



# Beauty News & Notes

## Tips For Making The Most Of Life's Small Indulgences

(NAPSA)—The forecast for this summer is “showers”! While brides and expectant moms enjoy their celebratory showers, women everywhere—including busy moms whose own showers have long gone—can shower themselves with small indulgences that make them feel beautiful every day. Actress and busy mother of four, Holly Robinson Peete, offers her personal tips on how women everywhere can shower themselves beautiful this summer:

### Slip Into A

#### Delicious Fragrance

- Wear an alluring fragrance that makes you feel beautiful. Skip perfume, which can feel heavy on skin in the summer, and try new Suave Naturals Wild Cherry Blossom Indulgent Body Wash. Infused with cherry blossom extracts and Vitamin E, this body wash leaves skin pampered and moisturized, with a delicious fragrance.

#### Book an Appointment with Yourself

- Shower yourself beautiful by hosting an at-home spa day. Invite girlfriends over for manicures and pedicures and paint fingers and toes summer-inspired shades of sorbet. Once nails are dry, generously apply a moisturizing body lotion to keep hands and feet soft and smooth all summer long.

#### Schedule a “Tea” Time

- Studies show that taking even a two-minute break from your hectic schedule can reduce stress levels. Try this trick to add some relaxation to your daily grind. Instead of rushing through lunch, schedule a leisurely tea time for yourself complete with mini tea sandwiches and a cup of chamomile tea. Then get settled in



a quiet part of your home or office—free of distractions—to start your summer reading list.

#### Love, Me

- Send yourself some flowers—especially if you already need to swing by the florist to pick up flowers for a wedding or baby shower. Seasonal summer flowers, such as lavender and sweet pea, are a budget-friendly way to pamper yourself and brighten up your home.

#### Shower Yourself Beautiful Every Day

- Trade in your daily shower for a relaxing bath that’s fit for a queen! Transform your bathroom into a private sanctuary by lighting an aromatherapy-inspired candle and playing your favorite tunes. Be sure to use Suave Naturals Lavender Vanilla Calming Body Wash. The soothing scent of lavender will calm your senses and transport your mind to a tranquil oasis. Looking for more ways to shower yourself beautiful? Visit [ShowerYourselfBeautiful.com](http://ShowerYourselfBeautiful.com) for a chance to win great weekly prizes and the ultimate at-home shower for yourself and your friends.