

MOD DAILY

Proposed Changes

04/04/2022

Blog Post Template or Blocks

1a

Butterflies, The Biennale (adobe Caslon)

Use for title H1 Font – Use upper and lower case

1b

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

Use for photo caption

1c

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

Use for blog post text

2

1d

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

3

Kitchen Aid **1** Stand Mixer

- 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 courtesy of Reed McKeown/IBSA. Interior design by Katie Woodfield.

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) reinvigorated our closets, a gorgeous new La DoubleJ drop we have to have, and more—these are goop editors' favorites this March.

Shop The Story

Equal Parts
THE
COOKWARE SET
US \$325.00

ChefWave
MILKMADE
NON-DAIRY
MILK MAKER
US \$249.95

La DoubleJ
DESSERT PLATE
SET OF 6
US \$145.00

La DoubleJ
LARGE
TABLECLOTH
US \$285.00

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THE 5 BEST NESPRESSO COFFEE MACHINES TO ENHANCE YOUR HOME COFFEE BAR

2022 HOME PLANNING

Table of Contents

1 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, sautéing, saucing, or simmering, all four pieces nest neatly for smart storage, and the red puts us in an instant good mood.

Equal Parts
THE COOKWARE SET
goop. \$325
SHOP NOW

2g

Steamer
CIRRUS NO.3
STEAMER
goop. \$180
SHOP NOW

2 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

2l

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.

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

2m

Q

2n What is mast cell activation syndrome?

A

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 allergen 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.

3 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 laminated birchwood and finished in a teal-and-tangerine hexagon pattern. It's gorgeous for cocktails, 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 DoubleJ
RECTANGULAR SERVING TRAY
goop. \$100
SHOP NOW

4 THE GARDEN JOURNEY DECK

What you get when you combine tarot with the special language of flowers: a floral oracle deck 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 natural world, and the box itself is just beautiful, made from fine paper with silk ribbons holding the cards and book in place. No wrapping needed!

The Garden Journey
THE GARDEN JOURNEY DECK
goop. \$95
SHOP NOW

5 WE'RE READY FOR SUMMER (TRULY)

Rooftops, Picnics, Campsites, Beach cabanas. The Cube is a safe, chic, portable way to fire up a charcoal grill just about anywhere. There's even a prep table and storage tray stacked on top of the grill, so you can get your mise en place on

1

Face Wash



goop Beauty
GOOPGLOW CLOUDBERRY
EXFOLIATING JELLY CLEANSER
goop, \$28/\$25 with subscription
[SHOP NOW](#)

2

Toner



goop Beauty
GOOPGLOW FLOWER ACIDS
RESURFACING TONER
goop, \$45/\$40 with subscription
[SHOP NOW](#)

3

Vitamin C Serum



goop Beauty
GOOPGLOW 20% VITAMIN C +
HYALURONIC ACID
GLOW SERUM
goop, \$125/\$112 with subscription
[SHOP NOW](#)



BONUS TREATMENTS

- Consider red-light treatments—we love the **HigherDOSE Red Light Face Mask**—which can really soothe skin (and deliver youth-boosting benefits at the same time).
- Vitamin C—**GOOPGLOW 20% Vitamin C + Hyaluronic Acid Glow Serum** 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 **GOOPGLOW Microderm Instant Glow Exfoliator** 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.



Gardyn
GARDYN
HOME KIT
goop, \$649
[SHOP NOW](#)

The perfect starter kit for salad lovers (you basically just add water to the seed quilts included).



Hamama
MICROGREEN STARTER KIT + BAMBOO FRAME
goop, \$79
[SHOP NOW](#)



Performance Support
FIT TO FEEL
GOOD
[SHOP NOW](#)

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