

Chatelaine

REFRESH!

Change Your Life in 21 Days

How to Get More Energy,
More Sleep *and Stress Less!*

Quick Healthy Meals

Fresh Pastas, Hearty Soups & Salads *in 20 Minutes*

Slimming Secrets

Feel Full Longer • Outsmart Cravings
Burn Fat Faster

delicious
citrus

Power Up Dessert
with Juicy Vitamin C



PLUS

Perfect Jeans
FOR EVERY BODY!



Pull up an invisible chair.

Clear, see-through pieces create a barely-there feel that works perfectly with this round pedestal table. Save even more space by sliding upholstered stools under the table when not in use. They're easy to pull out any time more seating is needed.

GET THIS LOOK | FUCHSIA WALL HANGING, SNOBSTUFF.COM. NÄRHET CHAMPAGNE GLASS, RENS SHEEPSKIN, BOTH IKEA.CA. CUPCAKES, EATMYWORDS.ORG. KUDO HORN ON STAND, HIDE RUG, ROCCO OTTOMAN, BOTH ELTE.COM.