

- May Product of the Month — page 3!
- Eating for Beauty — page 2!
- Fruity recipe great for parties or showers — page 4!



## A Woman's Worth



Women have strengths that amaze men.

They bear hardships and they carry burdens, but they hold happiness, love and joy.

They smile when they want to scream.

They sing when they want to cry.

They cry when they are happy and laugh when they are nervous.

They fight for what they believe in.

They stand up to injustice.

They don't take "no" for an answer when they believe there is a better solution.

They go without so their family can have.

They go to the doctor with a frightened friend.

They love unconditionally.

They cry when their children excel and cheer when their friends get awards.

They are happy when they hear about a birth or a wedding.

Their hearts break when a friend dies.

They grieve at the loss of a family member, yet they are strong when they think there is no strength left.

They know that a hug and a kiss can heal a broken heart.

Women come in all shapes, sizes and colors.

They'll drive, fly, walk, run, or e-mail you to show how much they care about you.

The heart of a woman is what makes the world keep turning.

They bring joy, hope and love.

They have the compassion and ideas.

They give moral support to their family and friends.

Women have vital things to say and everything to give.

HOWEVER, IF THERE IS ONE FLAW IN WOMEN, IT IS THAT THEY FORGET THEIR WORTH.

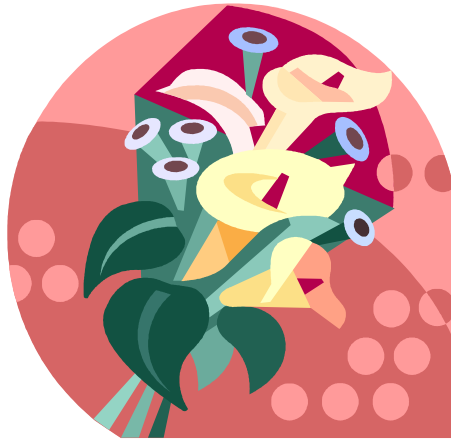
Take time this month to remind all of the women in your life how much they mean to you!

Don't underestimate *your own worth*—visit [www.thenumbersmovie.com](http://www.thenumbersmovie.com) for a fresh perspective.

## What a girl wants...what a girl needs...what a girl knows...

### Stamp of Approval

The 6th of May, 1840 saw the introduction of the Penny Post, the so called "Penny Black" with the head of Queen Victoria. Queen Victoria's head remained on the stamps for the next 60 years, in which 100 more stamps appeared. The postage stamp made its debut in the United States on March 3, 1863. The cost per ounce was three cents. On May 14, 2007—postage will increase to .41 for one ounce letter rates. However, you can buy the "Forever" stamp which will FREEZE your postal cost forever, regardless of postal increases. Our advice? STOCK UP on stamps!



A woman's head is always influenced by heart, but a man's heart by his head.

~Lady Marguerite Blessington

### Quick Fix

To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will help keep the food moist and help it reheat faster.

### Oh, Nuts!

To keep squirrels from eating your plants, sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it.

### Eliminate the Cling

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Try it with slacks that cling when wearing panty hose. Place pin in the seam of your slacks and voila - static is gone!



### You Are What You Eat

Try adding these foods to your balanced diet to help get an outer beauty boost!

- ▶ **Carrots:** Maintain the outer layer of the skin to prevent premature aging. They have the same result as you'll get with Retin A.
- ▶ **Nonfat Yogurt:** High in calcium, which keeps your smile white and your teeth cavity-free.
- ▶ **Sweet Potatoes:** Vitamin A is known to be a remarkable anti-wrinkling agent. Sweet potatoes are full of this important vitamin. The pleasing result is clearer, smoother skin.
- ▶ **Tomatoes:** These "love apples" will keep you loving your skin. Tomatoes are rich in vitamin A, vitamin C, and potassium.
- ▶ **Garlic:** Helps combat wrinkles and restores tissue.

### In a Tight Spot?

To get something out of a heat register or under the fridge, add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.

### May Day Superstitions

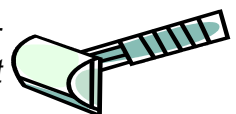
First thing in the morning on May 1st, young girls would rush out into the garden to wash their faces in the fresh morning dew. An old tale led one to believe that the May dew had magic properties. Washing your face in it would guarantee a beautiful complexion year-round. The dew was thought to be able to remove freckles, spots and pimples.

### Shoo, Fly!

To get rid of pesky fruit flies, take a small glass and fill it 1/2 inch with Apple Cider Vinegar and 2 drops of dishwashing liquid. Mix well. You will find the flies drawn to the cup and gone forever!

### Double Duty

Try using your hair conditioner to shave your legs. It leaves your legs smooth and soft. It's also a great way to use up the conditioner you bought but didn't like.





## Beauty Buzz

### Under Cover Beauty...

#### Platinum Regeneration® Age-Defying Concealer

BeutiControl's first-ever color treatment product! Like nothing you've ever seen!

Why settle for just a color concealer when you can have more!

- ▶ Breakthrough, state-of-the-art design from the BeutiControl Research Institute puts anti-aging formula at the very core of this product.
- ▶ Dual-action product both conceals and helps treat visible signs of aging.
- ▶ Powered by advanced anti-aging ingredients to reduce the appearance of fine lines and wrinkles around the sensitive eye area.
- ▶ AMAZING in its ability to diffuse dark circles



#### Perfecting Wet/Dry Finish

Perfecting Wet/Dry Finish foundation and powder in one offers three application choices. Sponge on dry for a natural look. Sponge on damp for maximum coverage. Use throughout the day as a powder. For oily and combination skin. Oil-free.

## May Product Special...

#### Herbal Hydrating Mist

Herbal Hydrating Mist feels so refreshing! Scientifically advanced formula helps improve your skin's tone and elasticity.

#5991, 8 fl oz.

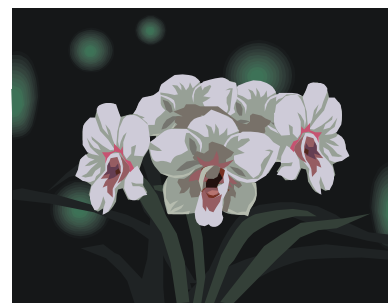
On sale this month for \$7.25



### Jill's May Specials!

15% off bath & body products.  
Customized gift baskets available.

While supplies last -  
Skinlogics, Skinlogics Gold or  
Skinlogics  
Platinum travel minis for \$15.  
Each set contains a 1oz  
cleanser, 1oz  
tonic, 1oz facial scrub and 1oz  
moisturizer in a chic cloth bag.



## May

### REASONS

### TO CELEBRATE!!

- 1 May Day
- 3 National Day of Prayer (U.S.)
- 5 Cinco de Mayo
- 7 Early May Bank Holiday (U.K.)
- 8 No Socks Day
- 8 World Red Cross/Red Crescent Day
- 10 Clean Up Your Room Day
- 12 International Nurses Day
- 13 Mothers' Day
- 16 Love a Tree Day
- 21 Victoria Day (Canada)
- 23 Lucky Penny Day
- 27 Sun Screen Day
- 28 Spring Bank Holiday (U.K.)
- 28 Memorial Day (U.S.)
- 30 Water a Flower Day



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When you join the Smart Company™ May 1 - May 31, 2007, you receive:

- ▶ the best training in the industry, including a day of BeautiU™ professional training
- ▶ products to demonstrate to friends, family and co-workers
- ▶ literature and sales aids to help promote your new business
- ▶ free six-month memberships to exclusive client marketing programs

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## Simple Chef!

Women sharing kitchen solutions



## Money Magic

Simple Ways You Can Save Money!

### Fruit Pizza

#### **Crust\*:**

1 stick butter            1 c. flour  
1/4 c. powdered sugar  
\*may be doubled for thicker crust

#### **Topping:**

1 c. powdered/confectioners sugar  
8 oz. cream cheese, softened  
8 oz. carton frozen whipped topping, thawed

Prepare crust by melting butter and adding flour and sugar. Mix well and press into large pizza pan. Bake at 425 F for 8-10 minutes. Cool completely.

Mix together all topping ingredients. Spread evenly over top of cooled crust.

Top with fresh sliced fruit. Good choices include strawberries, blueberries, grapes (sliced in half), papaya, kiwi, blackberries, small pineapple pieces. Use your favorites! (Use frozen sugar cookie dough rolled out for crust to save time!)

### Try these great tips to save money around every corner!

- ▶ If you have your haircut every 3 weeks, try going 4 or 5 weeks in between haircuts. If you pay \$10 for a haircut, you could save \$70 a year by having a cut every 5 weeks instead of 3.
- ▶ Buy only generic brands of cold cereal, if your family must have it. When fall and cooler weather comes, it's a good idea to introduce hot cereal. It's usually the best buy and by using the microwave oven to prepare, it is almost as quick to fix as cold cereal.
- ▶ If you have a cell phone, don't buy the accessories at the "cell phone store." Check out prices at local discount stores first.
- ▶ If you love magazines, try sharing with a friend. Each of you can subscribe to a different magazine and when you're finished reading, swap.
- ▶ Put a little money aside every month in order to pay your car and homeowners insurance annually. Most insurers charge a fee (sometimes hefty!) for paying monthly. You'll also avoid those mid-year increases.

[www.smartmoneytips.com](http://www.smartmoneytips.com)