

ACCESSORIES!
BAGS & BAUBLES

GOOD HOUSEKEEPING

DIET FADS
NO OR GO?

THE NO.1 FAMILY AND HOME MAGAZINE

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YOUR QUESTIONS,
ANSWERED

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SHOULD
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Simply Delish



*stuffed with
cheese*



SCORE BRIGHTER SKIN EXPERT TIPS

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& OTHER SUPER EASY, SUPER CHEESY RECIPES P.16



SUMMIT
MEDIA

JAMES REID, KATHRYN BERNARDO, & OTHER CELEBS ON WHAT THEY'RE THANKFUL FOR

7 YEARS YOUNGER

Stop-the-clock strategies and tips to keep you looking fresh



THE DAILY FACE MASK

IF YOU'RE AS OBSESSED AS WE ARE with weekly masking sessions, here's a skin-saving innovation you can use every night. Enriched with triple collagen and 30 kinds of beauty essences, the **Kracie Hadabisei All-in-One Face Mask, P795/pack of 42, Beauty Bar, Glorietta 2 1/L**, is a one-step facial care product that can take the place of your facial lotion (or softener), serum, and moisturizer. And since it's sold in bulk, it's actually cheaper than individually packed masks, coming out at less than P20 apiece!

To use: After cleansing and toning, place the sheet mask snugly on the face and leave it on for as little as five minutes before taking it off and spreading the excess serum on your face and neck. If you have dry skin, keep the mask on for longer—around 15 to 20 minutes—for extra hydration. Skin instantly feels soft and dewy, minus the heaviness you get from layering on too many products.



Q I CAN'T TOLERATE MOST CHEMICAL HAIR COLORANTS. WHAT'S A MORE GENTLE YET EFFECTIVE AT-HOME OPTION?

Here's an eco-conscious and skin-friendly dye that you can try: **Herbatint Permanent Hair Colour Gel, P1,095, Healthy Options, Shangri-La Plaza 1/L**, is an ammonia-free hair color from Italy that uses organic herbal extracts to beautify and protect your strands while delivering vibrant color and effective gray hair coverage. It's virtually odorless so it won't sting your nose, and is dermatologically tested to be safe for use, even on sensitive skin types. That said, it's still recommended to do a patch test 48 hours prior to full application to check for any allergic reaction to the coloring components.

ANTI-AGING SKIN VITAMIN

Pop this one—or rather, slather it on—before heading out: **The Body Shop Vitamin E Moisture-Protect Emulsion SPF 30, P1,095, The Body Shop, Robinsons Galleria 1/L**, grants three of our daily skin wishes: long-lasting moisture, thanks to its biofermented hyaluronic acid (a known moisture trapper); antioxidant power courtesy of its key damage-fighting ingredient, Vitamin E; and broad-spectrum protection with its built-in SPF 30.

