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BRIDEE

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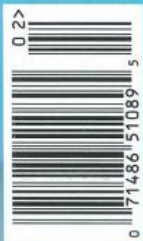
8-WEEK DIET PLAN

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10, 15, 20
POUNDS
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The most flattering
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in only 12 minutes

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IN JUST ONE MONTH



PLUS!
brides in

Steal their tips, p. 128

\$5.99 U.S. \$6.99 Canada Shapebride.com
Display until May 16, 2010



This luxe-looking showerhead saves water

For your bath

These gifts will make your bathroom feel more like a spa. And that may help you overlook the whiskers-in-the-sink issue.

A shower fixture The Waterpik EcoRain showerhead (\$35; waterpik.com), above, lets you choose between a spa's full-coverage waterfall effect—shower for two, anyone?—and a more focused, pressurized flow to help relieve tired muscles. Another reason to love it: The fixture uses up to half a gallon less water per minute than a standard showerhead does.

ALL NEW!

Get THIS fit for your honeymoon!

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THE BACHELOR'S
MELISSA RYCROFT
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TURN
HERE FOR
MELISSA'S
FAVE GOWN...
AND MORE!