

YOU COULD
WIN THIS!

\$25,000
to Make Over
Any Room

P 135



GOOD HOUSEKEEPING

the MAKEOVER ISSUE

**CHANGE
YOUR LIFE
IN 31 DAYS**

**More Energy,
Better Sleep &
Less Stress!**

1 CHAIR | 2 LOOKS

96

WAYS TO

**EAT
HEALTHIER
TONIGHT**

**LOOK
YOUNGER
NOW**

**BRIGHTEN
EVERY
ROOM**



\$3.49 JANUARY 2017
0 270481 8
08345


**emerald
headway**
DISTRIBUTORS, INCORPORATED
9th floor, SMS Prinsips Bldg., #40 San
Buenaventura St., Bagong Pag, Pasig City
Tel. Nos: 790-4888 • 790-4880
Fax Nos.: (632) 841-2614 • 650-2210

SUBS # 2072926 - 133122172
01-01-2017
GOOD HOUSEKEEPING (US)
ST. SCHOLASTICA'S COLLEGE
C/O MS. LESLIE BELLOSILLO
1560 LEON QUINTO MALATE
MANILA

GET SLIM, NO GYM

January 2017
GOOD HOUSEKEEPING

YOUR LOOK

15 Fashion + Beauty Checklist

Colorful watches, the new blazer, finds under \$35

25 Winter Skin Special

Tricks to look glowing and youthful

34 A Week of Awesome Outfits

Getting dressed made easy

YOUR HOME

45 Decor + More

A trash-to-treasure project, plus organizing advice

48 Ask Carolyn

Tackle any mess with tips from our resident cleaning pro

54 Make Over Your Haven

Amazing room transformations for any budget

REAL LIFE

69 Everyday Hero

A two-tissue read

INSTITUTE TRIED + TESTED

30 Anti-Aging Serums

104 Elliptical Trainers

106 Workout Leggings

YOUR BODY

109 Fitspiration

What made one mom truly beam

YOUR KITCHEN

113 Fun Recipes + Tools

Tasty ideas from our food team

117 Weeknight Easy

20-minute meals

124 Mmm...Morning

Bake-and-take egg cups

IN EVERY ISSUE

4 Editor's Letter

8 Agenda

131 Family Room

A genius way to ring in the new year

136 GH Seal Star of the Month

Lands' End Squall Parka



59

BEFORE/AFTER BONA



134
 NEW YEAR'S
 EVE FUN



22

PARTY-PERFECT
 MANI

16
 BARGAIN BLING



SHOP THIS ISSUE
 Find it now at keep.com/GH.

Good Housekeeping teamed up with the addictive website **Keep** (think shoppable Pinterest) to help you buy virtually anything in this issue. Happy shopping!