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.

- 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