTY

Double up on coziness by sipping a cup of hot tea as you soak and wrapping yourself in a warm towel or bathrobe when you step out (pop it in the dryer pre-bath!).

Bath: Mike Garten, Prop styling by Lis Engelhart.