

BUYER BEWARE

DON'T GET SUCKED IN!

Your supersoft carpet could require a new vacuum



The softest, most dense carpet you can buy

Here's the deal:

Trendy cushy carpet is cozy, but also stopping vacuums in their tracks. Those long, dense fibers restrict air

circulation, so the average dirt-sucker quickly gets stuck and can be impossible to push.

Our advice: Try raising the height of your vacuum

head. No dice? Check the carpet brand's website for recommended vacuum models. Mohawk and Shaw list picks.

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FREE STUFF!
+
GENIUS WAYS TO SAVE



NO-MONEY MANI

Just noticed a chip in your manicure? Pop into Sephora, stat. Every store has a nail studio with all the fixings for a free DIY mani.



GRATIS CLASSES

Athleta and Lululemon want you to look great in their clothes, so they're offering free fitness classes in their stores.



RECYCLE FOR \$\$

Bring a bag of old clothes or towels and blankets to H&M for recycling, and they'll give you a voucher good for 15% off.

Photographs by BEN GOLDSTEIN/Studio D

HOW BAD ARE THEY?

E-CIGARETTES

The GH Institute looks at every new product. So when these cigs showed up, we checked in with the pros

NOT GREAT, BUT BETTER THAN A BUTT

"We should be comparing e-cigarettes to traditional ones, not to nothing at all," says David Abrams, Ph.D., executive director of the Schroeder Institute for Tobacco Research. "Potentially toxic compound levels in vapor are nine to 450 times lower. If you switch, it reduces the harm."



THE JURY'S STILL OUT

"We cannot say they're a safer alternative," says Daniel Neides, M.D., director of Cleveland Clinic's Wellness Institute. "We don't know the impact on a user's body, or that of secondhand vapor. If companies aren't looking to hook kids, why are they developing flavors like mint chocolate chip and using provocative ads? Let's help people break their tobacco dependence, not promote e-cigarettes."