

LADIES' HomeJournal®

MAY 2009

LIVE THE LIFE YOU WANT

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Outsmart Skin Cancer This Summer

SAVE THOSE \$\$\$

Can You Trust Your Bank?

BE A BETTER PERSON IN 31 DAYS

HOW TO HELP A FRIEND WHEN TIMES ARE TOUGH

JON & KATE
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A Swimsuit That Looks Good On You!



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Sweet Dreams

You spend a third of your life in your bed, so shouldn't it get a little special attention?



PHOTOGRAPH BY ALISON MIKESCH; STYLIST, DANA DELARA; NAIL HEAD-UPHOLSTERED HEADBOARD, WEST ELM; PERFECT SLEEPER MATTRESS AND BOX SPRING, SERTA.

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urn your bed into the stress-free sanctuary of your dreams by starting with the right building blocks. Your key investments? A set of soft sheets, a fluffy comforter with a duvet cover and high-quality pillows. For a dash of personality, mix and match these elements yourself. To narrow the choices, follow two design rules: After you choose a color palette (cool or warm), stick to just two to three shades and don't go crazy with prints. Choose throw pillows in various shapes. Layer them in size, starting with euro squares and one or two standard pillows in front, for a tidy yet lush look.

And don't forget what's under the covers. A plush mattress pad, the right density pillow—these also make the difference between a good and great night's sleep. Before you run out and raid the bedding department, ask yourself: Do you like warm flannel or cool cotton? Fluffy down or hypoallergenic synthetic? Then follow our bedding tips.



Sweet Dreams

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Perfect Sleeper mattress and box spring; Serta, 888-557-3782 for retail locations or serta.com. Nailhead-upholstered headboard; West Elm,

888-922-4119 or westelm.com. Down bed pillows; United Feather and Down, 866-593-2540 or bloomingdales.com. United Feather and Down decorative throw pillow inserts and down comforter, Pearl embroidered sheet set in Powder Blue, pleated bedskirt in Porcelain Blue and Kantha Euro sham in White; Pottery Barn, 888-779-5176 or potterybarn.com. Scramble Citrus duvet cover; Pine Cone Hill, 800-556-4593 or pineconehill.com. Vintage matelassé coverlet in White; L.L. Bean, 800-441-5713 or llbean.com. DKNY Lilac Shadow square toss pillow; 800-462-3966 or bedbathandbeyond.com. Floral pillow in front: Hedgerow pillow in Pewter; Dwell Studio, 877-993-9355 or dwellstudio.com. @ Home Standard shams in Lilac; Target, 800-440-0680 or target.com. Light-blue neckroll pillow; similar one from Hillard & Hanson, 866-725-3356 or beddingstore.com.