

# DAPHNE KOSTOVA



HEIGHT 5' 9½" (177CM)    BUST 34B    WAIST 27" (68CM)    HIPS 38" (96CM)    DRESS 4US (34EUR)    SHOES  
9½US    HAIR DARK BROWN    EYES HAZEL

















READER'S DIGEST

AUG | SEPT  
2017

# best

## health

WE'RE

# 10 &

## CELEBRATING!

- + PARTY RECIPES
- + A CUSTOM *bhi* COCKTAIL
- + GIVEAWAYS GALORE

Over  
**\$5,000**  
IN PRIZES  
INCLUDING A  
CLUB MED STAY!

**NATURAL  
HEADACHE  
REMEDIES**  
THAT REALLY WORK

**HOW REAL  
WOMEN FIND  
TIME FOR  
RUNNING**

**BEST  
DRUGSTORE  
BEAUTY  
BUYS**

**TIRED?**  
MAYBE IT'S NOT  
SLEEP RELATED

**TRENDS FOR A  
HEALTHIER  
TOMORROW**



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of skin care professionals.

Formulated without FD&C dyes, chemical preservatives,  
irritants or skin-drying fillers, our mineral powders nourish  
and protect the skin while making it look more beautiful  
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A woman with dark hair pulled back, wearing a black lace off-the-shoulder dress, is leaning against a red brick wall. She is smiling and looking towards the camera. Her right hand is resting on a white ledge of a window, and she is wearing a ring on her ring finger. The background is a brick wall with a window frame visible in the upper right.

# the hourglass workout

the  
plan

Complete  
three sets, two  
or three times  
a week.

Sadly, we can't all have the killer curves of *Mad Men's* Christina Hendricks. But this easy strength-training plan is guaranteed to boost your va-va-voom factor – and your body confidence – before you hit the holiday party circuit.

BY CHRIS AND MARTY SMITS | PHOTOS BY GENEVIEVE CHARBONNEAU

























