

# FEELING GREAT

## HELPFUL HINTS FROM EXPERTS

### Ideas To Help You Live Luxuriously For Less

(NAPSA)—Looking good and feeling great don't have to cost a fortune—or even compromise your budget.

Here are some inexpensive pampering ideas that can make you look and feel fabulous:

- **Create a Home Spa**—

Expensive spas are quick and easy to create in the privacy of your own bathroom. Start by buying an inexpensive bubble bath at the drugstore and run a hot, steaming bath. Place candles on the edge of the tub for ambiance. Make a “do not disturb” sign and hang on the outside of the door to keep the kids out. This can serve as a substitute for a sauna or hot tub.

- **Salon Style**—Pricey salons and hairdressers may be hard to give up, but getting beautiful hair at home is easy. Purchase a hot oil hair treatment at the drugstore and apply as directed. Keep a warm, damp towel on your hair to lock in moisture for approximately 15 minutes. Then blow dry. Your hair will come out looking shiny and beautiful—just like when you leave the hairdresser.

- **Movers and Shakers**—The best way to look great is through exercise. Posh gyms and professional equipment may be in vogue but the best way to benefit from exercise can be found right outside your door. Throw on your sneakers and pound the pavement by jogging around the block for 20 minutes. Too cold out? Throw your favorite CD in the stereo and jump rope, stretch and do push-ups in your living room.

- **Be a Smart Shopper**—



**Visit some cosmetic counters and walk away with free skin, make-up and fragrance products in the season's new looks.**

Spend time looking for beauty deals and combinations. These days, many companies offer free products and trials with an inexpensive product purchase.

For example, Jackie Kelly, executive director of marketing at Clinique, recommends stopping by a Clinique counter during Bonus Time. “With a small purchase, you can walk away with a fun stylish bag filled with six of Clinique’s best skin, make-up and fragrance products,” said Kelly.

She also suggests visiting more than one department store, since Clinique offers a variety of gift bags at different retailers. You can collect them all.

Don't forget to take time for yourself every day. Talking with friends, time alone and reflection are all free luxuries—and with a little creativity you don't have to break the bank.