

# 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!

newest ones do  
makeup:

**LESS MOISTURE**  
How

**CASUAL STYLING**  
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**COTTON**  
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**SOOTHING**  
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**SCENT-FREE**  
Don't like heavy fragrances? Try Giovanni Soothing Unscented Facial Cleansing Towelettes (\$7, Whole Foods).

goodhousekeeping.com



\$3.49

