

50 Ways To Soothe Yourself Without Food Susan Albers

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50 Ways To Soothe Yourself

Mental health mantras like “treat yourself” and “I deserve this” can tank your bank account quickly. Dara P. Kapoor, digital director at HEALTH, said there are ways to protect your ...

Are mantras like 'treat yourself' tanking your bank account? Here's what to do

ENJOY six ways to celebrate outside with six friends this bank holiday weekend. Whether you fire up the barbecue or simply stick a pizza in the oven, enjoy sharing some hospitality with your ...

Celebrate the bank holiday in six ways with these savvy buys & tasty recipes

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Things to Do in Quarantine: 50 Productive Ways to Pass the Time Who'd have ... The next time you find yourself dwelling on all the things you can't do because of the lockdown, instead think ...

50 Productive Ways to Pass the Time in Lockdown

If you're not in dire financial straits, you may wonder what's the best way to use this windfall ... Give your wallet a gift. Set yourself up for a future treat by paying a bill in advance ...

50 Great Ways To Spend Your Third Stimulus Check

To avoid feeling like a cobbler with no shoes, tech entrepreneur and business strategist Nicole D'Alonzo wants you to treat yourself like ... And by the way, they feel bad about it, which ...

This Tech Entrepreneur Wants You To Treat Yourself Like A Client

Sometimes you just have to treat yourself and indulge in a little retail therapy ... Below, shop five gifts under \$50 available now at Pink Moon that are worth a purchase — you deserve it.

5 gifts under \$50 from Pink Moon to treat yourself to as a pick-me-up

One easy and effective way to bring a bit more comfort and luxury ... Don't hold back. Treat yourself to high-quality bath towels to bring your self-care ritual to the next level and create ...

Treat yourself with this luxurious four-piece bath towel set for \$50

The globally-recognised annual event was first celebrated over 50 years ago and since then has ... But in the modern age, there are a ton of new ways to live a more sustainable lifestyle ...

Treat yourself and be an eco-warrior this Earth Day by shopping these 13 sustainable brands

I asked Dr Angela Goyal of OneMedical Group (onemedicalgroup.co.uk) how to treat ... yourself to a four-pack of Fibre One triple-chocolate cake bars for £1.25 at Asda, down from £2.50.

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From soap to night ointments — the best value skin care to soothe hand gel woes

"We want it to be a way for moms to connect with each other and ... Registration is being capped at 50 attendees to ensure safe social distancing can be practiced, and masks will be required.

Treat yourself, new and expecting moms. You deserve it

Most importantly, these candles are just really pretty, and you deserve to treat yourself to one (or three ... and coconut. It has a 50-hour burn time. Joe and Monroe's cashmere vanilla candle ...

28 Luxury Candles to Treat Yourself to Because You Deserve Something Nice

When she can't physically make her way to those enviable white sand beaches ... Baileys is making it more convenient than ever to treat yourself to a beachy cocktail anytime, anywhere by ...

Introducing Baileys Colada, A New Limited Time Offering That Invites You To Treat Yourself To A Vacation In A Bottle - Anytime, Anywhere!

If you pick a subscription box based on your interests, it is a great way to try new things and expose yourself to products you might not have tried otherwise. The majority of these subscription ...

Best subscription boxes to treat yourself with now

With that in mind, here are ways to treat and prevent ingrown hairs ... which are supposed to reduce the risk of cutting yourself, but it actually increases irritation," says Young.

6 Expert-Approved Ways To Treat & Prevent Ingrown Hairs

The late Al Sicherman, a longtime Star Tribune columnist, was way ahead of the curve ... Locally, The Buttered Tin has been making its Lowertown Twinkeys (\$2.50) for years. "Few customers can leave ...

It's National Twinkies Day: Go ahead and treat yourself

One way to score big for your birthday ... comment card to be

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