

# 30 Healthy & Fun Ways to Pamper Yourself

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1. Go for a walk. A nature walk, a walk in the park or around a lake.
2. Pour yourself a cup of tea and do nothing.
3. Watch a sunrise or a sunset.
4. Fill the tub with bubbles and take a luxurious bubble bath (preferably with a glass of wine & plenty of candlelight).
5. Call a friend. Make each other laugh.
6. Drink water with lemon slices.
7. Doodle in your journal for 15 minutes.
8. Treat yourself to a pedi or facial at the spa.
9. Set up a "spa day" with your girlfriends.
10. Buy yourself flowers.
11. Get lost in a good book.
12. Meditate for 10 minutes.
13. Go for a rigorous hike or climb a mountain.
14. Try on a new outfit. Or, buy a new outfit, then try it on!
15. Look through old photos. Take a trip down memory lane.
16. Peruse home decorating or vacation ideas. Record in your journal (or on Pinterest.)
17. Read your favorite magazine(s).
18. Go out for coffee with a friend at a new coffee place & splurge on a nonfat latte.
19. Write the three things you most look forward to (in your journal or on your bulletin board).
20. Listen to music – your favorite CD, favorite station on Pandora – or a great Podcast.
21. Create a vision board – magazine collage.
22. Get your hair styled at the salon, just for fun.
23. Get a makeover
24. Cuddle with a pet or a loved one.
25. Take a scenic drive – no destination in mind.
26. Go for a bike ride.
27. Dance in the kitchen to your favorite song.
28. Watch a new TV show or a movie.
29. Drink a fresh fruit smoothie.
30. Light the fragrant candles, turn on the twinkle lights, sit in the dark & enjoy!



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