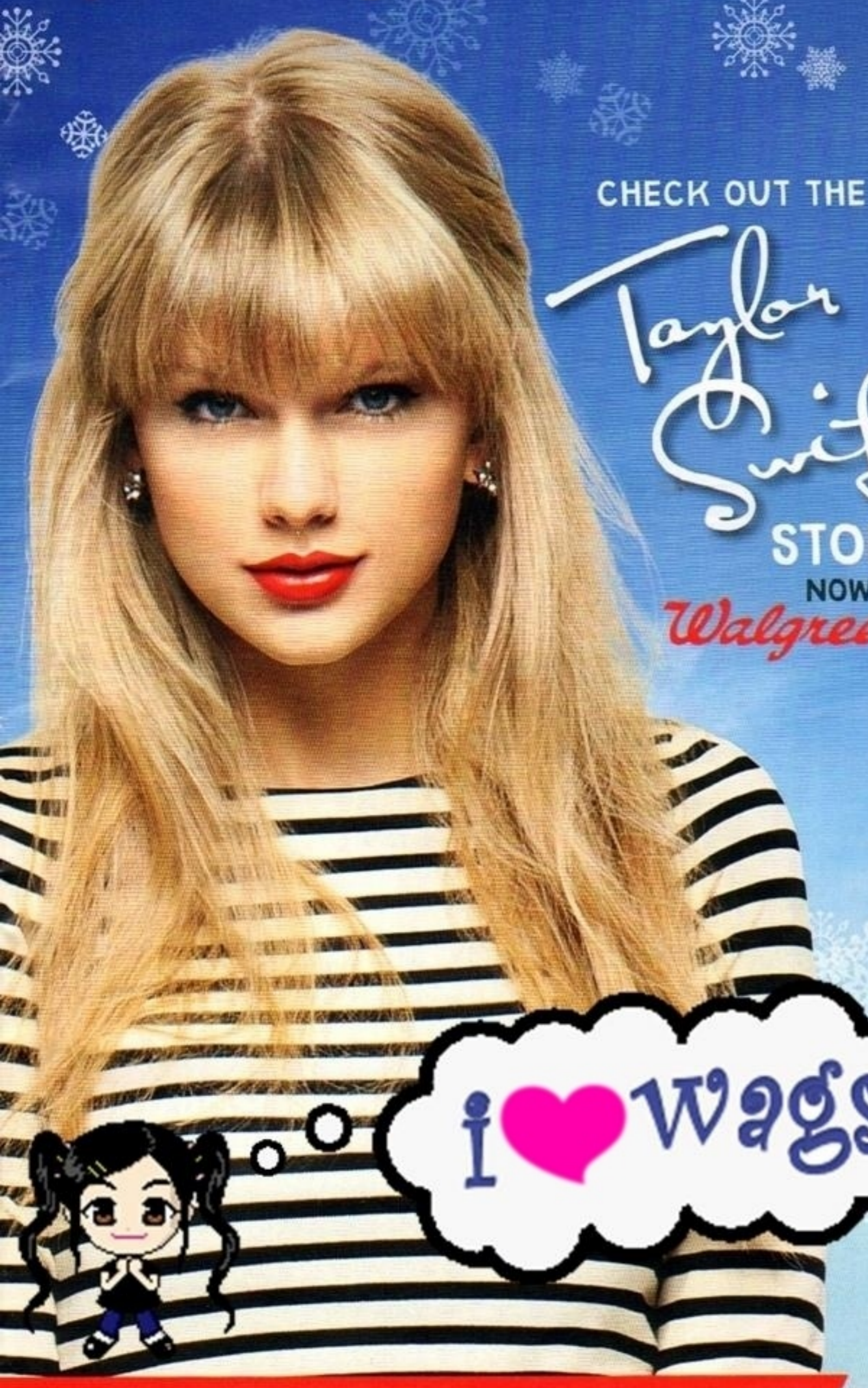


W HAPPY AND HEALTHY

iheartwags.com

Your guide to living well with *Walgreens*

HOLIDAY 2012 | PREMIERE ISSUE



CHECK OUT THE

Taylor Swift
STORE
NOW AT
Walgreens

..... ENTER OUR SWEEPSTAKES!

TEXT 2 Win

A \$6,000+ WEEKEND GETAWAY
+ WEEKLY CHANCES TO WIN \$100 GIFT CARDS

..... *page 3*

HEALTHIER HEART

THAT'S EASY TO SWALLOW

page 10

buy 1 get 1
50% off*
*1st equal or better price



HEART BURN HELPER

page 19

7.99



WE HEART ICE CREAM

DESSERT JUST GOT TASTIER

page 19

2/\$5
or 2.99 ea.



HEALTHY HOME

FOR YOUR FAMILY'S WELL BEING

page 8

4.99



i ♥ wags

PLUS! TAYLOR'S *Perfect Christmas* *page 15*

sale good October 28 thru December 29, 2012



WELCOME!

ISN'T IT WHAT WE ALL WANT—
TO BE HAPPY AND HEALTHY?

That's our definition of what it means to be "well." Convenient healthcare and prescription medicine are part of it, whether it's for immediate pain relief, preventive health or advice on managing chronic conditions. Yet it's equally about how we look and feel every day. Sometimes the best prescription for what ails us is a pure boost of happy. Depending on the moment and mood, that might be the latest lipstick, a pint of ice cream or a cool phone accessory. Living well is a balance. Our job is to help all our

customers find their own individual balance of happy and healthy so they can achieve their own definition of well.

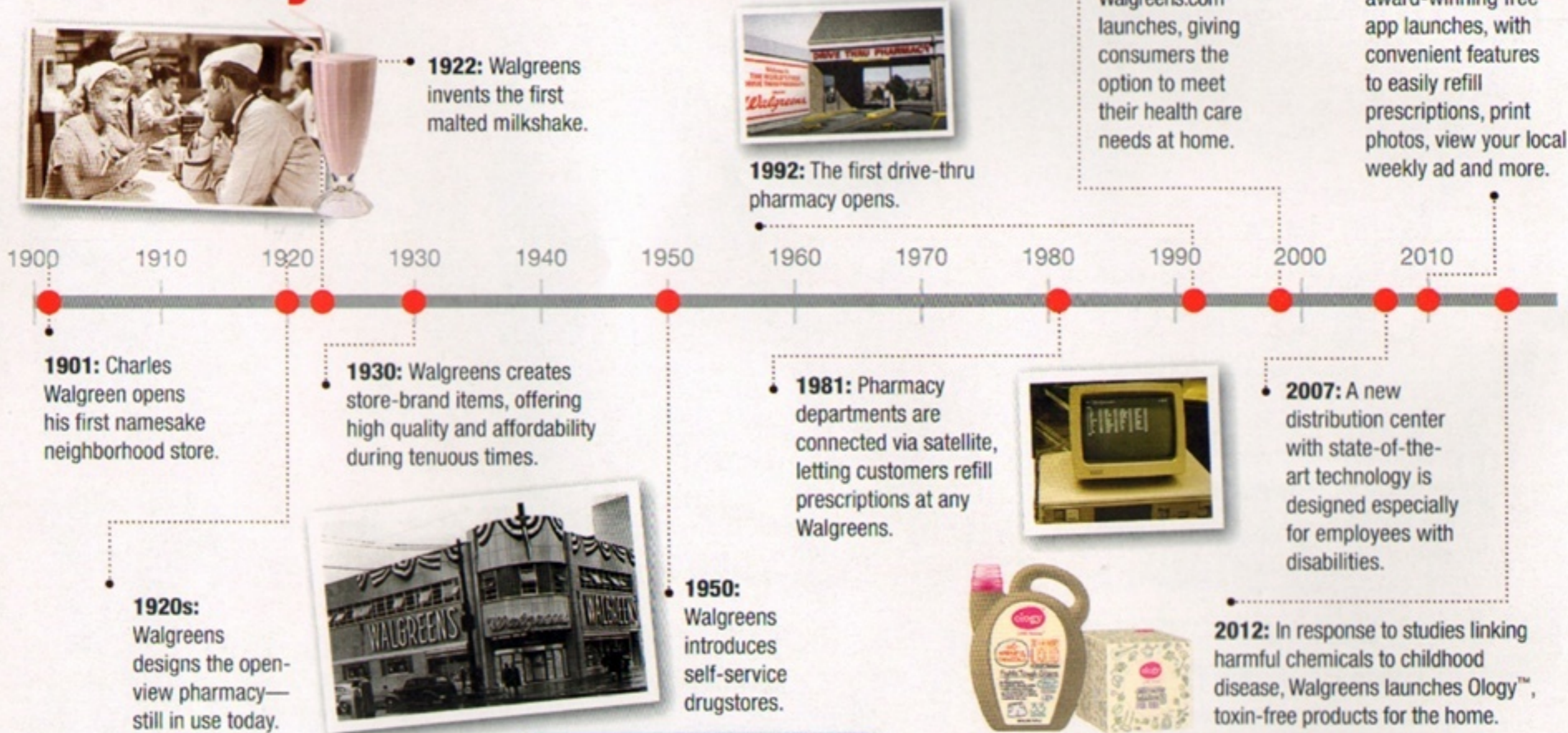
Keeping your balance at this hectic time of year is a challenge. That's why we're doing our part to make your holiday shopping as easy as possible. Whether you're popping into our stores or Walgreens.com, you'll find just the right range of choices, great values, and likely a few new and exciting products you might not expect from us.

You'll also experience nearly a quarter million people dedicated to help you get,

stay and live well. We're here for you every day—24/7 in many of our stores and online—and we're really easy to find: right at the corner of happy and healthy, where we've been innovating for over a hundred years (see below).

We wish you well this holiday season and hope this first issue of *Happy and Healthy* makes it a little easier. Please email HappyandHealthy@Walgreens.com to share your thoughts on how we can make the next issue even more relevant and valuable for you. Hearing from you will definitely make us happy.

A History of Innovation



Introducing Balance Rewards™

Instantly earn and redeem points for thousands of items in store and online.

Join today! Visit Walgreens.com/Balance.



Get 3,000 Points!

Earn **3,000 points** with purchase of \$20 or more of participating Walgreens private brand* items in the Happy & Healthy Holiday program.

*Limit 3,000 points within one transaction. Participating Happy and Healthy holiday program Walgreens brands include Walgreens, W, Finest Nutrition, Good & Delish, Nice!, Ology, Studio 35 Beauty, Pet Shoppe, Living Solutions, Play Right, Home Elements, and Bioinfusion. Balance™ reward restrictions apply. See terms and conditions for full details.

What's INSIDE

WELL + YOU

PAGES 4-13

- 5 Dr. Oz's Holiday Travel Tips
- 6 Taking Control of My Diabetes
- 7 Paula Deen's Diabetes-Friendly Cooking Tips
- 8 Introducing: Ology™**
- 10 Ask Your Pharmacist
- 10 Vitamins + Supplements: From A to Z
- 12 Give the Gift of Health

MERRY + BRIGHT

PAGES 14-22

- 14 Stocking Stuffers
- 15 Taylor Swift's Perfect Christmas**
- 16 The Brunch Bunch
- 18 Party Nosh + Drinks
- 20 Easy Ways to Say Thank You
- 21 Last-Minute Gift Ideas
- 22 Let There Be Lights!

BEAUTIFUL + YOU

PAGES 23-27

- 23 Ask Your Walgreens Beauty Advisor
- 24 Up Close & Personal With Halle Berry**
- 25 Professional Holiday Manis at Home
- 26 Spa Night Chez Vous
- 27 From Work to Wow!

YUMMY GUMMY VITAMINS!



buy 1 get 1
50% off*
*of equal or lesser price

with card
Finest® Nutrition Health Supplements on select products as shown on pg. 10.

PARTY PLEASERS



2.99

with card
Good & Delish™ Divine Chocolate & Caramel Truffle Cookies, 10.6 oz. For more party pleasers, see pg. 18.



25% off

with card
Studio 35 Beauty™ Professional Beauty Tools. See pg. 27.

LOOKING GOOD!

Save More Online!

For bonus buys, use your Walgreens app to scan the QR code or visit Walgreens.com/ShopMore



TEXT 2 Win TEXT HAPPY TO 35350

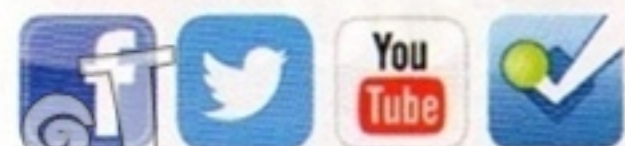
Hang on to this magazine to play our Walgreens Happy and Healthy Holiday Text 2 Win Sweepstakes! Answer weekly questions. If you get them right, you'll receive an entry for the **GRAND PRIZE AND WEEKLY \$100 WALGREENS GIFT CARD PRIZES.**

GRAND PRIZE: \$6,000+ WEEKEND GETAWAY! Including round trip airfare for two to Chicago, 3 night deluxe accommodations, Chicago River & Lake Architecture Tour, \$1000 cash, \$500 Walgreens gift card and more!

NO PURCHASE NECESSARY. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. LEGAL RESIDENTS OF THE 50 UNITED STATES (D.C.) AND PUERTO RICO 18 YEARS AND OLDER. VOID WHERE PROHIBITED. Sweepstakes ends 12/29/12. For Official Rules, prize descriptions, odds disclosure, customer service, and to enter without using your cell phone, visit <http://walgreens.promo.eprize.com/text2win/>. TXT STOP to 35350 to opt-out. TXT HELP to 35350 for information. Message and data rates may apply. You may receive up to four (4) messages the first Weekly Entry Period you enter and up to three (3) messages per Weekly Entry Period thereafter. Contact your carrier for plan details and pricing. Entry via text-messaging may not be available via all wireless carriers. Sponsor: Walgreen Co., 200 Wilmot Rd, Deerfield, IL 60015.

Advertised offers valid Oct. 28 thru Dec. 29, 2012

Sale merchandise may not be available at all stores and is not available at RxPress Pharmacies and pharmacy-only locations. Loyalty card required for sale pricing. Sale prices may also be limited to your local newspaper distribution. Rain checks are not available at stores that do not carry the advertised item. Sale prices offered for the dates listed on the front page unless otherwise specified in the text of the coupon. Right reserved to limit all quantities on all items. Coupons must be presented at the time of purchase. Regular prices quoted may vary by store. Items may not be exactly as shown. Available at Walgreens.com may differ. *Items purchased with Rewards Card are subject to conditions and limits established by the card. See coupon or register form for restrictions. Call 800-WALGREENS (800-929-4733) for more information or visit Walgreens.com/FindStore for the location nearest you. ©2012 Walgreen Co. All rights reserved.



Walgreens.com The best of the store and so much more.



WELL +

Get, stay and live well.

No Coughing for You!

with card Wal-Tussin® CF Max Liquid, 4 oz.

3⁹⁹



It Might Seem Strange...But People Swear By It

buy 1 get 1
50% off*

*of equal or lesser price

with card
Walgreens Sinus Kettle Neti Pot Kit

Also available: Walgreens Classic Sinus Neti Pot Kit or 100 pk. Refills



Digestive Health Never Tasted So Good

2⁴⁹

with card
Good & Delish™ Probiotic Boost Blend, 7 oz.



STOCK UP on These Items for Your Kids!



4⁹⁹

with card
Walgreens Children's Cough, Cold or Flu Relief, 4 oz.



buy 1 at 3.99 get 1
50% off

with card
Pediatric Electrolyte, 3.5 FL OZ.



buy 1 at 8.99 get 1
50% off

with card
Premium Diapers 28 to 50 pk. or Training Pants, 19 to 26 pk.

YOU

STAY HEALTHY

6⁹⁹

with card
Walgreens Pain Reliever Extra Strength Quick Gels, 80 or 100 ct.



19⁹⁹

with card
Walgreens 4X Probiotic, 28 ct.

buy 1 get 1
50% off*
*of equal or lesser price

with card
Walgreens Smooth Lax[®] 30 day, 17.9 oz.

There's a new look for Walgreens store brand, health + wellness products.



5⁹⁹

with card Walgreens Melatonin Cherry Melts, 30 ct.

GET SOME ZZZS



7⁹⁹

with card
Walgreens Nighttime Sleep Aid, 100 ct., and Wal-Som Sleep Aid, 32 ct.



buy 1 get 1
50% off*
*of equal or lesser price

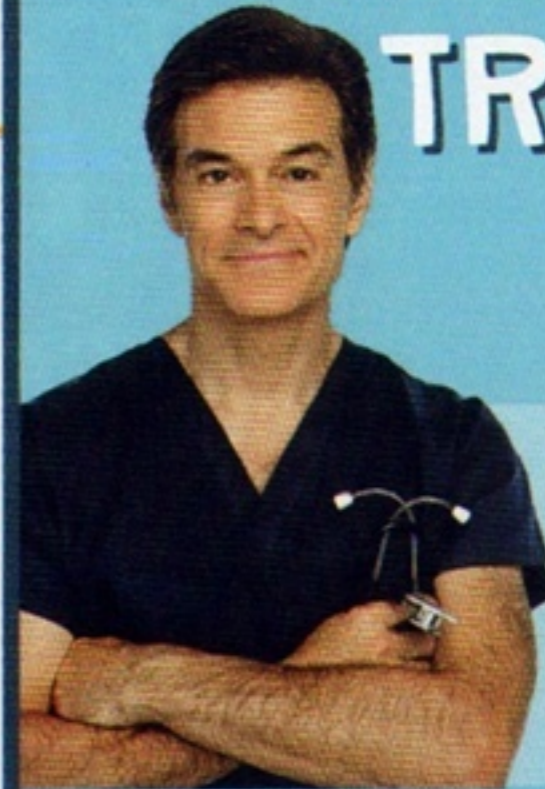
with card
Walgreens Children's Ibuprofen, 4 oz.



13⁹⁹

with card
Walgreens Infant Formula, 23.4 or 25.75 oz.

DR. OZ'S *Holiday* TRAVEL TIPS



Dr. Mehmet Oz is the two-time Emmy[®] Award-winning host of the two-time Emmy[®] Award-winning nationally syndicated *The Dr. Oz Show*.

1 Carry enough of all of your medicines in your carry-on luggage. Ask your doctor whether you should change your dosages if your eating and sleeping times will change at your destination. Bring enough medicine to last your whole trip. Take extra medicine with you in case your return trip is delayed.

2 Even healthy people can get blood clots in their legs after long flights. Try to walk every now and then during your flight (unless the crew tells you not to). It also helps to drink water, stretch your calf muscles while you're sitting and wear support stockings. For most travelers over the age of 40, two baby aspirin daily makes sense for general health and can help prevent blood clots while sitting for prolonged periods.

3 Traveler's constipation is a natural response to unfamiliar environments and diets, so give your guts a break with a daily fiber supplement (like psyllium husks or oatmeal) and lots of water.

4 Always keep a savory snack (that happens to benefit your health like nuts or fruits) near you so you are not foraging for food in an unfamiliar environment. Nuts are rich in healthy fats and satiate you quickly so you don't run amok at the junk food stand.

5 Make working out easy by storing a 20 minute workout on your laptop so you can squeeze in a quickie in your hotel room in the time it would normally take you to find the gym. You can travel without workout clothes and sneakers since you can do these programs in your underwear (you don't even need these).

6 What can you do about jet lag? Get plenty of sleep before you leave and even cheat up or back your normal hours to accommodate the time shift where you will be. Minimize alcohol, which leads to uneasy sleep which is less restful. Always have a glass of water in between alcoholic beverages.

in *Carroll's* *Walgreens.com*

Taking Control of My Diabetes

HI, I'M ROSA,
AND I HAVE DIABETES.
I HOPE MY STORY HELPS
AND INSPIRES YOU.

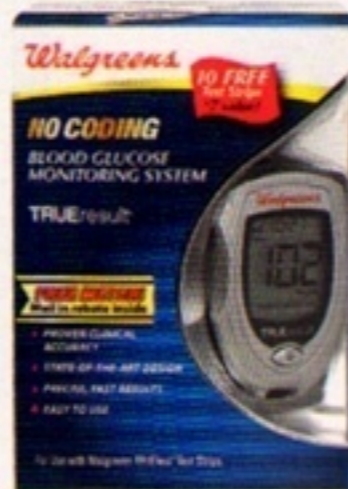
During the holidays, everything revolves around food and family for me. Food represents love, a legacy from my ancestors and a piece of my Dominican culture. But now that I'm 60 and living with Type 2 diabetes, I have to be extra vigilant during the holidays if I'm going to keep my sugar and weight in check during this most joyous time. Here's how I navigate a typical day during the holiday season:

8 A.M.

I start my day by checking my glucose levels. If my blood sugar level is high, I know I'll have to test several times throughout the day to make sure I'm back where I should be. For breakfast, I usually have oatmeal, a boiled egg and a cup of coffee. I will have my first piece of fruit after my morning walk to work. I'm usually "good" in the morning, sticking to my meal plan. For me, the struggle appears in the afternoon and the evening—that's when I crave more food than I need.

11:30 A.M.

Self-testing allows me to measure what I call my "gasoline level." Sugar is my fuel. If my sugar level is high, it means I don't need fuel at the moment. If it's low, I know that I should refuel with a piece of fruit or something sweet, in moderation.



14⁹⁹

with card
Walgreens
TRUEresult® Blood
Glucose Meter



39⁹⁹

with card Walgreens
TRUEtest™ Blood Glucose Test
Strips, 50 ct.



9⁹⁹

with card
Walgreens
Lancets, 210 ct.



59⁹⁹

with card Walgreens Deluxe
Arm Blood Pressure Monitor

Plus \$15 mail-in rebate!

Pick up a copy of *Walgreens Diabetes & You* in our pharmacy. Find more diabetes management products at Walgreens.com/Diabetes.

In Heart with

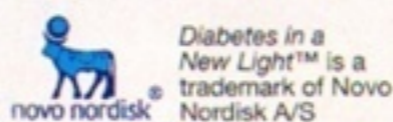
Paula Deen's Diabetes-Friendly Cooking Tips

diabetes
in a new *Light*™

- Remember—a good balance of the right foods, along with regular exercise and your prescribed medications, can help you feel better and stay healthier.
- As with any meal, pay attention to portion size and enjoy every dish as part of your overall meal plan.
- Cut the saturated fat by reducing the amount of meat, cheese and dairy products called for—and choosing the leanest versions of each. Try skinless poultry or reduced-fat cheese in your next meal.
- Fat-free Greek yogurt is a great secret weapon—it's rich and creamy like sour cream, without any fat. Stir into soups or sauces to add creaminess.
- Keep carbohydrates down by watching portion size on carb-rich ingredients like pasta, bread and potatoes. Try an open-faced sandwich or add more veggies to your pasta dishes. Also, remember to rely on good carbs such as whole grains.

- Watch sodium by using more "cooked from scratch" ingredients (about 75 percent of the sodium we eat comes from processed foods).
- Choose reduced-sodium or low-sodium versions of products whenever you find them, especially sauces, tomato products, broths and soups. A sprinkle of lemon juice or other acidic ingredients like vinegar can create a sensation of saltiness without adding sodium.
- For dessert recipes, experiment with using less sugar. Try boosting other flavors you usually associate with sugar, like vanilla, cinnamon, cloves and nutmeg.

Visit diabetesinaneewlight.com for diabetes-friendly recipes from Paula Deen.



4 3 P.M.

If I am going to snack during the day, I try to stay away from the cookies and candy people bring into the office and eat a small piece of fruit instead. I also compensate by drinking water. Sometimes when I think I'm hungry, I'm actually thirsty. Water with lemon will often help me control my cravings.

4 6:30 P.M.

Staying active during the holidays can be difficult with such a busy schedule. I'm lucky because I live in New York City, which is a walker's paradise. Weather permitting, I walk the 45 minutes to work every day at a brisk pace, and I take a more leisurely stroll on the way back home. I also try to make it to a Zumba class twice a week, and I always take the stairs throughout the day at work.

4 7:15 P.M.

There are so many wonderful, healthy vegetable dishes to cook during the holidays. I try to start with them so I feel less hungry when I get to the "main show." I don't believe in depriving myself during the holidays. I'll try some of everything, but only in moderation.

4 9:00 P.M.

There are always parties during this time of year. I try to see it as a natural occurrence that I will gain some weight over the holidays, so I have an agreement with myself: I'm going to have a wonderful time, but I'm not going to overdo it. It's all about finding emotional balance and an acceptable compromise with yourself between enjoying life and controlling diabetes.



with card Walgreens Alcohol Swabs, 100 ct.



with card Walgreens Diabetic Crew Socks, Women's or Men's. Assorted varieties and colors.



with card Walgreens Extreme Gel Insole, Men's, 1 pair.

Get 3,000 points with purchase of \$20 or more of participating Walgreens private brand* items in the Happy & Healthy Holiday program.

*Limit 3,000 points within one transaction. Participating Happy and Healthy holiday program Walgreens brands include Walgreens, W, Finest Nutrition, Good & Delish, Nice!, Ology, Studio 35 Beauty, Pet Shoppe, Living Solutions, Play Right, Home Elements, and Bioinfusion. Balance™ Reward restrictions apply, see terms and conditions for full details.



with card Nice!™ Sugar-Free Candy, 4.5 oz.



with card Finest Natural Daily Diabetes Health Pack, 30 day supply.



Bayer Contour Next EZ Meter. Pair with: Contour Next EZ Strips, 25 ct.

ology™

INTRODUC

Exclusive to Walgreens, Ology™ brand products provide our assurance that these items work as well as the larger brands but are also free of the harmful chemicals that today's pediatricians are so concerned about. And, best of all, they're available at an affordable price.

well. being.™



ENDORSED BY



These harmful chemicals will *not* be included in our Ology™ products.

TOP 10 NO-NO INGREDIENT LIST

- Ammonia
- Chlorine bleach
- DEA (diethanolamine)
- TEA (triethanolamine)
- Parabens
- Phthalates
- Formaldehyde
- Nonylphenol ethoxylates
- Triclosan
- SLS/SLES

Plus, Ology™ does not use artificial dyes or fragrances.



MUST HAVE!

4.99

with card
Ology™ Laundry Detergent, 33 loads.

Given the choice between two equally effective products but one doesn't contain toxic chemicals and is gentler on the Earth, which would you choose? We thought so.



100% TREE FREE!

Our forests and trees are precious. Ology™ Bath Tissue is made with sugarcane husks and quick-growing bamboo, which regenerates in as little as 6 months.



4.99

with card
Ology™ Bath Tissue, 12 rolls.



5.99

with card
Ology™ Fabric Softener, 33 loads.

SOFT NEVER FELT BETTER

For delicate noses, opt for chemical-free.



1.49

with card
Ology™ Facial Tissue, 90 sheets.

in ear wags.com



MOM!

Visit HealthyChild.org/AWakeUpStory

If you watch just one video this week, this one from Healthy Child Healthy World® should be it!

ING: OLOGY™



Moms and Moms-to-be,
READ THIS!

"When we look at what is causing prevalent childhood diseases such as allergies, autism and asthma, we're finding that genetics is only part of the story. Today, we have sophisticated scientific research tools that show us that childhood exposures to chemicals found in everyday, common household products can be permanently affecting a child's health and brain development."

—Dr. Philip Landrigan, renowned pediatrician and director of Mount Sinai's Children's Environmental Health Center in New York

Dr. Landrigan works with Healthy Child Healthy World, a nonprofit organization that strives to protect children from harmful chemicals. **Read more at healthychild.org.**

A CLEAN CONSCIENCE

These cleaners cut through grease and grime without leaving streaks. Like all Ology™ products, they don't contain harmful chemicals, making them safe for you and your family.



2⁹⁹

with card Ology™ All-Purpose or Glass Cleaner, 26 oz.



8⁹⁹

with card Ology™ CFL Bulbs, 3 pk.



2⁴⁹

with card Ology™ Paper Towels, 2 rolls, 65 sheets ea.

TREE+LINT FREE

Caring for tomorrow means taking steps to ensure a clean future for our children. And Ology™ Copy Paper is made without lint, so it runs through printers more efficiently.

3⁹⁹

with card Ology™ 100% Tree Free Copy Paper, 400 sheets

Shop more Ology products at Walgreens.com/Ology

Balance Rewards!



Save

on sale items with card



Earn

500 points for every prescription* and immunization



Points on thousands of items each week



10 points for every mile when you Walk with Walgreens®†

Redeem instantly with as few as **5,000 points** in store or online.



The points add up quickly, so you can treat yourself to something you want, while saving on the things you need.

Points earned	Reward
5,000	\$5
10,000	\$10
18,000	\$20
30,000	\$35
40,000	\$50

*Due to state and federal laws, points cannot be earned on some items. Points will not be awarded to anyone who currently is or was at any time in 6 months prior to purchasing Pharmacy Items covered by Medicare, Medicaid, Tricare or other government-funded healthcare program. Pharmacy items must be purchased at participating Walgreens Drugstore, Rxpress, Duane Reade or Walgreens Pharmacy locations ("Participating Stores") to earn points. Excludes Pharmacy Items purchased from AR, NJ or NY pharmacies and prescriptions transferred to a Participating Store located in AL, MS, OR or PR. †See terms and conditions for both programs. For full details, visit Walgreens.com/Balance and Walgreens.com/Walk.

Express Scripts Member?

You may now be able to fill your prescriptions at Walgreens and get back to the pharmacists and services you trust and rely on. It's easy to switch: Just go online or bring in your prescription bottles. Plus when you transfer your prescriptions, you may be eligible for a **\$25 WALGREENS CARD.*** Welcome back!

*This offer is not valid for and cannot be used by any patient who, based on available plan information, is currently or has been a beneficiary of a federal healthcare program, such as Medicare Part D, Medicare Advantage, Medicare Part B, Medicaid, TRICARE or the Federal Employees Health Benefits Program anytime in the 6 months prior to coupon redemption. Offer not valid in AL, AR, MS, ND, NJ, NY, OR and PR, and other transfer restrictions may apply. Purchase of a transferable prescription with valid refills is required and coupon must be presented at pharmacy in person. Some items not applicable. Only one coupon transferable from Walgreens. All offers are available at other pharmacy owned by the Walgreens Family of Companies. Some card restrictions apply. Transfer and coupon redemption must be completed by 12/31/12. Not valid with any other offers. Redeemable in store only.

MUST TRY!

Walgreens.com

Ask Your Pharm



Rina, Walgreens Pharmacist



Knowing how to keep yourself and your family healthy during cold and flu season can be daunting. The solution? Ask questions—and plenty of them—to best safeguard against illnesses. Your pharmacist is on hand to answer questions and help you on your way to being healthy and happy.

Q: I have a stuffy nose & sinus pressure. How do I know if it's a cold or allergies?

A: You will usually notice a sore throat at the early stages of a common cold. Other typical symptoms include a runny or stuffy nose and frequent sneezing. It can last anywhere from 4-9 days, usually resolves on its own. Allergy symptoms may be similar to a common cold such as a runny or stuffy nose and bouts of sneezing. Additional allergy symptoms include postnasal drip as well as itchy and watery eyes. These symptoms can linger for the entire allergy season.

Q: Are there any ways to take vitamins without all those pills?

A: If you or your loved one has a hard time swallowing tablets there are other alternatives to help ensure you are getting your daily dose of recommended vitamins. Vitamins come in a variety of forms including lollipops! Vitamin lollipops are a convenient way to get your necessary vitamins and they taste great too!

Q: This cough is getting the better of me. Can I get some relief please?

A: Look for products that are cough suppressants commonly labeled "dextromethorphan" or "DXM" or "DM". Dextromethorphan is taken orally and provides relief for symptoms of a cough. Make sure you follow the dose instructions on the label.

DON'T MISS the BUS!

Find out more about how Walgreens brings life-saving testing to towns in need. Visit WayToWellTour.com.



Refill Rx by Scan

Refill your prescription in seconds with the free Walgreens app.

Look for more Answers at Walgreens.com

*Answers to questions regarding information about medications or health conditions are not for diagnostic or treatment purposes and are not conclusive as to the presence or absence of any health condition. Individuals are encouraged to consult their healthcare provider regarding their specific medical condition. Information provided by Walgreens does not constitute medical advice, diagnosis, or treatment.

Vitamins + Supplements: From A to Z

A B C D E F G H I J K L



C is for Chia Oil
This ingredient dates back to the ancient Mayas and may help support heart and immune system health.

Finest® Nutrition Chia Oil,



F is for Fish Oil
These easy-to-swallow fish oil pearls help maintain normal heart and vascular health—and won't leave a bad taste in your mouth.

Finest® Nutrition Fish Oil Pearls, 180 ct.



G is for Gummy
Sick of swallowing pills? These multivitamins work great and taste even better. Plus, they contain natural colors and flavors.

Finest® Nutrition Multivitamin Gummies, 150 ct.



25% off

with card Pure Life™ NATURALS Fresh Alaskan Extra Strength Omega-3 Fish Oil, 60 ct.

H is for Heart
These gluten-free supplements do their work without artificial ingredients, colors or preservatives.



24⁹⁹

with card Walgreens Omega-3 Krill Oil, 45 ct.

K is for Krill
Supportive but not conclusive research shows that omega-3 fatty acids may help reduce the risks of coronary heart disease.



with card on select Finest® Nutrition Health Supplements

**of equal or lesser value

acist*



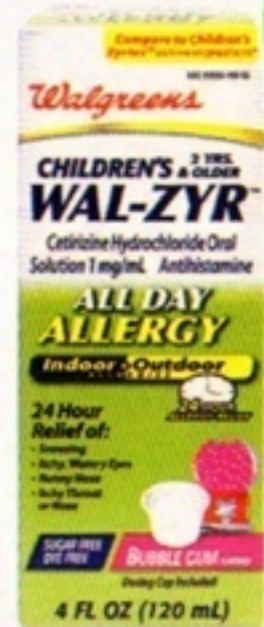
3⁹⁹

with card
Walgreens
Vitamin C or
Sore Throat
Lollipops, 20 ct.



7⁹⁹

with card
Walgreens
Mucus Relief,
8 oz.



buy 1 get 1
50% off*
*of equal or
lesser price

with card
Children's
Wal-Zyr™ All
Day Allergy
Relief, 4 oz.



3⁹⁹

with card
Walgreens Cold Sore
Treatment, .23 oz.



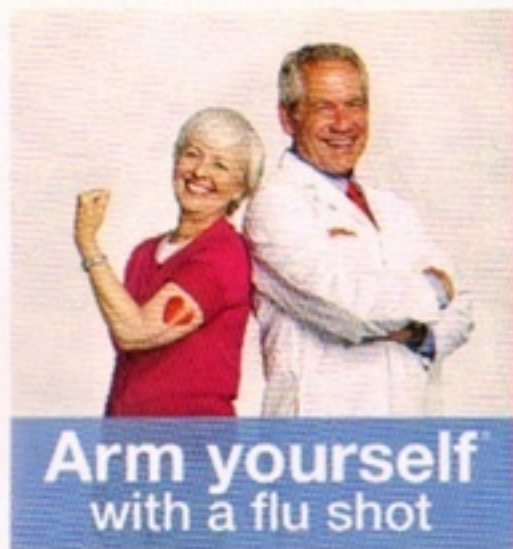
9⁹⁹

with card
Wal-Itin® or
Wal-Zyr™ 24 Hour
Allergy Relief, 30 ct.



14⁹⁹

with card
Wal-Fex® 24 Hour
Tablet, 30 ct.



Visit the Pharmacy

Walk-ins welcome. No appointment necessary.

PLUS get a FREE assessment to find out which other immunizations might be right for you.*

- pneumonia
- whooping cough
- shingles

Arm yourself with a flu shot

*Information does not constitute medical advice, diagnosis, or treatments. Vaccine subject to availability. Restrictions may apply see pharmacy for details.

NEW!

25% off

with card
Pure Life™
NATURALS 12
Billion Colon
Support Probiotic,
30 ct.



PURE LIFE™ NATURALS

Pure Life™ NATURALS offers a comprehensive line of nutritional supplements, each made with a unique blend of the pure, all-natural ingredients to support the body's natural processes and to promote overall health and wellness. All Pure Life™ NATURALS supplements are free of artificial ingredients, colors or preservatives for a naturally healthy life. Pure You. Pure Health. Pure Life™ NATURALS.

M N O P Q R S T U V W X Y Z



M is for Melatonin
This sleep aid usually comes in pill form—but liquid absorbs even quicker.

Finest® Nutrition Extra Strength Liquid Melatonin, 8 oz.



P is for Protein
Sure, you can scoop this into a smoothie—but have you thought about putting some in your cereal, or mixing it into pancake, muffin or waffle batter?

Finest® Nutrition Whey Protein, 2 lbs.



U is for Urinary Tract Health
Cranberries help maintain urinary tract health. You get three times the amount of antioxidants—without all the calories.

Finest® Nutrition Cran-Max, 60 ct.



7⁹⁹
with card Walgreens
Thrive! For Life Women's
Multivitamin, 50 ct.



25% off

with card Pure Life™
NATURALS Women's Multi-Plus
Vitamins & Minerals, 60 ct.

50% off*
with card on select Finest® Nutrition Health Supplements
*of equal or lesser price

Give the GIFT OF HEALTHY YOU

HEALTHY YOU



buy 1 get 1
50% off*
*of equal or lesser price

buy 1 get 1
50% off*
*of equal or lesser price

1 NEW 9⁹⁹

with card Walgreens Power Oral Care System

2 49⁹⁹

with card Walgreens Pulse Oximeter

Plus \$10 mail-in rebate!†

3 14⁹⁹

with card Walgreens Standard Heating Pad

4 with card Walgreens Hot & Cold Bead Eye Mask or Multi-Purpose Pack

5 79⁹⁹

with card Walgreens Premium Arm Blood Pressure Monitor

Plus \$20 mail-in rebate!†

6 34⁹⁹

with card Walgreens Ultrasonic Humidifier, 1.2 gal.

7 59⁹⁹

with card Walgreens Deluxe Wrist Blood Pressure Monitor

Plus \$15 mail-in rebate!†

8 39⁹⁹

Wahl Deep-Tissue Percussion Massager

9 with card Walgreens Ultra Strength Muscle Rub, 4 oz.

10 24⁹⁹

with card Walgreens Ultrasonic Cool Mist Travel Humidifier

Medicare Part D

You have until Dec. 7th to enroll in or switch to a Medicare prescription drug plan and this year Walgreens has worked with four of the nation's top plans to help you save. Your Walgreens pharmacist can help you compare plans so you can choose the right one for your medications and finances. It's easy to schedule an appointment and switching plans could save you money!

†Rebate form in Savings Book. See form for terms, exclusions and expiration.

Yoga

SUN SALUTATION SEQUENCE

YOGA NEWBIE OR VETERAN? Shop hundreds of yoga items on Walgreens.com

Every morning is a clean slate. Start the day off right with a healthy body and mind.

1. Start with hands together in Mountain Pose.
2. Inhale, raise arms with palms together, and lean back.
3. Exhale and bend to Forward Fold.
4. Inhale, step right foot back into Lunge.
5. Exhale, step left foot back into Plank.
6. Retain breath, bend knees, chest then forward to floor into Caterpillar.
7. Inhale, stretch forward and bend back into Upward Facing Dog.
8. Exhale, tuck toes and lift hips into Downward Facing Dog.
9. Inhale, step right foot forward into Lunge.
10. Exhale, step left foot forward and bend to Forward Fold.
11. Inhale, raise arms with palms together, and lean back.
12. Exhale, stand straight and bring hands down into Mountain.



ALTH

HEALTHY HOME

buy 1 get 1
50% off*
*of equal or lesser price

with card
Nice!™ Microfiber
Sponge or
Dispensing Dish
Brush



BIG SIZE!

2/\$5
or 2.99 ea.
with card
Nice!™ Dishwashing
Liquid, 24 oz.



Get **3,000**
points



with purchase of \$20 or more
of participating Walgreens
private brand* items in the
Happy & Healthy Holiday
program.

*Limit 3,000 points within one transaction.
Participating Happy and Healthy holiday program
Walgreens brands include Walgreens, W, Finest
Nutrition, Good & Delish, Nice!, Ology, Studio 35
Beauty, Pet Shoppe, Living Solutions, Play Right,
Home Elements, and Bioinfusion. Balance™
Reward restrictions apply, see terms and
conditions for full details.

AW, NUTS!

5.99

with card
Nice!™ Almonds,
16 oz.



4.99

with card
Nice!™ Mixed Nuts, 10 or
11.5 oz.

2.49

with card
Good & Delish™
Probiotic Fruit &
Nut Blend, 7 oz.



HEALTHY PETS



2/\$7
or 3.99 ea.

with card
Pet Shoppe™ Natural
Biscuits, 24 oz., chicken and
cheese or salmon and rice.

NEW! Pet Shoppe™ Naturals
Feed Fido the finest! Rich in
omega-3 fatty acids, these wholesome treats don't contain
wheat, corn, soy or meat byproducts, and you won't find any
artificial colors or preservatives, either.



REENERGIZE



2/\$3
or 1.99 ea.

with card Starbucks
Refreshers, 12 oz.
Plus deposit where required.

KEEP CALM

2.49

with card
Good & Delish™ Tea,
assorted flavors, 20 pk.



SMART SNACKS



2/\$5
or 2.99 ea.

with card Snacks:
Popchips, 3 oz.
Nice!™ Veggie Sticks, 7 oz.
Smartfood Selects, 6 oz.

9.99

with card
Pet Shoppe™ Jerky or
Mixed Grill, 16 or 20 oz.



the heart of Walgreens.com



25% off

with card Case Logic select Phone Accessories iPhone not included.



25% off

with card Just Wireless select Mobile Accessories



MUST TRY!

2.99

with card Good & Delish™ Chocolate Nut Crisps, 5 oz.



2.99

with card Good & Delish™ Belgian Thins, 2.8 oz.

MERRY + BRIGHT STOCKING STUFFERS

1.99

with card Good & Delish™ Pretzels, 5 oz.



MUST TRY!



14.99

with card Studio 35 Beauty™ Deluxe Eye Kit

Before you hang them with care, fill them with goodies your family and pets will love!

Shop these items and more at Walgreens.com/Holiday.

Can't decide on a gift? Great selection of gift cards!*



3.99 Holiday Stocking

1.69

with card Good & Delish™ Premium Chocolate Bars, 3.53 oz.



29.99

with card SmartHealth Heart Rate Watch

2/\$7 or 3.99 ea.

with card Pet Shoppe™ Grill Bites, 4 oz.



25% off

with card Studio 35 Beauty™ Kabuki Brush



4.99

with card Studio 35 Beauty™ Grooming Set for Men, 6 pieces



the art of walgreens.com

*Selection may vary by store. Cards have no value until activated at register. See gift card for terms and conditions. Some cards not available in VT or NJ.

NEW!

the Taylor Swift store at Walgreens



13⁹⁹

RED, Taylor Swift, Includes the hit song "We Are Never Ever Getting Back Together"



4⁹⁹

Taylor Swift Journals



6⁹⁹

Taylor Swift Posters



1⁴⁹

Taylor Swift Spiral Notebooks



14⁹⁹

Taylor Swift T-shirts



SHOP FOR MORE TAYLOR SWIFT PRODUCTS, including cell phone case and covers, tablet covers, drawstring backpacks, blankets and more at the Taylor Swift Store at Walgreens.

TAYLOR SWIFT® and RED™ are trademarks of Taylor Swift. Used by permission. Photography by Brian Doben ©2012 Firefly Entertainment, Inc. All Rights Reserved.

TAYLOR SWIFT'S Perfect CHRISTMAS

You grew up on a Christmas tree farm. What was that like?

The best part was watching all the individual families pick out trees. Every family wanted something different. We had one family that would come, and the dad would always pick out the ugliest tree we had, and his kids would all scream "NOOOO, DAD!!!" And he got the biggest kick out of it.

What holiday memories have inspired your music?

I love the scents of winter. For me, it's all about the feeling you get when you smell pumpkin spice, cinnamon, nutmeg, gingerbread and spruce. Also, Christmas is a time of expressing love, or missing someone you wish you could be with around the holidays. There's lots of inspiration to draw from.

What holiday song gives you chills?

I like "Last Christmas" because it's about an old relationship. Go figure.

What was the most memorable holiday gift you received growing up?

My parents have a video of me getting my first guitar under the Christmas tree when I was about 9. I look psyched. And it ended up being a gift that changed my life.

What's your favorite holiday tradition?

My favorite holiday tradition is the baking and cooking. There's always so much holiday food, hot chocolate, gingerbread, and cookie making happening at my house.

What's your secret to finding the perfect present for friends and family?

Listen. If you start paying attention months in advance, it's easy to know what your loved ones might want.

How do you go about throwing a festive holiday gathering?

You make sure it feels warm, whether it's with decorations or just inviting people who know and love each other. The holidays are all about familiarity and warmth.

What's the most unusual holiday decoration you have in your home?

I put mistletoe everywhere. Again, go figure.

And finally, do you still believe in Santa?

Yes. You have to believe in him or he won't bring you anything. Everyone knows that.



Heartwags.com

the BRUNCH BUNCH

Rise and Shine

1 2/\$3 or 1.99 ea. **▷ with card** Nice!™ Shredded Mild Cheddar Cheese, 8 oz.

Just as delicious:
Shredded Italian or Mexican, 8 oz. or American Singles, 12 oz.

2 5.99 **▷ with card** Good & Delish™ Premium Select Nuts, 6.5 to 10 oz.

3 2/\$3 or 1.69 ea. **▷ with card** Nice!™ Elegant Napkins, 100 pk.



YOU WON'T BELIEVE THESE FLAVORS! SMOKED BACON, PANCAKE AND FRENCH TOAST!

4 6.99 **▷ with card** Good & Delish™ Almond Brunch Mix, 16 oz.

5 2.99 **▷ with card** Good & Delish™ Fabulous Oatmeal Raisin Cookies, 12 oz.

6 2.99 **▷ with card** Nice!™ Sweet Cream Butter, 16 oz.

7 5.99 **▷ with card** Good & Delish™ Premium Coffee, 12 oz.

8 99¢ **▷ with card** Good & Delish™ Cinnamon Rolls Bites, 3 oz.

MORE BITE-SIZE TREATS IN STORES!

9 10 2/\$5 or 2.99 ea. **▷ with card** Nice!™ Storage Containers With Lids, 3 or 5 pk., Nice!™ Insulated Paper Cups With Lids, 16 oz., 10 pk.

11 3.49 **▷ with card** Good & Delish™ Baking Mixes, 16 oz.



Get 3,000 points
with purchase of \$20 or more of participating Walgreens private brand* items in the Happy & Healthy Holiday program.

*Limit 3,000 points within one transaction. Participating Happy and Healthy holiday program Walgreens brands include Walgreens, W, Finest Nutrition, Good & Delish, Nice!, Ology, Studio 35 Beauty, Pet Shoppe, Living Solutions, The Right, Home Remedies, and Bloomfusion. Balance™ Reward restrictions apply, see terms and conditions for full details.



GREAT GIFTS



with card Good & Delish™ Caramel Corn or Kettle Corn, 12 oz.

2.99

with card Good & Delish™ Sensational Chocolate Chip Classic Cookies, 12 oz.



3.49

with card Nice!™ Peanuts, 16 oz.

2/\$8

or 4.99 ea. **with card** Nice!™ Whole Cashews, 8.5 or 9.5 oz.

Nice!™ Caramel French Toast

- 1 cup Nice!™ Brown Sugar
- 1/2 cup Nice!™ Sweet Cream Salted Butter
- 2 tbsp. light corn syrup
- 1/2 cup Nice!™ Chopped Pecans
- 12 slices of thick white bread
- 6 Nice!™ Grade A Large Eggs, beaten
- 1 1/2 cups milk
- 1 tsp. vanilla extract
- 1/4 tsp. Nice!™ Iodized Salt
- 1 tsp. Nice!™ Ground Cinnamon



Combine brown sugar, butter and corn syrup in a small saucepan. Cook over medium heat until thickened, stirring constantly. Pour syrup mixture into a greased 13-by-9-by-2-inch baking dish with the Nice!™ pecans. Place six slices of bread on top of syrup mixture. Top with remaining six slices of bread. Combine eggs, milk, vanilla, salt and cinnamon, stirring until blended. Pour egg mixture evenly over bread slices. Cover and chill 8 hours. Bake in preheated 350°F oven 40-45 minutes or until lightly browned. Serve immediately. Makes 6 servings.

Download the free Walgreens mobile app today and use our shopping list feature.

GO Nuts!

5.99 ea.

with card Good & Delish™ Premium Select Nuts, 6.5 to 10 oz.



TEXT 2 Win
TEXT HAPPY TO 35350

for a chance to experience Chicago in style or to score one of dozens of \$100 Walgreens gift cards! See Page 3 for details.

in cart walgreens.com

PARTY NOSH

Guests dropping in unannounced? Your neighborhood Walgreens has plenty of solutions on the fly.



FIZZ *the* SEASON



2/\$7
or 3.79 ea.

Welch's Sparkling Grape Juice, 25.4 oz.
Plus deposit where required.



99¢

with card
Good & Delish™ Sparkling Spring Water, 1 Liter.
Plus deposit where required.

MERRY *and* BERRY



2/\$6
or 3.49 ea.

with card
Good & Delish™ Cranberry Juice Cocktail, 64 oz.
Plus deposit where required.

SALTY + SWEET



3.99 **with card**
Good & Delish™ Pretzel Party Mix, 9.5 oz.



2/\$5
or 2.99 ea.

SPICE IT UP!

with card Nice!™ Appetizers, 8 to 20 oz.

PERFECT PAIRING



4.99

with card
Good & Delish™ Cracker Assortment, 4 pk.

2/\$3
or 1.99 ea.

with card
Nice!™ Cheese, 8 oz.

UNDER *the* MISTLETOE

2/\$6
or 3.29 ea.

with card
Hershey's® Kisses®, 8.5 oz.

Share sweet holiday moments with one-of-a-kind Hershey's® Kisses® Brand Milk Chocolates. These delightful candies are dressed up in bright red, green and silver foils and are ideal for candy dishes, gifts, crafts and all your holiday occasions.



Peanut Butter Cookies

- 1 Nice!™ Large Grade A Egg, beaten
- 1 cup Nice!™ Creamy Peanut Butter
- 1 cup Nice!™ Pure Cane Sugar
- 36 Hershey's® Kisses® Brand Milk Chocolate

Combine egg, peanut butter and sugar. Mix well. Form into small balls. Place 2 inches apart on greased cookie sheet. Bake in preheated 350° oven for 9 minutes. Remove from oven. Place a Kisses® Chocolate in center of each cookie. Dough will crack. Bake 1 additional minute. Cool on rack. Makes 3 dozen.

theartwags.com

HERE'S THE DISH!

EVERYONE WILL BE SCREAMING FOR THIS NEW ICE CREAM



2/\$5
or 2.99 ea.

with card Good & Delish™ Ice Cream, 16 oz.

This super-premium ice cream includes delectable chunks of cookie dough and tasty peanut butter candy in a vanilla and chocolate swirl. And, it's made with real cream and real sugar. Walgreens has crafted its own brand of ice cream for over 100 years—and somehow it keeps getting better! Assorted flavors include Cookie Dough & Peanut Butter Duet, Super Premium Vanilla and Strawberry Cheesecake.

MILKSHAKES ANYONE?



24⁹⁹

with card Living Solutions® 10 Speed Blender

HEARTBURN HELPERS

buy 1 get 1
50% off*
*of equal or lesser price

7⁹⁹

with card Walgreens Lansoprazole, 14 ct. Also: 42 ct. for 18.99

with card Wal-Zan® 150, 24 ct.

18⁹⁹

with card Walgreens Omeprazole, 42 ct.



*Walgreens Pharmacist Survey Study, November 2010

CREATE FESTIVE MOMENTS with **AIR WICK.**



\$5

with card Air Wick Scented Oil Refill, 2 pk. Candle, 5.29 oz. Freshmatic Ultra Refill With Free Gadget Reed Diffuser, 1.18 oz.

photo by **Walgreens**

Gift of Memories

Celebrate life's big moments with Photo by Walgreens. Visit our in-store kiosk or Walgreens.com/Photo to get started today.



7⁹⁹

with card Home Elements Two-Tone Metal Frame, 5 x 7 in.



PHOTO CARDS:

For greetings, gifting and invites; now also available from our iPad card app.

QUICKPRINTS:

Print photos directly from your phone and pick up at your local Walgreens in about an hour.

BANNERS:

Party in a big way with a personalized banner.

SAME DAY PICKUP CANVAS PRINTS:

Gift a work of art—available for pick up at over 3,000 stores. Starting at \$39.99.

Text **CATALOG** to 21525 and get an instant photo coupon. Message and data rates may apply.

in cart walgreens.com

EASY WAYS TO SAY

THANK YOU

READY to SWOON?

During this season of joy, delight friends and family with the gift of delicious smooth-melting Lindt Lindor Truffles. When they break Lindor's delicate chocolate shell, the irresistibly smooth filling starts to melt—and so will they.

2/\$7
or 3.99 ea.

with card
Lindt Lindor Truffles, 5.1 oz.



FOR THE DIVA

Use our Gift Finder for more ideas!
Shop Walgreens.com/Holiday

FOR THE
TEACHER,
CO-WORKER,
NEIGHBOR



MUST TRY!

7.99

with card Nice!™
Sweet & Salty Pub Peanuts, 18 oz.



6.99

with card Nice!™
Four Seasoning Popcorn Party Pack, 39 oz.



\$15

with card
Living Solutions®
Sherpa Throw,
50 x 60 in.

MUST HAVE!



25% off

with card
Studio 35 Beauty™
Brushes & Organizer
Set, 11 piece.



3.99 to 7.99

Assorted DVD Movies
Selection may vary by store.

FOR THE
HOST AND
HOSTESS



MUST TRY!

19.99

with card Living Solutions® On-The-Go Personal Blender



9.99

with card Good & Delish™
Roasted Jumbo Cashews, Mixed Nuts or Pistachios, 10.6 oz.

MUST HAVE!



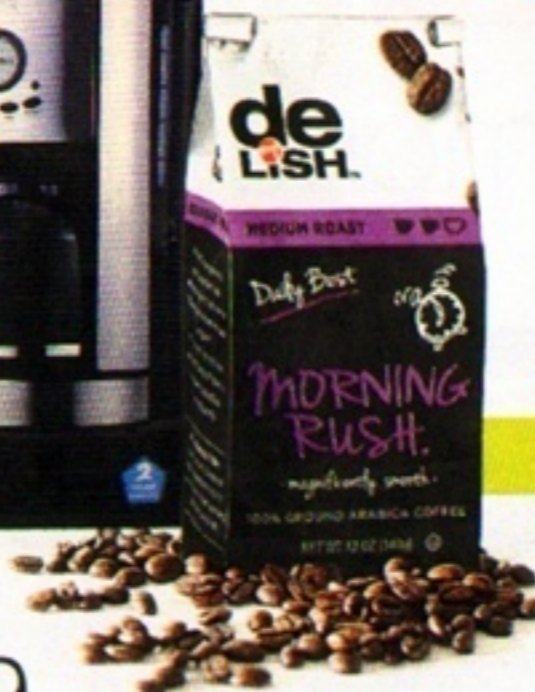
29.99

with card Living Solutions® 12 Cup Coffee Maker

FOR THE
JAVA JUNKIE

COMING SOON!

Look for new Good & Delish™ K-cups this holiday season!



5.99

with card Good & Delish™ Premium Coffee, 12 oz.



Walgreens.com

LAST-MINUTE Gift Ideas

Who cares how many shopping days are left?
You only need one. Get all your gifts at once—at Walgreens.



14⁹⁹

with card Living Solutions®
Cool Touch 2-Slice Toaster



14⁹⁹

with card Studio 35
Beauty™ 1875 Watt Dryer



19⁹⁹

with card Studio™ 35
For Men Rechargeable
Electric Shaver



9⁹⁹

with card
Assorted Toys including
Play Right® shown



7⁹⁹

with card
App Crayon Stylus

FOR YOUR FURRY FRIENDS



2/\$12
or 6.99 ea.

with card
Pet Shoppe™
Litter Alert, 32 oz.

The litter actually changes color to
let you know your kitty may have
urinary tract problems.



12⁹⁹

with card
Pet Shoppe™ 2 in 1
Collapsible Bed

2/\$12
or 6.99 ea.

**MUST
HAVE!**

with card
Pet Shoppe™ Holiday
Costume, assorted styles.



12⁹⁹

with card Pet Shoppe™
Doggy Step



14⁹⁹

with card Pet Shoppe™
Pet Bed Gift Set



in ear t w a g s . c o m



Let There Be **LIGHTS!**



5⁹⁹

with card Living Solutions® Dome LED Light Sets, assorted colors, 50 lights.

12⁹⁹

with card Living Solutions® Indoor/Outdoor Light Sets, Multi-Color or Clear, 300 lights.



2/\$10
or 5.99 ea.

with card Living Solutions® Timer, 6 Outlet Power Strip or 9 ft. Outdoor Extension Cord

2/\$7
or 3.99 ea.

with card Living Solutions® Extension Cord, 15 ft.



WELL CONNECTED Gifts



5⁹⁹

with card Hype Robo Splitter This cute little robot lets you (or the tween in your life) double up on earphones so music can be shared. Because charging is caring. Robots come in a variety of colors.



149⁹⁹

T-Mobile Prism Prepaid Android Smartphone gives you quick and easy access to the web, social networking sites, and thousands of apps. Access standard Google apps such as Gmail, Search, Latitude, Maps with Navigation, Play, Talk, and YouTube.

- MP3 Player
 - 3.5" touch screen
 - 3.2 MP camera
 - Callable in select locations
- Android is a trademark of Google, Inc.



9⁹⁵

with card Square Card Reader This handy device hooks onto your smartphone and lets you accept credit cards anywhere. Set up a Square account and get \$10 back.*

*Visit squareup.com/redeem and enter the code provided. Square will deposit \$10 to your linked bank account. Subject to terms and conditions. Smartphone not included.



34⁹⁹

with card Hype Wireless Bluetooth Mobile Power your speaker, phone and handset—all at the same time. Plus, you can video-chat, answer calls and play your music. Smartphone not included.



15⁹⁹

with card SanDisk Mobile Ultra microSDHC with Adapter - 8GB Get more speed for faster photo, HD video and app performance on your mobile phone or tablet.

12.99 with card SanDisk Ultra 8GB Memory Card

19.99 with card SanDisk Ultra 16GB Memory Card



We make shopping easier. Find and map items to the aisles of your local Walgreens store.

beautiful + you

Ask Your Walgreens Beauty Advisor



With over 25,000 trained beauty advisors, we're sure to have the answer you're looking for!

Q: How can I keep my skin from drying out in winter?

A: Wind, cold and dry conditions can wreak havoc on delicate skin. So while a hot shower sounds soothing, especially when it's chilly out, it can actually dry skin further by removing its natural oils. Stick to warm water instead. Slough off dead skin with an exfoliating scrub. When you're done and while your skin is still slightly damp, slather on a body cream to seal in moisture. Creams and body butters are heavier than lotions—perfect for staying soft, not scaly, in the winter months.

Q: What about my scalp?

A: The same goes for your scalp in winter weather—it needs a little TLC. Washing with a dandruff shampoo will moisturize the scalp. Once a week, apply a hair mask for added conditioning. Post-wash, products like argan oil help hydrate hair from root to tip. Be sure to give the ends of

long hair some extra loving care with products aimed at saving you from split ends.

Q: What exactly are parabens? Are they bad for me? How about sulfates?

A: Parabens have long been used as a preservative in cosmetics, shampoos, lotions, gels, even toothpaste. Lately, these have become a controversial topic because even though the FDA has not deemed them unsafe for use in cosmetics, some scientific studies have suggested a link to their presence and breast cancer. As a precaution, many brands are coming out with paraben-free products. And sulfates are detergents that produce lather. They can be harsh on sensitive skin and may strip away color from your locks.



Bianca, Walgreens Beauty Advisor



Get 3,000 points

with purchase of \$20 or more of participating Walgreens private brand* items in the Happy & Healthy Holiday program.

*Limit 3,000 points within one transaction. Participating Happy and Healthy holiday program Walgreens brands include Walgreens, W, Finest Nutrition, Good & Delish, Nice!, Ology, Studio 35 Beauty, Pet Shoppe, Living Solutions, Play Night, Home Elements, and Biofusion. Balance Rewards restrictions apply, see terms and conditions for full details.

Look for more answers at Walgreens.com

Up Close & Personal With

Halle Berry



If you could choose three words to best describe Closer, what would they be?
Intimate. Sensual. Alluring.

Out of the many diverse roles you have played throughout your incredible acting career, which character do you think would wear Closer?

I think that Giacinta Johnson, my character in *Die Another Day*, would wear this fragrance to perfection. She is the ultimate modern Bond woman—sexy and fashion-forward, yet strong and independent. She is a study of contrasts, just like this fragrance.

In addition to perfume, a man is often attracted to the scent of a woman's skin. Why do you think this is?

There is a lot of emotion linked to scent. The scent of a woman's skin can be very attractive to a man because it is totally unique. The scent of your skin combined with your perfume will create a fragrance unlike any other.

What is your overall beauty philosophy?
There is nothing more beautiful than a genuine smile. It's pure and very sexy.

What beauty advice would you give your daughter?
Take care of your skin and embrace your natural beauty. Less is more.



19⁹⁹

Closer by Halle Berry
3 Piece Gift Set

Shop thousands more fragrances at Walgreens.com/Fragrances.

DRY WINTER SKIN? AS IF!

PARABEN AND SULFATE FREE



3⁹⁹

with card
Studio 35 Beauty™
Classic Scent
Lotion, 4.2 oz.



NEW!

buy 1 get 1
50% off*
*of equal or lesser price

with card
Bioinfusion®
Hair Care



3⁹⁹

with card
Ology™ Grapefruit & Eucalyptus or White Pear & Cucumber Shampoo and Conditioner, 13 oz.

in cart wags.com

Professional
**HOLIDAY
MANIS**
at Home!



TEXT 2 Win
TEXT HAPPY
TO 35350

\$15,000+ IN PRIZES AVAILABLE,
INCLUDING A TRIP TO CHICAGO!
See Page 3 for details.

DIY

Accent Nails

The latest trend is to decorate your ring fingernails and really make a statement.

- Dip the flattened end of a toothpick into nail polish to make polka dots.
- Use a nail pen to easily draw fun shapes on your nails.
- Create a DIY nail decal by painting strips of color onto a piece of clear tape. Then cut the tape into a shape (a Christmas tree or star, perhaps), stick it on your nail, and top with clear coat to seal.

**The Season's
Hot Colors**



29⁹⁹

Sally Hansen
Salon InstaGel
Strips Starter Kit

NEW Sally Hansen Salon Insta-Gel Strips™

- Easy 2 step gel manicure in a strip!
- Easy On. Easy Off. Gel strip system
- Up to 2 Week Wear. Chip Resistant. No Dry Time.

Starter Kit includes everything you need.

- Mini LED Lamp
- Gel Polish Strips
- Gel Top Coat
- Nail Cleanser Pads
- Cuticle Stick, File & Buffer

14⁹⁹

Sally Hansen
Salon InstaGel
Strips

2 Easy Steps:



1 Color
Cleanse
nails and apply
gel polish strips.



2 Top coat & cure
Apply gel top coat. Cure under mini
LED lamp and finish with nail cleansing
pad. Done!



DON'T MISS OUT!
EXCLUSIVE OFFER FOR
WALGREENS BEAUTY SHOPPERS

COMING SOON
**FROM THE GOLD
STANDARD IN BEAUTY**
**NEW HAIR CARE
BREAKTHROUGHS**
FROM
**L'ORÉAL.
PARIS**

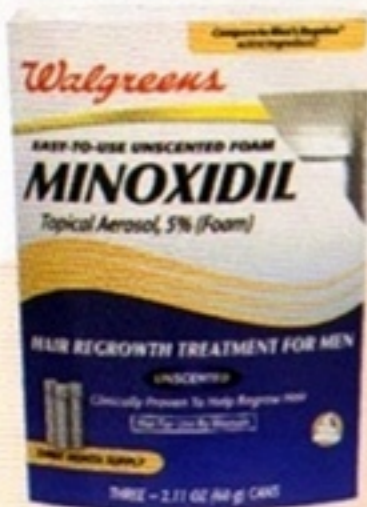
Be the first Walgreens customer to visit your
Beauty Advisor on 11/4/12 and receive a
GOLDEN TICKET
to experience these New Beauty Breakthroughs

Because you're worth it.™

Get **3,000 points** with purchase of \$20 or more of participating
Walgreens private brand* items in the
Happy & Healthy Holiday program.



*Limit 3,000 points within one transaction. Participating Happy and Healthy holiday program Walgreens brands include Walgreens, W, Finest Nutrition, Good & Delish, Nice!, Ology, Studio 35 Beauty, Pet Shoppe, Living Solutions, Play Right, Home Elements, and Bioinfusion. Balance™ Reward restrictions apply, see terms and conditions for full details.



14⁹⁹

with card Studio 35 Beauty™
Daily Regenerating Serum

Studio 35 Beauty™ Night Recovery
Cream 1.7 oz.
Or Eye Regenerating Eye Serum .5 oz.

29⁹⁹

Olay Pro-X Advanced Cleansing System
Cleanses and exfoliates as effectively as
systems sold by professionals for around
\$200
BONUS - Full Size Pro-X Exfoliating
Renewal Cleanser

buy 1 get 1
50% off*
*of equal or lesser price

with card Studio 35
Beauty™ Bath Sets

39⁹⁹
with card
Walgreens Minoxidil 5%
Foam, 90 day supply.

SPA NIGHT

chez vous



Grandma is watching the kids. You have the house all to yourself. It's time for some pampering!

- 1 Buy 2 at 99¢ ea. get 1 free
with card Nice!™ Sparkling Water, 16.9 oz.
 Plus deposit where required.
- 2 **FOR THE GUYS TOO...**
 9.99 **with card**
 Studio™ 35 For Men Grooming Set
- 3 1.69 **with card**
 Studio 35 Beauty™ Nail Polish Remover, 8 oz.
- 4 4.99 **with card**
 Studio 35 Beauty™ Manicure Kit

- 5 **with card** Bioinfusion® Hair Care
- 6 19.99 **with card**
 Studio 35 Beauty™ Manicure & Pedicure Kit
- 7 25% off **with card**
 Studio 35 Beauty™ Professional Beauty Tools

Shop other great beauty deals at Walgreens.com/BeautyDeals.

TIME FOR THE KIDDIES



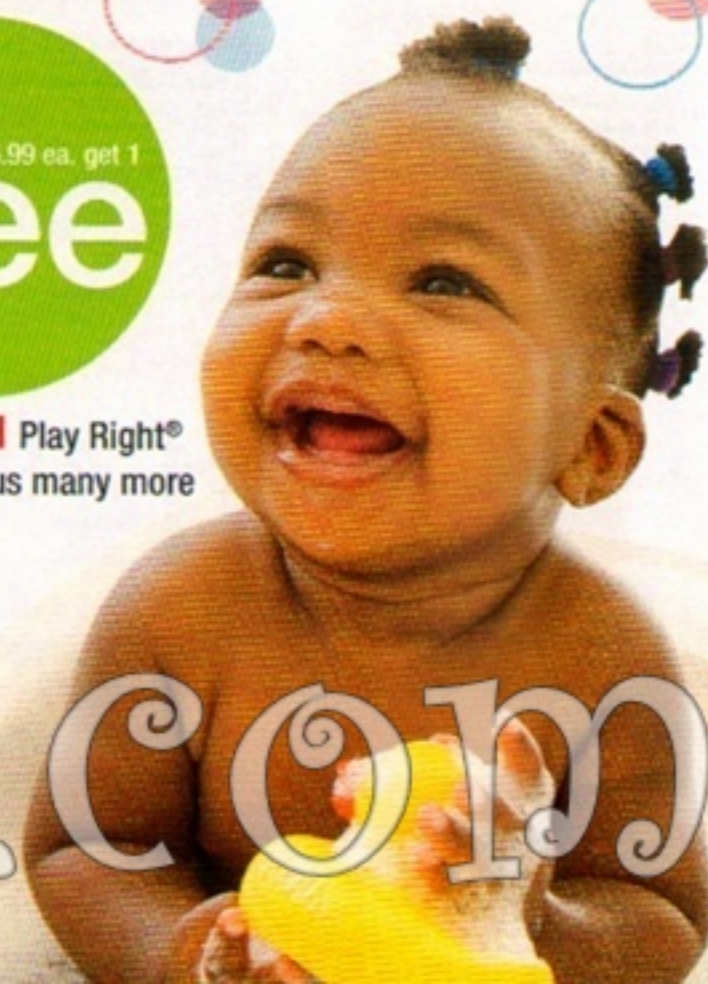
3.99

with card
 Ology™ Baby Lotion or Baby Shampoo & Body Wash, 13 oz.



buy 2 at 6.99 ea. get 1 free

with card Play Right® Toy shown, plus many more



inpartwithags.com

FROM WORK TO

Wow!

No need to run home after work before you hit the town. These tips will help you go from professional to party girl:

- Cosmetic cases can double as a nighttime clutch.
- With your hair style, try the opposite of what you did during the day. If you wore it down, put it up in a cute clip or ponytail. If you wore it up, take it down and brush it out. Hairspray or dry shampoo will help revitalize your mane.
- Go a shade or two brighter on your lipstick for the evening. Or swipe on some colorful eye shadow.
- Sweep highlighter over cheekbones, nose, browbone and collarbone for a fresh glow.
- After a long day at the office, curling your lashes can give you that bright-eyed look.
- Lose the pantyhose, and slather your legs with a shimmer or self-tanning lotion. In colder climates, switch to funky patterned tights. Keep a fun pair of kicks in your work bag.
- Add a spritz of body spray or perfume.
- A colorful silk scarf works great to hold your hair back, tie around your neck, wear as a belt or act as a pop of color on your handbag.

MANE ATTRACTIONS



NEW!
buy 1 get 1
50% off*
*of equal or lesser price

with card
Bioinfusion®
Hair Care



MUST HAVE!

14⁹⁹

with card Studio 35 Beauty™ 1875 Watt Travel Dryer

9⁹⁹

with card Studio 35 Beauty™ Curling Irons



14⁹⁹

with card Studio 35 Beauty™ Ceramic Straightener, 1 in.

DESK DRAWER ESSENTIALS



with card
W Antiseptic Mouthwash



1⁶⁹

with card Studio 35 Beauty™ Jumbo Cotton Balls, 100 pk.

NEW!

5⁹⁹

with card Studio 35 Beauty™ Clinical Strength Deodorant, 1.6 oz.

25% off

with card Studio 35 Beauty™ Professional Beauty Tools



50% off*
*of equal or lesser price



at the corner of

FEELING BETTER

and

GIVING BACK



Buy any Walgreens Brand Health & Wellness Product and instantly support health screenings and immunizations for people in need.

Part of your purchase helps raise up to \$3 million annually for the Walgreens Way to Well Fund[®], a program devoted to bringing wellness services to communities across the country.* Visit Walgreens.com/waytowell and help people everywhere get, stay and live well.

*One cent of each purchase goes to the Way to Well Fund.

in heartwag

Walgreens

AT THE CORNER OF **HAPPY & HEALTHY™**