

12 Ways To Fit Little Indulgences Into Your Life

(NAPSA)—Appointments, bills, carpools, deadlines, grocery shopping, laundry, meetings, projects, practice...does the list ever end? With so much to do, it's easy to postpone time for yourself. However, simply fitting little indulgences into your life can mean the difference between a healthy, happy lifestyle and one that could potentially affect your well-being.

With these 12 simple tips, you'll be able to pamper yourself easily. There's a little indulgence for each month of the year so relax and take a deep breath—these tips are sure to put you on the path to a stress-free year:

January: Play in the snow! Build a snowman with your family—you'll be surprised at how rewarding it'll feel to act like a kid again.

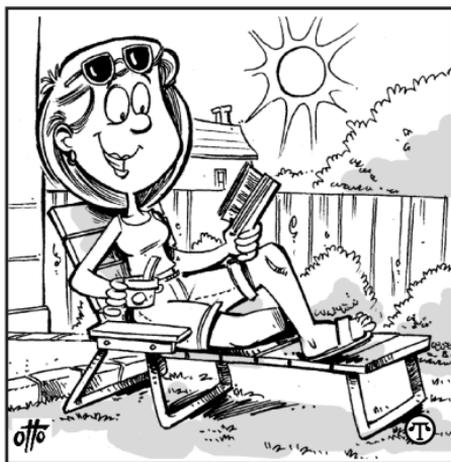
February: Take a detour on the way home from work and get a manicure. Impromptu indulgences can be the perfect solution to a hard day's work.

March: Rent your favorite movie and take control of the TV for the night.

April: Don't let those April showers get you down. Enjoy your time indoors. Light some scented candles and unwind in a nice, warm bubble bath.

May: Satisfy that sweet tooth! A great choice is new DANNON® la CRÈME Mousse—a mild, rich and creamy yogurt that tastes so good, you'll forget that it's actually good for you.

June: That summer heat can be harsh on your hair. Prepare an at-home hot oil hair treatment to nourish your locks and help you to unwind. You won't need to spend much time or money on this spa-



Taking time for yourself can help you feel well and do good.

like experience.

July: Treat yourself to a free makeover at a department store counter. When you look good, you feel good.

August: Taking time to re-connect with friends doesn't need to mean a long dinner—write a letter to an old friend to re-connect with her and yourself.

September: Wake up early and spend some time outdoors. Breathe in that crisp morning air and mentally prepare for the day ahead.

October: October is famous for apple pie. If you like yours à la mode, try topping it with an indulgent vanilla yogurt!

November: Buy yourself flowers. This is a great way to brighten up your spirits and your house.

December: 'Tis the season for giving. Pamper your inner self by doing a good deed for someone less fortunate. Donate your family's old clothes to a shelter. Not only will you be helping people in need, you'll also get rid of unnecessary clutter.