LOSE 6 LBS THIS WEEK
Without Hunger!

Look Like You Got Lots of Sleep
The #1 Trick

SKINNYLICIOUS!
33 Easy Recipes You’ll Love

EAT, DRINK & SHRINK!

BETHENNY'S SLIM & HAPPY HOLIDAY SECRETS

SOFT, SMOOTH, GLOWY SKIN
Exactly How To Get It

BURN 1,800 CALORIES TODAY
No Sweat!

Neck Pain?
QUICK FIX P. 51

Healthy Gift Guide
50 GENIUS PICKS

DECEMBER 2012
GIVE THE GIFT OF
HAPPY PETS

21. BOWLED OVER Pet owners will love: The dishes are BPA-free, lead-free, and too cute. Shadow ($8; bambeco.com)
22. FETCH! Get pooch moving with a bucket-o-balls. Something to woof about. They’re made with eco-friendly dyes. 30 Love ($19; bambeco.com)
23. CANINE CHIC A heavy sweater keeps pups bundled up (and festive!). Petco Ugly Holiday Sweater (starting at $15; petco.com)
24. GO FISH A home fit for a king—or goldfish—this bowl is swimming with sophistication. Umbra Fishhotel ($35; umbra.com)

SAVE 15%
See page 130

WHAT CELEBS ARE GIVING

"Growing your own food is the healthiest way to eat. So I plan to give Williams-Sonoma’s Farmer D’s Cedar Planter with Heirloom Seeds and Organic Soil.”
—Curtis Stone, host of Bravo’s Top Chef Masters

"Everyone I know works so hard they deserve to be pampered! Honest’s natural body oil, lotion, and bubble bath inspire a blissful state.”
—Jessica Alba, actress and co-founder of The Honest Co.

"Food field trips offer people a chance to sample local flavors (in a city)—and get in some cardio! Just Google ‘food walking tour.’ I gave a friend a certificate to one, and she loved it.”
—Lisa Masterson, M.D., co-host of The Doctors

"I’m planning to give the gorgeous bark and lichen wreath from Olive and Cocoa. It’ll still look great in any room after the holidays.”
—Eco-centric designer Danny Seo

GIVE THE GIFT OF
TECH

25. MUSIC TO THEIR EARS Keeps ’em toasty—and tuned in. Ugg Australia Quilted Fontanne Tech Earmuffs ($85; Bloomingdales)
26. A BETTER BOOMBOX Petite in size but powerful in sound, it’s great for travel and holiday parties. iHome Portable Jam Speaker ($20; kohl’s.com)
27. APP-SOLUTELY FAB Turn that tablet into a portable (and ergonomic!) workstation. Bluetooth Keyboard Case ($34; kohl’s.com)