

# Take Some Time... Relax



Linda Levine  
September 2008

Can you believe that Labor Day is around the corner and summer is almost over? We live such busy lives, working all day and not looking up to see the world around us. Then, we have two days (Saturday and Sunday) to catch up on the things we didn't get a chance to do during the week.

We need to go food shopping and visit the dry cleaners. Then, get a haircut and clean the house. And if there is time, spend some quality time with our families. Maybe, we have a little time to unwind before we start all over again.

Here is a suggestion: Skip the format for once. Turn the lights down low, soak up the calming, soothing effects of a warm, luxurious bath, light some candles, play some great music and relaaaaaxxxxxxxxxx... Wash with a shower/bath gel in a fragrance you love. Unwind with lotions, essential oils and enjoy the scents. Find the time for a

soothing massage. Do some breathing exercises to calm down. The serenity you feel will nourish you and heal you from the daily stresses of the week. Just thinking about this makes me want to curl up and go to sleep right now.

When you do retire for the night, I bet you will have the best sleep you have had in a long time. When you awaken on Monday morning, you will feel as if you have been away on some Caribbean vacation. And you didn't even have to spring for the airline ticket.

P.S. After posting the July article with David, I read it again. Oh my! I said there was a hole in the ozone layer and it sounded as if I didn't care!! I do.

Teaching consumers about Arbonne's wonderful products provides me with great personal satisfaction". All of Arbonne's Swiss-formulated products are made in the United States and are botanically-based, dermatology tested, vegan-approved, recyclable, and free of mineral oil, chemical fragrances or dyes. Arbonne products are all pH balanced, do not contain animal by-products and are not tested on animals. Also, Arbonne's active ingredients are approved by the FDA.