

# Health

Looks good on you

## Chill Out! this holiday season

- 9 pampering secrets
- 4 relaxing stretches
- 3 new skin smoothers

## 35 fresh gift ideas for everyone on your list

## America's Healthiest Hotels

The best beds,  
gyms, spas, and  
room service

## 10 super-simple holiday recipes

## Make your tap water safe



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Living

## A bathroom invention never felt so good

Between massages, mud masks, manicures, and pedicures, nearly every body part gets pampered once in a while. But your posterior mostly just gets sat on (or accused of looking too big). To the rescue: a toilet seat that promises to make going to the bathroom a spa-like experience.

The Swash High-Tech Toilet Seat, which attaches to almost any throne, offers a heated seat for cold winter mornings, along with warm, aerated bidet washes with adjustable temperature, pressure, and pulsation to help keep you as clean as you want to be. Top-of-the-line models even have warm-air dryers and remote controls.

Traditional bidets—separate fixtures that usually sit next to a toilet—are rare in the United States. But more than 60 percent of homes in Japan have them, says Jim Van Huysse, president of Brondell, the company that makes the Swash (available at Expo Design Center and Bed Bath & Beyond). You may wonder whether the Bentley of bathroom accessories is worth the \$400 to \$550 price tag; well, it depends on your priorities. But one thing is certain: Try it, and your bottom will never feel left behind again. —ES



## keeping score

### Argentina: Real women have curves



One size doesn't fit all. Legislators in Argentina's Buenos Aires province (population 12 million) recently instituted a "sizes law" requiring clothing stores to offer items for teenage girls in at least six sizes. Previously, many offered only one size. No wonder 1 in 10 Argentine girls has an eating disorder—more than twice the rate in the United States.

### The high cost of low prices



Wal-Mart sold about \$290 billion of low-priced stuff last year, and booked about \$10 billion in profits. Yet the retailing giant provides health insurance to only about half its 1.7 million workers; the rest are forced to sign up for programs like Medicaid, costing taxpayers \$210 million each year. Congress is pushing all states to generate lists of businesses with the most employees on government-funded health care; 15 already have lists—and on 14, Wal-Mart is number 1.

### Off-track on birth control



Railroad company Union Pacific pays for men's impotence medications in its health plan, but excludes birth control because it believes fertility is "normal." The company, which employs about 48,000 people, is fighting a judge's ruling that found its policy violated the federal Civil Rights Act. Nearly 90 percent of employer health plans already cover contraceptives.

### Ahhh— restroom relief!



New York women can chalk up a victory in the battle of the sexes. A new city ordinance requires all new public restrooms to have twice as many facilities for women as for men. Why double? Studies say it takes women twice as long to do their thing. Thank you, Big Apple.