



Pamper yourself



Top 10 simple ways to pamper yourself

1. Give yourself a home facial with a good quality range of products, such as Ella Bache, or spoil yourself and have a deluxe facial at a salon.
2. Run a warm bath and give yourself a pedicure. Your feet carry a great deal of your stress and weight, so give them a break too
3. Nothing shapes a persons' face more than their eyes and eyebrows. So even though you might find plucking your eyebrows, or waxing painful, it's worth it. You can also invest in an eyelash tint to give the appearance of long lashes.
4. Have a manicure. Your hands are one of your best assets. You can often tell someone's age by looking at his/her hands. It will also give you confidence to have nice looking hands.
5. If you've had a few late nights, or you're just tired, use some eye drops to sooth them and bring them back to life. Your chemist can advise you on which types are most suitable for you.
6. Use fake tan and a beautiful smelling body scrub. The quickest way to feel better about the way you look is with nice skin. When you have a tan people often comment on how healthy you look. Your skin looks smoother and it's the quickest way to hide cellulite, especially around the bottom and thighs.
7. Make-up is a great way to make you feel better instantly. You'll notice that when you put make-up on you instantly feel more attractive and people often notice it too.
8. Have a spa. Either pop into your home spa bath with a relaxing book, or book into a relaxing day spa and really spoil yourself.
9. A massage is often the quickest way to soothe sore muscles and joints. You will instantly feel relaxed if you have a great masseuse.
10. Finally, have a haircut, colour, or treatment. People often feel their best when they've just been spoilt at the hairdresser. The best way to leave happy though, is to ensure you're very specific about what you want and go to a reputable hair salon.

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