

- Oh so LOV Ely- page 3!
- The Dirty Dozen - page 2!
- Save Money in the New Year - p 4!



How To Stay Young, Happy And Healthy

Throw out non-essential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.

Keep only cheerful friends. The grouches pull you down. If you really need a grouch, there are probably a few dozen of your relatives to do the job.

Keep learning. Learn more about the computer, crafts, gardening... whatever. Just never let the brain idle.

Enjoy the simple things. When the children are young, that is all that you can afford. When they are in college, that is all that you can afford. When they are grown and you are on retirement, that is all that you can afford.

Laugh often, long and loud. Laugh until you gasp for breath. Laugh so much that you can be tracked in the store by your distinctive laughter.

The tears happen. Endure, grieve and move on. The only person who is with us our entire life is - ourselves.

Surround yourself with what you love, whether it is family, pets, keepsakes, music, plants, hobbies... whatever. Your home is your refuge.

Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

Don't take guilt trips. Go to the mall, the next county, a foreign country - but not guilt.

Tell the people you love that you love them - at every opportunity.

Remember...

Life is not measured by the number of breaths we take, but by the moments that take our breath away.



Author Unknown

As women, we are all striving to find balance, acceptance and worth...

Check out www.thenumbersmovie.com for insight into what matters most in your life.

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

Weigh to Go!

Stepping on the scale is not something most of us women look forward to. How often you step on the scale can help set you up for success, experts say. Weigh once a week - first thing in the morning. Your weight can fluctuate based on hydration and activity. Hopping on the scale after fasting all night yields more accurate results.

Simple Soother

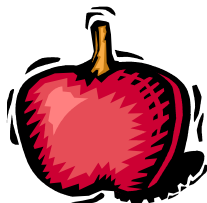
Achy muscles? Take 15 minutes to relax in the bath. Fill your bathtub half full with warm water and add two cups of Epsom salt. The magnesium in the salt can reduce inflammation and ease pain. It also helps ensure proper muscle, nerve and enzyme function.



To experience the ultimate relaxation, try our luxurious spa & body products!

The Dirty Dozen

Buying organic can be pricey. What shouldn't you skip on? Apples, cherries, grapes (imported from Chili), nectarines, peaches, pears, raspberries, strawberries, bell peppers, celery, potatoes and spinach. Even after washing, these fruits and veggies carry a higher level of pesticide/chemical residue than other produce choices.



Sleeping Like a Baby?

Getting a good night's sleep may be easier if you follow these easy hints:

- Follow a regular sleep schedule: try to go to bed and wake near the same time every day.
- Keep your bedroom dark and cool.
- Turn your clock around at night so you can't worry about how long it's taking to fall asleep.
- Don't force yourself to sleep: if it takes you more than 20 minutes to fall asleep, try doing something that's not too stimulating (folding laundry, doing a puzzle) for a short time and try again.
- Have your pets sleep on the floor: they could be disturbing your sleep patterns.



Priceless Memories

Say Cheese! Getting a group photo where everyone has a winning smile is tough! Try using photo editing software that allows you to merge similar pictures together so you can choose everyone's best pose.

Forget past mistakes.
Forget failures.
Forget about everything except what you're going to do now - and do it.

William Durant

Filing for Success

Has annual business accounting and holiday shopping left you feeling buried in a rat's nest of receipts? Keep these organized in an inexpensive check/coupon file from discount or office supply store. Label the dividers with the categories of expenses for your business and another file with the types of stores your family frequents. Make one tab in the personal file just for gift receipts. This system can save HOURS of searching for a missing receipt! For more tips visit www.OrganizingWithoutAgonizing.com



In a Pinch

Tired of black and blue fingers after hanging pictures? Try clipping a clothespin behind the nail head, holding the end, and then tapping the nail into the wall. Then remove the pin and finish hitting the nail until it's almost flush with the wall. Say goodbye to sore fingers!



Beauty Buzz



Oh So LOVEly...



What does your **KISS** say about you?

Can you really tell your personality characteristics and energy levels with a kiss? "Yes!" says Jilly Eddy, a Lipsologist.

She created Lipsology after studying thousands of lip prints to come up with 25 categories and 100 subcategories.

Your pucker can reveal your stress level, creativity, sense of humor, if you have expensive tastes and even if you are a pack rat. Eddy says her readings are 80% accurate.

She says your lip prints can change to reflect you life at the moment. Just kiss... and your lip prints will tell!

Ask me about our entire line of lip products that will help you perfect your pout just in time for Valentines Day!



Instead of giving myself reasons why I can't, I give myself reasons why I can.

Author unknown



February

REASONS TO CELEBRATE!!

- 2 Groundhog's Day
- 3 Super Bowl Sunday
- 5 Waitangi Day (New Zealand)
- 5 Mardi Gras
- 6 Ash Wednesday
- 7 Chinese New Year
- 11 Make a Friend Day
- 14 Valentine's Day (U.S.)
- 17 Random Acts of Kindness Day
- 18 Presidents' Day
- 22 International World Thinking Day
- 27 Polar Bear Day
- 28 Peace Memorial Day (U.K.)
- 29 Leap Day (once every 4 years)



SPA ESCAPE The experience of a lifestyle.



Jill Denson

Ind. BeautiControl Consultant

(281) 381-9085

Jill@YourSpaConsultant.com

Fabulous February

Fall in LOVE...
Ask me about
special rewards
you're sure to LOVE
for hosting a Spa
Session this month!

Shop Online:

www.beautipage.com/YourSpaBoutique

Website:

www.YourSpaBoutique.com



February Specials...

Hands down an unbeatable deal!

For the month of February, get

Show of Hands Instant Manicure for \$21.00!

reg. 26.50



Simple Chef!

Chicken and Rice

A quick and easy comfort food your crew is sure to love!

Ingredients:

- 4-6 boneless skinless chicken breasts, thawed
- 1 1/2 cup white long grain rice (not minute or instant)
- 1 can condensed cream of mushroom soup
- 1 can condensed cream of chicken soup
- 1 can condensed cream of celery soup or another cream of chicken
- 1 1/2 cans chicken broth
- Salt and Pepper to taste
- butter
- 1/2 cup slivered almonds

- Mix rice, soups, broth, and salt and pepper in large bowl. Pour into greased 9x13 baking dish.
- Place chicken on top of mixture in baking dish. Cut and place a small pat of butter on top of each chicken breast. Sprinkle almonds on top.
- Bake at 300° F for 1 1/2 hour until chicken is done and rice is tender.

Use creativity to make additions to "spice" this dish up! Try using flavored chicken broth, adding 1 tsp. rosemary, or 1 tsp. garlic powder. Use reduced fat soups and omit the butter for a healthy twist!



Money Magic

Savvy Financial Ideas

Four financial tips to save you money in the new year:

MAKE A BUDGET: Setting up a budget is key to any plan involving the management of money. Figure your monthly expenses: rent, mortgage, insurance payments, and costs of food and clothing.. When you make \$75,000 and your budget is \$80,000, you need to cut back on expenses. Ask me how to increase your income potential!

SAVE FOR RETIREMENT: As a general rule of thumb, try to set aside 10 percent of income toward retirement savings. Contribute the maximum amount to your 401k, if possible, and explore other investment assistance options may be available to you through your 401k.

UPDATE YOUR INSURANCE: Reviewing insurance needs should be done on an annual basis. A lifestyle change such as a marriage, divorce, or a new child in the family, could require a change in coverage provided by a life, disability or other policy.

IMPROVE YOUR CREDIT SCORE: Paying debts on time, along with keeping credit card balances low, are two of the most important ways to raise a credit score.

EVE MITCHELL; Contra Costa Times