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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Last Minute Festive Packages From Superbreak**

**By Mike Hanna**

Why not let someone else worry about Christmas and New Year this year and book a last minute

stay in a hotel over the festive period. Forget about buying the food, cooking the dinner, washing it up or organising the New Year party – just relax and concentrate on spending time with your loved ones. It's not too late to down tools - short break specialist Superbreak still has availability for those wanting a real rest this year. From a candlelit dinner for two to a trip to the local pantomime there is something for everyone. Examples include:

**CHRISTMAS** – Three nights in the Lake District – £375 per adult, £105 per child – Arrive at the four star North Lakes Hotel Penrith on Christmas Eve for a three night break in the Lake District. The package includes mulled wine and music by the Salvation Army on Christmas Eve followed by a candlelit dinner, traditional Christmas lunch starting with a glass of bubbly and followed by a visit from Santa plus a buffet in the evening accompanied by light musical entertainment. On Boxing Day there is time to explore or perhaps relax in the hotel's spa before a candlelit dinner that evening with entertainment for a table-top magician. The price of £375 per person includes three nights' accommodation on a dinner, bed and breakfast basis, Christmas lunch, entertainment as mentioned. Based on two adults sharing. Children under 16 sharing a room with adults cost £105 per person. Arrivals on 24 December only.

**NEW YEAR** – Three nights in Bournemouth – £299 per adult, £100 per child– Arrive at the three star Carrington House hotel on 30 December for a three night break seeing the New Year in with style. The package includes afternoon tea with children's entertainment on arrival on 30 December plus a four course dinner with children's buffet and disco until late, a trip to the local pantomime (Aladdin) on New Years Eve afternoon, a gala dinner with live band and disco to see in the New Year, brunch on New Years Day plus a three course evening meal with magician and night at the races. The price of £299 per person includes three nights' accommodation on a dinner, bed and breakfast basis, New Year brunch, entertainment as mentioned plus tickets to the pantomime. Based on two adults sharing. Children under 14 sharing a room with adults cost £100 per person. Arrivals on 30 December only.

Who are Superbreak?

Superbreak (

<http://www.Superbreak.com>

), incorporating (

<http://www.Theatrebreak.com>

), is the

internet division of Superbreak Mini Holidays Limited, the market leader for short breaks throughout the UK. Superbreak is part of Holidaybreak plc, a publicly quoted leisure company whose share price can be found in most major UK newspapers, or at

<http://www.holidaybreak.com>

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Based in York, England, Superbreak specialises in booking 2–5 star hotel accommodation throughout Britain for the leisure traveller. Superbreak hold allocations of rooms at all hotels and we can book up to and including the day of departure.

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## **Christmas Decorating That Will Make Your Holidays Special**

**By Angela Tyler**

If you are like the majority of people, you do not have a lot of time during the holidays to make special decorations. You can make your holiday decorating quick and easy and create a festive atmosphere in your home without spending a lot of time and money, leaving you more time to enjoy the holiday season with your family. Here are some holiday decorating tips that are free and inexpensive that will require very little effort:

Tableware:

Use festive tableware for every meal during the month of December. Search your cupboards and drawers and get out anything that looks remotely festive. You can also shop discount and one-dollar

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stores and find many items for the holidays that you can use every year. You can add to your collection of holiday tableware each year and soon you will have many types of dishes that will make your holidays special.

### Bows:

Try decorating with bows. Ribbons tied around chairs, plants, candlesticks, drapes, stairs and doorknobs make wonderful decorations. Place bows and ribbons in many locations throughout your home for a festive look that is quick and easy. The bows and ribbons do not have to be green and red. You can try many colors or match the bows and ribbons to the colors you have in your home. Choose ribbons that you can reuse each year. When the holidays are over, pack the bows and ribbons carefully so that you can use them again and again.

### Wreaths:

Put a holiday wreath on every door in your home. Use real pine, holly, and grapevine and decorate with berries, fruit and pinecones. If you purchase artificial wreaths you will be able to use them year after year.

### Candles:

Arrange many candles around the room and turn the lights off during holiday meals. You will create a special, festive atmosphere that will be remembered and anticipated by your family each year. A fire in the fireplace each night will add to the holiday spirit. You can also arrange candles in your bathroom and around your bathtub. Watch small children carefully when you decorate with candles.

Holiday decorating does not have to be difficult or expensive. Simple decorations throughout your house will make fond memories for your family and will be anticipated year after year. Make sure to put out plenty of scented potpourri and scented oils in various locations throughout your home.

Angela Tyler invites you to explore

<http://www.HomeOrganizationHelp.com>

a free resource filled with

ideas to organize and decorate your home on a budget. For frugal meal ideas, she recommends

<http://www.freequickrecipes.com/frugal-cooking.php>



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