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life/home/body/soul

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12 fast fix-ups

The **fold-**
everything
guide

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MARCH



SPRING-CLEAN YOUR MAKEUP BAG. "Do an inventory and throw out old things," says New York City makeup artist Alison Raffaele. Toss foundations, concealers, and lipsticks that are a year old, mascara that was purchased more than six months ago, and anything that smells strange.

TREAT YOURSELF TO A MASSAGE—FROM A FRIEND OR A PRO. "Massages are especially needed in the spring," says Marti Schoenberg, co-owner of the Oasis Day Spa, in New York City. "You've been slouching your shoulders all winter to keep warm. A massage will loosen up back muscles and improve your posture."

MARCH 2003
\$3.95US \$4.95CAN
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