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## Best Wishes for the New Year

*May you find serenity and tranquility in a world you may not always understand.*

*May the pain you have known and conflict you have experienced, give you the strength to walk through life, facing each new situation with courage and optimism. Always know that there are those whose love and understanding will always be there, even when you feel most alone.*

*May you discover enough goodness in others to believe in a world of peace.*

*May a kind word, a reassuring touch, a warm smile be yours - every day of your life, and may you give these gifts as well as receive them. Remember the sunshine when the storm seems unending. Teach love to those who know hate, and let that love embrace you as you go into the world.*

*May the teaching of those you admire become part of you, so that you may call upon them. Remember, those whose lives you have touched and who have touched yours are always a part of you, even if the encounters were less than you would have wished. It is the content of the encounter that is more important than its form.*

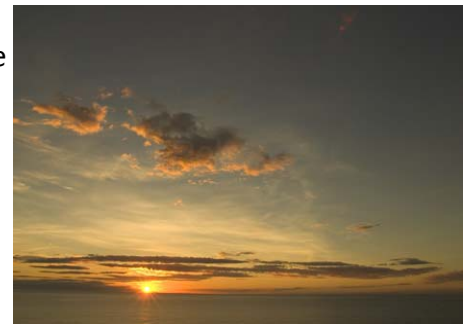
*May you not become too concerned with material matters, but instead place immeasurable value on the goodness in your heart. Find time in each day to see the beauty and love in the world around you. Realize that each person has limitless abilities, but each of us is different in our own way.*

*May you be more-than-compensated-for in another time for what you feel you lack in the present. May it become one of your strengths in the future.*

*May you see your future as one filled with promise and possibility. Learn to view everything as a worthwhile experience.*

*May you find enough inner strength to determine your own worth by yourself, and not be dependent on another's judgment of your accomplishments.*

*May you always feel loved.*



Written by Sandra Sturtz Hauss

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

## Eye on Beauty

Experts agree that mascara, once opened, should be discarded and replaced every three months. This helps to prevent eye infections and maintain the optimum performance of the mascara (old mascara can clump, dry and flake).



## **Ask me how!**

## Mum's the Word

Try creating this simple and dramatic centerpiece... Use a pretty shallow bowl, even one on a short pedestal, and fill it half full of water. Get a large full-blooming mum and cut the stem off almost completely, leaving half an inch to absorb water. Float the flower in the water in the shallow bowl. You can even add a couple of leaves for an extra touch. Use a trio of smaller blooms for another elegant effect. The look is simply beautiful and it sits low to the table, so diners will have an unobstructed view across the table.

## On the Double

Get rid of dust and crumbs from between your computer keys by sliding a 2 1/2 inch piece of double-sided tape between the numbers, letters and symbols. Any size tape can be used but larger-width tape is easier to hold.



There is no such thing as "can't"; only varying degrees of "don't want to."

~Tony Donohue

## That's a Wrap

Don't like using left-over wrapping paper? Consider running it through a paper shredder or cutting it in to thin strips. Keep the pieces in large zip-lock storage bags and use it for stuffing in gift bags and baskets instead of tissue paper.

## Wax On, Wax Off

Getting melted candle wax out of glass votive containers can be very trying! Cool down your frustrations by placing the container in the freezer for three to four hours. After freezing, the hardened wax should pop out easily.



## I'll Drink to That

Everyone knows that drinking enough water is essential to maintain good health. Try adding a little splash of flavor to keep things interesting! One idea is using Water Sensations® clear liquid flavor enhancer. You can add it to bottled or tap water. It comes in delicious fruit flavors and is calorie free. Just pour in and enjoy! Visit [www.watersensations.com](http://www.watersensations.com) to get a sample.

## What a Softy

Using soap and water in the shower gets you clean but can also leave a white residue on the tiles and on the door. Once a week, try using a fabric softener sheet to wipe away the scum for a clean shower.

## A Resolution to Keep

Bringing in another new year means another list of resolutions that most of us won't keep. Many lists include eating better, losing weight, exercising and keeping in touch with friends and family. Let me encourage you to make a resolution you'll want to keep: join me in my business and be your own boss. Why not take control of your career? Does setting your own hours, determining your own earning potential and building relationships with other women sound like a dream come true? Reduce your debt. Pay off credit cards. Make extra money for a vacation. Build a nest egg. The possibilities are limitless! The best part - you are in control. Contact me today to learn how I got started. I'd love to answer any questions you might have. I LOVE what I do and I know YOU CAN TOO!



# Beauty Buzz

A New Year, A New You!

## Cell Block-C® Intensive Brightening Elixir

Advanced formula contains our exclusive Tri-C Complex™, which consists of a super-charged antioxidant blend combined with a peptide delivery system, for overall skin health and protection.

On Sale for \$20 - Regular \$25

## Cell Block-C® Intensive Multivitamin Complex

A multivitamin for your skin! Daily mega-doses of vitamins C and E encourage healthy skin functions by supercharging the skin's natural rejuvenation process. This advanced face serum will improve the overall health and appearance of your skin, visibly reducing fine lines and wrinkles, along with other skin imperfections.

On Sale for \$30 - Regular \$35



## Ambré Set (#14054)

Create a feeling of romance and mystery with the warm, oriental scent of amber.

Includes Cologne, Solid Body Oil, & Pillow Mist plus a free drawstring gift bag.

On Sale for \$50 - Regular \$65

## Host a Spa Escape...

Get the girls together to relax and recover from the holiday rush! Take this time to relax and take advantage of great hostess benefits!

*Relax your mind. Rejuvenate your skin. Indulge your senses.*

Contact me to set a date!



If you want something said,  
ask a man;  
if you want something done,  
ask a woman.  
~Margaret Thatcher



## January

### REASONS TO CELEBRATE!!

- 1 New Year's Day
- 2 Bank Holiday (Scotland)
- 3 Fruitcake Toss Day
- 4 Trivia Day
- 6 Feast of the Epiphany—Three Kings Day
- 8 Bubble Bath Day
- 13 Make Your Dream Come True Day
- 14 Dress Up Your Pet Day
- 17 Ditch New Years Resolutions Day
- 18 Thesaurus Day
- 18 Winnie the Pooh Day
- 21 Martin Luther King Jr. Birthday (U.S.)
- 25 Opposite Day
- 26 Spouses' Day
- 26 Australia Day
- 31 Backward Day



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Shop Online:

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Website:

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

### Jubilant

### January

For the month of January, get 15% off any Cell Block C product.!



Shop with me online anytime for the newest products and great deals!



## Simple Chef!

Quick Kitchen Solutions

### Quick and Mild Chili

- 1 1/2 to 2 lbs ground turkey or lean ground beef
- 1/2 c. chopped onion OR 1 Tbs. dried minced onion
- 2 cans of chili beans with mild sauce
- 1 can of pinto beans, drained and rinsed
- 2 (10.5 or 12 oz) cans of tomato sauce
- 1 clove garlic, minced
- 1/4 tsp. cumin
- 1 Tbs. sugar

- Brown turkey or beef in large pot. If using fresh onion, add while browning meat. Drain excess fat. If using minced onion, add after draining fat.
- Add beans, tomato sauce, garlic, cumin and sugar. Stir well and bring to boil. Stir well, reduce heat and cook uncovered for one hour, stirring occasionally to ensure even heating.
- Top with shredded cheese, fresh tomato, fresh cilantro or fresh diced onion, if desired.

Makes 8 to 10 servings.



## Money Magic

Savvy Financial Ideas

Do you feel like your money isn't going as far as it used to? You're not alone. Things that you may do without thinking twice— like charging gas, groceries and other expendable items – may be to blame, says financial planner Elizabeth Lewin, coauthor of "Making Bread: The Ultimate Financial Guide for Women Who Need Dough."

Paying with your credit card at the pump or in the grocery checkout line is quick and easy. But, by the time your credit card statement comes, the gas and food will likely be long gone. You will, however, still be stuck with that bill to pay. Even if you can keep up the payments now, suppose you lose your job or have another major life event? Say you have a \$5,000 bill and make only minimum payments. At 18% interest, it will take you 33 years to pay off that debt!

An easy solution? Use cash or a debit card. This forces you to keep track of what you're spending to keep you from spending money you don't yet have.