

Kate Middleton & Prince William
The Royal Romance

The Courtship, the Wedding & the Shadow of Diana



Chatelaine

SLIMMING SECRETS

- * No-Gym Workout
- * The Sleep Diet
- * Smart Treats

Find Your
Perfect
Jeans

P. 118

ONE FAB IDEA

6 NEW
LOOKS
FOR ANY
ROOM!

CHOCOLATE
CUPCAKES
that make you
healthier

P. 140

Change Your Life in 30 Days

A Step-by-Step Guide to Finding
Real Balance & Boosting Your Health

Delicious Superfoods

Feeling Good Never
Tasted So Great!

YOU CAN REACH YOUR GOALS!
IT WORKED FOR THESE WOMEN



JANUARY 2011 | \$3.99

DENIM
GUIDE

Pair animal prints with dark denim for fierce sophistication.

GET THIS LOOK | [PHIL S225](#)
[Lurobotron.it](#), Belt, \$64, [bravelyluther.com](#),
Jeans, \$50, [jms.com](#), Franco Sarto
shoes, \$225, [frankshoes.com](#).

Denim days

Get the right fit and look fabulous in the coolest new jeans around

photography by [Alvaro Gervasio](#)