

DAPHNE KOSTOVA



HEIGHT 5' 9½" (177CM) BUST 34B WAIST 27" (68CM) HIPS 38" (96CM) DRESS 4US (34EUR) SHOES
9½US HAIR DARK BROWN EYES HAZEL















best

health

Over
\$5,000
IN PRIZES
INCLUDING A
CLUB MED STAY!

**NATURAL
HEADACHE
REMEDIES**
THAT REALLY WORK

**HOW REAL
WOMEN FIND
TIME FOR
RUNNING**

**BEST
DRUGSTORE
BEAUTY
BUYS**

TIRED?
MAYBE IT'S NOT
SLEEP RELATED

**TRENDS FOR A
HEALTHIER
TOMORROW**

WE'RE

10 &
CELEBRATING!

- + PARTY RECIPES
- + A CUSTOM *bh* COCKTAIL
- + GIVEAWAYS GALORE



The #1 makeup choice of skin care professionals.

Formulated without FD&C dyes, chemical preservatives, irritants or skin-drying fillers, our mineral powders nourish and protect the skin while making it look more beautiful than you ever imagined possible.

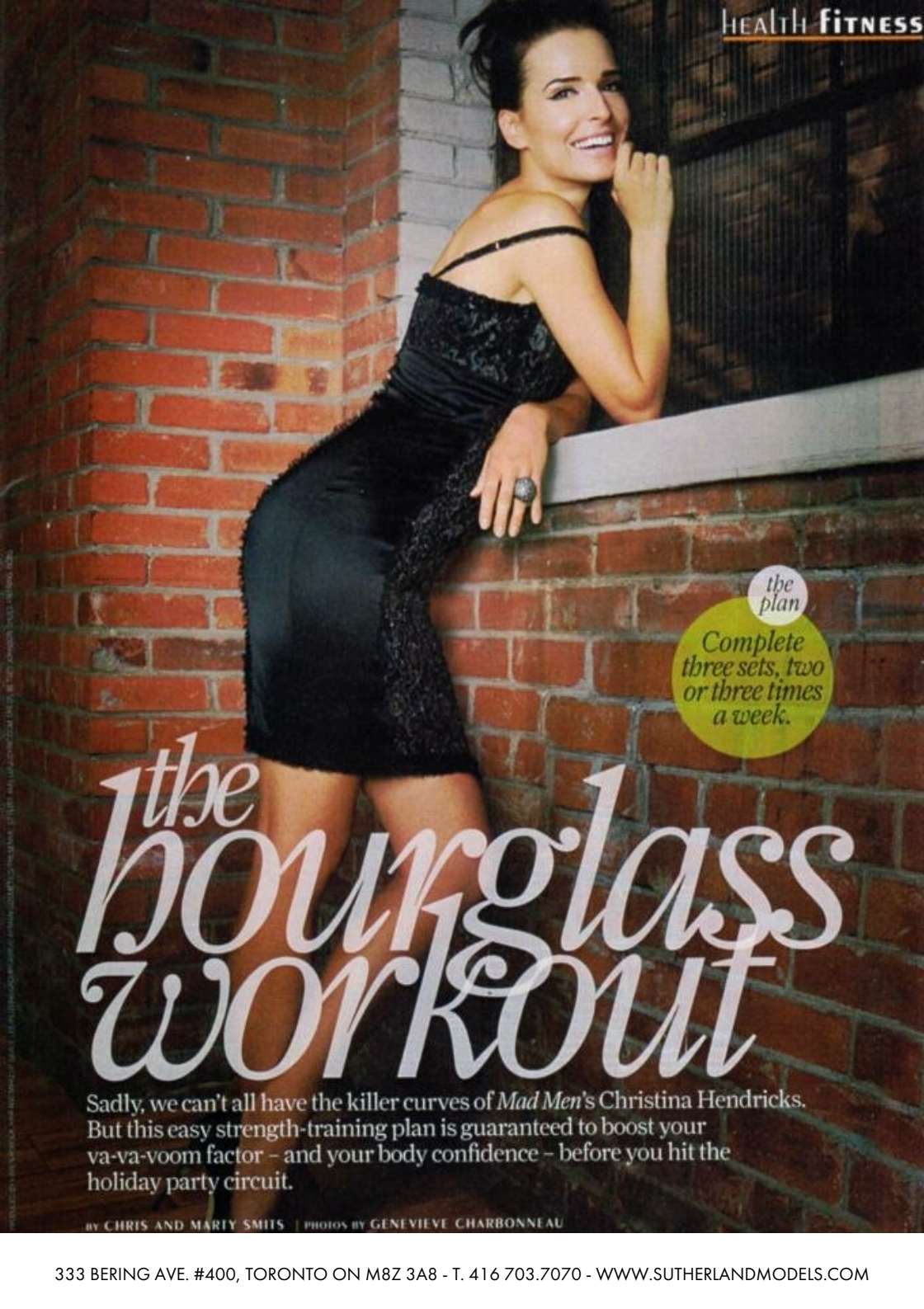


Scan and learn more.

janeiredale.com

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THE SKIN CARE MAKEUP®



A woman with dark hair pulled back, wearing a black lace-trimmed, off-the-shoulder, form-fitting dress, is leaning against a red brick wall. She is smiling and looking towards the camera. Her right hand is resting on the wall, and she is wearing a large ring. The background is a red brick wall with a window or door frame visible in the upper right.

the
plan
Complete
three sets, two
or three times
a week.

the hourglass workout

Sadly, we can't all have the killer curves of *Mad Men*'s Christina Hendricks. But this easy strength-training plan is guaranteed to boost your va-va-voom factor – and your body confidence – before you hit the holiday party circuit.

BY CHRIS AND MARTY SMITS | PHOTOS BY GENEVIEVE CHARBONNEAU

























