

Who Has Time To Relax?!

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By Lakeysha Green

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The daily demand of work, family and even traffic can often take a huge toll our minds and bodies. Why not pamper yourself with an exhilarating home spa? It's convenient, affordable, and the results are remarkable. –Lets Get Started!

Set the mood by slipping in your favorite cd or tuning your radio to the perfect music to unwind to. Next, light your candles to create a soft warm glow that's appealing to the eyes and delightful to the senses. Start the bath water running and add your favorite bath salts, beads, and bubble bath.

Now its time to pamper yourself! Soothe away all evidence of daily stress with a facial mask. Wake up tired skin cells with an invigorating, exfoliating scrub. Remember, this is your time so choose the treatment that's best for you!

Now slip into your warm fragrant bath. As you lay down, pause for a moment to take in the beautiful environment that you have created. Then, let your thoughts drift away...

After stepping out of the bath indulge your body with a cool cream moisturizer. Change into your favorite comfortable outfit, and enjoy the rest of your day or night!

Home Spa Tips:

–Choose a time slot when you can truly be alone. If you cannot find it in your busy schedule, CREATE IT!

–When choosing fragrances most opt for the basics, e.g. lavender. Don't be afraid to explore. Choose scents that also evoke your most pleasant memories, e.g. strawberries & champagne or citrus rush!

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Candlicious.com is currently owned and operated by Lakeysha Green. Visit www.candlicious.com for the internet's best selection of uniquely scented hand poured candles, gifts, and way to unwind .

Lakeysha Green currently owns and operates Candlicious.com. Her passion for relaxation techniques and living has inspired her website: www.candlicious.com.

Exciting Ways to Make Saving Money Fun

By Sarah Delaporte

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Saving money is not always easy, but approached the right way it can become a hobby that's enjoyable as well as beneficial.

I am going to share some steps I have found to stretch your finances AND enjoying the process.

TIP 1: Relax. :) Relax, Relax and again I say, "Relax". Don't count each penny you save and worry about how much you save. Does it really matter if this week you saved \$1.92 compared to \$1.93 on a meal. Yes, every penny matters, but sometimes the amount is so minimal its not crucial.

TIP 2: Budget. Always good advice, sometimes harder to do.

TIP 3: Make saving money detective work. Uncover the sleuth in you. If you look at it as money saved as unfound treasure, you will find the process exhilarating! There's always a new way to save you have yet to discover. Search for it.

TIP 4: Involve your kids in saving. Play games with them that shows them how to use money wisely. Money Matters is a game by Larry Burkett that does just that. Another way is to help them earn money save you money by encouraging them to cut coupons. To do this, give them a percentage of how much money you save when you use the coupons they cut at the grocery store. They organize your coupons, helping you save and earn extra allowance too!

By making pinching pennies a hobby instead of a chore, you will save your family more money and find it exciting too!

Sarah Delaporte is the owner of Freebie Coupon Corner. She loves helping consumers save money on their groceries with her helpful e-book publications. For more information about Freebie Coupon Corner, you can visit the website at: <http://www.couponcorner.net>

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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!