

December 24, 2012

for women First

Heavenly desserts

Crowd-wowing meals

LOSE 5 LBS IN 24 HOURS WITH GRAPEFRUIT

What do doctors turn to when they need to lose quick? Grapefruit and its extract. Burn fat 5x faster!

MARIE OSMOND'S STRESS CURES

Plus, surprising secret to how she stays so slim & looks this great at 53



THE "ENERGY SUGAR" THAT'S GOOD FOR YOU!

STUNNING IN SECONDS!

YOU, PARTY BEAUTIFUL

Head to toe
whoa!

- ✔ Little slimming style tips
- ✔ Accessories that wow
- ✔ Easy, at-home nail designs



Sweet singles



Tablescapes



Starters



Bouquets

DARLING DECOR THAT DOUBLES AS GIFTS!

HOLIDAY WORRIES SOLVED!

Quick tips that help get it done so you can relax!



- ✔ Last-minute gifts and decor for less!
- ✔ Brilliant food-prep & household solutions!

NATURAL CURES for insomnia, aches, carb cravings & more!

