

Counseling Services TIPS

How to Pamper Yourself

Every once in a while it's always good to pamper yourself. This guide will help you learn ways of pampering yourself at little to no cost to you.



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Counseling Services



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- ◆ Take a bath
- ◆ Get a massage
- ◆ Snack on hot milk and cookies before bed
- ◆ Buy something
- ◆ Treat yourself to ice cream
- ◆ Get a manicure/pedicure
- ◆ Take a trip
- ◆ Lay in the sun
- ◆ Take a swim in a pool or soak in a Jacuzzi
- ◆ Read a good book
- ◆ Watch a good video
- ◆ Go to a fine restaurant
- ◆ See a good movie, play, opera, horse race, ball game
- ◆ Visit a museum
- ◆ Buy flowers: lavender is soothing
- ◆ Cook yourself dinner
- ◆ Get your hair done