

Good Housekeeping
Circulation: 4,346,757
November 2014



Good *Housekeeping*

EASIEST
EVER
**HOLIDAY
FEAST**

AT HOME
WITH **Eva
Longoria**

What My Sister's
Struggle Taught
Me About the
True Meaning
of Love

31 PAGES OF

**Thanksgiving
Ideas**

**CHIC TABLE
SETTINGS**

**SMASHED
POTATOES**

**AWESOME
STUFFING**

↓
**Genius Recipes
for Leftovers**

+ Eva's Special Cranberry Recipe! P 186

Plus
**Cute, Cozy
Sweaters**
From \$29

**The Health
Checklist**
That Could
Literally Save
Your Life P 97



\$3.49 NOVEMBER 2014

BEAUTY BREAKTHROUGH

DIY EYE LIFT

Our scientists check out a new miracle product—a kit that promises to (temporarily) get rid of ugly eye bags

WHY WE WERE INTRIGUED

We've all been bugged by undereye puffiness at some point, but who wants to shell out the \$2,000 for a painful and potentially risky surgical fix? New Neotensil at-home "shapewear" for eyes claims to shrink, smooth and recontour undereye bags for up to 16 hours. The method,

according to the company, involves the layering of two special lotions, which together form a very fine polymer film that adheres to skin and tightens it.

WHAT WE FOUND

It works! Testers had the product applied by a Neotensil rep. We took before and after photos with the Visia complexion

BEFORE
Scientists rated this tester's undereye bags "moderate."



analyzer. Our Beauty Lab experts saw improvement after just 30 minutes—and by the three-hour mark, they saw even fewer wrinkles and less puffiness.

THE DOWNSIDE

It's sold at derms' offices only; you can't apply your usual makeup after the "lift," but can use Neotensil's blending concealer powders (\$45 each).

AFTER

With Neotensil, bags were downgraded to "mild" and wrinkled skin improved by 74%.

NEOTENSIL DAILY UNDER-EYE RESHAPING PROCEDURE BY LIVING PROOF. \$900 (ABOUT 50 USES)



OUTSIDE TEMP
258°F
(HOT ENOUGH TO CAUSE A 1ST-DEGREE BURN)

GHI INVESTIGATES

MINI FLAT IRONS: TOO HOT TO HANDLE?

SMOOTH, SLEEK HAIR can be a non-negotiable over the holidays, but if you're traveling with a tote-size flat iron, our Beauty team must caution: The outside surfaces of these convenient petite versions can get so hot that they may pose a burn risk when in contact with your skin or scalp. We took the external temps of 10 tools, and seven got *seriously* hot—on average, 230°F. (Water's boiling point is 212°F.) Sephora Collection's Tame Mini Flat Iron (\$25) got the hottest—nearly

260°F. On the flip side, Sarah Potempa's The Jet-Setter Cordless Styling Iron (\$99) didn't heat up enough to work quickly. Our advice: If you want a mini, try the Chi Air Compact Ceramic Mini Flat Iron 3/4" Dual Voltage (\$50), which kept its cool while straightening. Or, pack a full-size flat iron; it's only about 3.5 inches longer than a mini. One of our top picks: the Bio Ionic One Pass 1" Nano-Ceramic Straightening iron (\$220). For more info, go to goodhousekeeping.com/miniflatiron.