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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!

Plan an Evening of Relaxation and Pamper Yourself

By Jacquelyn Hollister

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Plan an Evening of Relaxation to Pamper Yourself

Slowly inhale...Now Exhale...Again...In through your nose...and out through your mouth...Didn't that feel great? Sure it did! Now imagine that feeling lasting more than the 20 seconds it took for you to complete that breathing exercise. Just think "spa". You can create your own spa experience at home or if you cant get the house to yourself, get a babysitter or have hubby keep the kids and rent a hotel room. First set a date and mark it on your calendar. Then create your own spa supply kit for your special evening. Some suggestions for your spa kit include:

Candles
Bubble Bath
Body Lotion
Body Spray
Smooth Jazz
Romance Novel
Comfortable Pajamas, or a Sexy Night Gown
Bottle of Wine

You can find everything you need for your spa kit by visiting Smallflower.com, Candles.Com, and Sephora.com. Next, anticipate an evening of "me" time and relaxation. Just imagine...Candles everywhere, Gerald Albright playing in the background, you in a nice and steamy bubblebath, sipping on a glass of wine. Then, after your cares swirled down the drain, imagine you massaging your body with your favorite scented body lotion, then you, slipping on some comfortable pajamas, or a sexy night gown. And finally, you relaxing on that big comfortable bed, curled up, living out your fantasies through a steamy romance novel, with no interruptions. Now if that sounds good to you, then what are you waiting for? Stop the excuses and start planning your evening of relaxation and pampering!

Jacquelyn Hollister is the creator of Her-Island.com: An Online Island Retreat for Women.

3 R's To Make Anyone's Life Easier!

By Gordon Bryan

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3 words, all of them beginning with `R', and all of them needed to make our lives happier and flowing more easily:

- 1.Recreation.
- 2.Relaxation.
- 3.Rich parents.

Ok, number 3 is a joke, and a fairly poor one at that, so let's concentrate on the first - recreation.

Music, sport, art, dance, films.

It doesn't matter what your choice is when it comes to recreation.

What does matter though, is that you do it, and do it regularly.

When we take part in recreation, we release our own natural feelgood potion - endorphins.

In my case, it's music.

When I play the drums, or listen to a song I love, I can shut my eyes and feel the stress and strains lift right off me.

It's no big secret, it's brain association.

The brain associates the activity with a happy relaxed you, so when you do the activity, you feel happy and relaxed!

Ah yes, relaxation, the second of our all-important `R's.

Relaxation is not just for sissies, it's not just for wasters, it's essential for the body.

The body cannot keep going non-stop forever. It will conk out eventually, a bit like my car.

You need to get enough sleep, and you need to have time for your self, to do nothing, and just `be'.

This can be as little as a five minute meditation using relaxation techniques.

In our ever-more hectic lives, recreation and relaxation seem like bonuses, luxuries we can have `later'.

Wrong!

They are not luxuries, they are essential for your productivity and well being, and just as you schedule your tasks to get them done efficiently, you also must, I repeat *must* schedule recreation and relaxation.

*****Gordon Bryan's new book, 'Transform Your Life in 21 Days!has been described as 'a must read', 'awesome', and 'a true gem'.If you liked this article, see the book for yourself at:<http://www.transformyourlifenow.com>*****



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