

Beauty Handbook Summer 2011

STYLE section:

Fashion: Cool summer clothes—easy to care for 1970s maxi style dresses. .

Celeb View: profile of celebrity on keeping cool with hot summer fashions.

BEAUTY PRODUCTS

(Face, skin, nails, lips, eyes, hair)

Hitting The Shelf: A look at New Summer Products! Safe sun tips and tanning products.

Cover up: ways to protect from the sun that ads a healthy glow.

BEAUTY HOW TO

Nails and hands: products to keep nails in shape.

Sidebar: Guide to Summer Hair Care—protecting hair from chlorine and saltwater.

HOME section:

HOW TO: D-I-Y PROJECT(crafts)

WAYS TO SPRUCE UP YOUR Backyard for Summer—backyards are the extended living room.

- Food Recipes

What's in Season: Very Veggie salads and tips for barbecuing fruits and vegetables (grilled pineapple and other recipes.)

- Inside Your Kitchen

Great Summer Breakfasts that will keep you going all day. How about a berry pancake recipe that can be made ahead of time? Fruit smoothing

- Clear the Clutter

Getting kids to look through old books, toys and gently worn clothing that no longer fits to donate to a local charity.

HEALTH section:

FITNESS

Short on Space: Find space in your home to workout. Or working out outdoors and staying cool and hydrated.

Sidebar: yoga poses for calming the mind or getting your body in shape for running.

DIAGNOSIS AND PREVENTION

Summer Allergy Solutions Or Thyroid—one of our partnership groups.

WOMEN'S HEALTH

Eating healthy on the road—making time to eat right, preparing meals ahead. .

MEDICINE CABINET

Shelf life of meds.

LIFE section:

TRAVEL

How about a family travel piece to the Berkshires? The piece would focus on family friendly vacations at the Berkshires and a sidebar on what to pack.

Or how about a piece on tips on taking a dog on a road trip.

COVER CELEB BIOGRAPHY

FINANCES

Tips on saving for a family vacation. Or savings plans for your kid's college? Review of the book Malled—working in a mall—taking a job when you've been out of work for a while.

PET CARE

Putting Fido or Fluffy on a diet. Or how walking a dog can keep you fit and trim.

LAST WORD

Building Confidence: 5 steps on how to be the best you!