MOD DAILY

Proposed Changes 04/04/2022

Blog Post Template or Blocks



Butterflies, The Biennale (adobe Caslon)

The bright-red pots we're cooking everything in (Brandon text Italic) Hex: 535353

Use for photo caption

The bright-red pots we're cooking everything in (Brandon text regular) Hex: 535353

Use for blog post text

2

WHY ALL OUR CLOTHES (adobe Caslon)

Use for blog post H2 headings and subheadings – Use upper case

The bright-red pots we're cooking everything in green. The bright-red pots we're cooking everything in green.



- Is it possible to add color as shown in the number above?
- In some cases we would want black but other times probably use the biz sunshine yellow

Please consider this approach as you view the next page

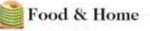




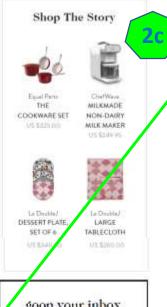


Photo courtesp of Read McKernhau JESA. Interior design by Ketie Ryani



Spring Refresh: What's New in the goop Home Shop This Month

The bright-red pots we're cooking everything in, a brilliant new steamer-iron combination that's (seriously) reiningorated our closets, a gorgeous new La Double-J drop we have to have, and more—these are goop editors' favorites this March.









THE CHIC RED POTS

The ceramic coating on each piece helps perfect your fried-egg-to-bread slide--and keeps your food free of harmful "forever chemicals" like PTFEs and PFOAs that common in conventional nonstick cookware. When you're not frying, sauteing, saucing, or simmering, all four pieces nest neatly for smart storage, and the red puts us in an instant good mood.



SHOP NOW



2 (21)

WHY ALL OUR CLOTHES LOOK BETTER

This sleek, ingenious steamer and iron in one uses friction (from a unique textured surface) to boost the effects of the steamer as you iron and to dry faster after steaming. It's easy to pack for travel, and

3 21

THE NEW LA DOUBLEJ PATTERN!

We can't help ourselves when this brand comes out with a new look. This one's geometric, with waves and stripes and, of course, all the best colors—we can't get enough of it (see below for the many options). This tray is made of farminated birchwood and finished in a teal-and-tangerine hexagon pattern. It's gorgeous for cockiells, tea. TV dinner, one editor keeps her bedside-table books and water carafe on it; another keeps it on her desk to organize pens, papers, and phone chargers.



La Double,/ RECTANGULAR SERVING TRAY good, \$100 SHOP NOW



The Gentle Journey DECK group, Stat. SHOP NOW



BEST PRESENT: FLOWERS AND TAROT CARDS

What you get when you combine tarist with the special language of flowers: a floral oracle dock of twenty, two cards representing the archetypes of the major arcana, complete with botanical illustrations. There's a guidebook to help with reading cards that's dotted with observations about the returnal world, and the box fiself is just beautiful made from fine paper with silk ribbons holding the cards and book in place. No wrapping needed!



WE'RE READY FOR SUMMER (TRULY)

Rooftops: Picnics. Campsites. Beach cabanas. The Cube is a safe, chic, portable way to fire up a charcosi griff just about



Functional medicine practitioner Will Cole says that histamine intolerance and mast cell activation syndrome (MCAS) are two related conditions that are often-overlooked pieces of a larger health puzzle. "Because the symptoms of histamine intolerance and MCAS can be similar to a lot of other health problems, it's not always obvious that a person is struggling with them," Cole says. He takes us through symptoms, how histamine intolerance and MCAS are diagnosed, and different approaches to treatment.

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A Q&A with Will Cole, IFMCP, DNM, DC



What is most cell actication syndrome?



Mast cells are a type of white blood cells that are a major part of your immune system. They help you fight infections and play a role in allergic reactions: If you come in contact with an allergie or an allergic substance, mast cells release chemicals known as mediators. Histamines are one type of mediator released by your mast cells during the inflammatory immune response to allergens.





BONUS TREATMENTS

- Consider red-light treatments—we love the <u>HigherDOSE Red Light Face Mask</u>—which can really soothe skin (and deliver youth-boosting benefits at the same time).
- Vitamin C—<u>GOOPGLOW 20% Vitamin C + Hyaluronic Acid Glow Serum</u> is next-level—can have huge benefits, helping brighten, even skin tone, protect against free radical damage, and of course, boost glow. If skin is sensitive, smooth on moisturizer or oil right after the vitamin C to soothe.
- Do a more intense exfoliation every so often. What's great about <u>GOOPGLOW Microderm</u>
 <u>Instant Glow Exfoliator</u> is you can leave it on for a shorter time (max is two minutes) if your skin is more sensitive and still get the benefits of its one-two punch of chemical and physical exfoliation.

Do You Have Skin of Steel?



2

DON'T OVERTHINK

"People say things like, "Space your seeds out six inches apart," but whatever, I plant extremely close. Seeds are going to grow and take their space—it just happens," laughs Finley. "Especially if you live in a city without a lot of room, you want your shit tight."

This fully automated vertical growing kit comes with thirty seed-filled capsules and LED lights that make growing at home preposterously easy. The perfect starter kit for salad lovers (you basically just add water to the seed quilts included).





MICROGREEN STARTER KIT + BAMBOO FRAME goop, 579 SHOP NOW



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