

PAMPER YOURSELF FOR LESS

Creating everyday indulgences



courtesy of Kim Danger mommysavers.com

UNIROYAL



dear reader,

As a busy wife and mother, I know how easy it is to put your own needs on the back burner while taking care of your family. Making meals, cleaning the house, doing laundry — your to-do list never ends. This e-book is all about putting yourself back on your list of priorities.

A happy mom is a gift to any family and a great example to her children. When you place importance on your own needs and happiness, you are able to give back to your family the best of what you have to offer — which in turn makes the entire family better off.

In today's economy, it can be especially difficult to justify little indulgences when your budget is tight. Eating right, exercising and looking your best can be expensive. It's my hope that I can show you a few ways to look good from the inside out, even if you are short on time and money.

Enjoy!

Kim Danger

Quick Tips to Exercise for Less



If a health club membership doesn't fit into your budget, don't worry, you can still afford to work out. Getting regular exercise will help not only improve your health and appearance, it can help you sleep better and feel less stressed. Here are some quick tips to help you get fit for less and have a little fun!

Try Before You Buy

Check out your library's collection of exercise DVDs. If you don't see what you want on the shelves, inquire about interlibrary loans. When you find one you want to invest in, consider buying gently-used DVDs online from sites like Amazon.com, Half.com or eBay.com.

Free Programming

Check your local TV listings for exercise shows. If you have a digital recording device (DVR) service from your cable provider, you can play them back later at your convenience. A television isn't even necessary to watch workout

segments; as long as you have an internet connection, you can check out Hulu.com or YouTube.com for fitness videos.

Hobbies & Housework

Be productive while you're working out by incorporating calorie-burning hobbies and housework into your daily fitness routine. You'll be accomplishing great things without even feeling like you've exercised at all!

- ▶ Gardening = 324 calories/hour
- ▶ Heavy cleaning = 432 calories/hour
- ▶ Dancing = 370 calories/hour
- ▶ Golf = 240 calories/hour
- ▶ Vacuuming or mopping = 150 calories/hour
- ▶ Playing with kids = 216 calories/hour
- ▶ Walking the dog = 297 calories/hour

Source: www.cancer.org/docroot/PED/content/PED_6_1x_Exercise_Counts.asp

Equipment for Less

- ▶ Shop for secondhand fitness equipment at stores like Play It Again Sports.®
- ▶ Check your local discount stores like Walmart,® Kmart® and Target® for equipment sales.
- ▶ Web sites like Craigslist.org and Freecycle.org may list treadmills, weights or other fitness gear.
- ▶ Trade equipment with friends — everyone has unused equipment lying around. You can use your Facebook or MySpace pages to see if anyone would like to trade or giveaway unused equipment.
- ▶ Local classified ads are another source for great deals.
- ▶ Yard sales are an excellent place to find rock bottom prices on equipment.

Make Your Own Weights

Why buy something that you can make at home? You can make your own dumbbells out of items you have at home.

- ▶ Soup Cans — These are great for light weights.
- ▶ Milk or Juice Jugs — Fill old jugs with sand or water to your desired weight.
- ▶ Full Water Bottles — Large bottles are easy to handle and can give you around two pounds when full. Add sand or rocks for a little more weight.
- ▶ Small Duffel Bags — Stuff them with books, magazines or whatever you can find. Great when doing both upper and lower body exercises.

Discount Memberships

Don't take the club membership at face value. There are several ways to negotiate a deal or get what you want for less.

- ▶ All [YMCAs](http://YMCA.org) are funded by volunteers. Donating your time to their programs is a great way to give back to your own community as well as provide you with a free or discounted membership.
- ▶ Check with your insurance provider and your employer to see if they offer reimbursements on fitness club memberships.
- ▶ Take advantage of free trial programs at local health clubs. Many clubs offer bring-a-friend-for-free program, as well.
- ▶ Check out other community facilities available to you. Colleges and high schools may offer open gym hours for free or at reduced rates. Also consider community recreation centers and swimming pools.

Ways to Make Your Environment More Relaxing and Less Stressful

When it comes to creating harmony in your inner world, sometimes you have to start with your external world. A house in disarray can have a negative impact on your psyche. Making a few simple changes in your environment can have a huge impact, and it doesn't have to cost a lot.

Remove the Extras

When you de-clutter your home, you're not only getting rid of unwanted belongings, you're removing "dead weight" from your life. By removing what you no longer use or need, you invite new experiences and allow a new life to evolve. You feel renewed and energized.

Instead of attempting to de-clutter all at once, make it a habit to clean for 15 minutes at a time a few times a week. This prevents the process from becoming overwhelming and it also helps make it a part of an ongoing routine. After all, we bring things into our home on a regular basis, so it's only natural that we remove what we don't use.

Keep a big box for unwanted items in a convenient location in your house, like a closet or laundry room. When it gets full, bring it to the charity of your choice, bag up certain items to pass on to friends, sell them on eBay.com or Craigslist.org, or mark them for a rummage sale.

Feng Shui

Many people have adopted the Chinese art or practice of Feng Shui ("Fung Shway") to create harmony in their home. The aspect of Feng Shui that relates to creating positive effects in your home relies on the orientation of objects. For example, the way you arrange furniture in a room. When you decorate your home by allowing "chi" (energy) to flow through your home freely,



your home becomes a more open, peaceful and relaxing place to be. The easiest way to put Feng Shui to use in your home is to remove clutter. Unnecessary junk hinders the flow of good energy through your living space. Color selection and décor are also factors. Here are some easy and inexpensive ways to put Feng Shui into practice in your own home:

Hallways and Doors

Hallways and doors are the gateway of energy flow; make sure nothing is blocking these areas. De-clutter unnecessary items to create a positive energy flow and place plants in hallways to help with efficient energy flow.

The Living Room

Avoid situating chairs where a person's back will face a doorway or window or even a sofa. This can create a sense of uneasiness for the person. Lighten up dark areas and improve the flow of "chi" in corners with mirrors, lights and plants.

The Bedroom

Position your bed so you can always see the door. Keep the area clean and simple. If possible, remove all electronics such as TVs from the room. Use restful coloring and soft lighting. Avoid positioning your bed under a window.

Aromatherapy

As one of our most powerful senses, smell stimulates the part of the brain that connects memory and emotion. Aromatherapy has been connected with relieving stress, energizing the body and promoting general well being. Health claims aside, fragrances can help create a welcoming and calming home environment.

- ▶ Essential Oils — Essential oils are scents created from plant extracts. Try a drop of lavender on your pillow at night to promote relaxation and more restful sleep, or combine about 15 drops in a small spray bottle with water for a homemade air freshener.

- ▶ Sweet Smelling Fabrics — Combine four tablespoons of fabric softener with a half gallon of water in a spray bottle to create a homemade fabric spray. Try it on sheets and towels for a fresh scent.
- ▶ Do It Yourself Simmering Scents — Next time you peel an apple or orange don't throw those peels away! Try simmering the apple and orange peels in a little water on the stove in combination with cinnamon sticks, cloves or a little nutmeg.
- ▶ Incense — Sandalwood is an earthy

fragrance that has been used in nontraditional medicine to treat anxiety and is known as an aphrodisiac in some cultures. A pack of incense sticks can be purchased cheaply and can be found at just about any big box retailer.

- ▶ Air it Out — Sometimes the best scent is no scent at all. Simply getting rid of the dust by opening up windows and airing out the house will leave you with a fresh-smelling, clean environment.
- ▶ Light it Up — Scented candles can lighten your mood and calm your senses.

Most can be purchased inexpensively at a local discount store.

Music to Your Ears

- ▶ Turn on the Computer — If you have an internet connection, you have access to soft, soothing sounds. Pandora.com offers up the pleasant "Nature Sounds Radio" on their New Age channel.
- ▶ Dollar Store CDs — Many dollar stores offer CDs of thunderstorms and classical music.

Balancing Your Crazy Life

First Things First

Keeping a busy life in balance requires a strong awareness of what is truly important in life, knowing what your priorities are, and not allowing superficial things to get in the way. Today's family faces a million demands on their time. Often, the most pressing demands aren't that important in the larger scheme of things, and we make the mistake of putting more important things on hold to accomplish minor things. For example, reading to your kids may not be as urgent as answering the phone, but it may be more important in the long run. By putting these things at the top of your priority list, you're increasing the chances they'll get done. You will, in turn, improve the quality of your family's life.

Is your life overly stressful?
Take this [stress quiz](#) to find out.

Put Yourself Back on the To-Do List

As parents, we often put our own needs on the back burner to ensure our kids and families are well taken care of.

Eliminate Time Wasters:

- ▶ Shop online as much as possible to save

time, gas money, plus wear and tear on your car. Anticipate future needs such as wardrobe additions or replacements, birthday/holiday presents, teacher appreciation gifts, etc.

- ▶ Plan your family's meals ahead of time and make sure you have the ingredients on hand to avoid unnecessary trips to the store. If you plan meals around the grocery stores' sales, you'll save money and time. Keep a few meals in the freezer to avoid the takeout temptation.
- ▶ Put your finances on autopilot. Set up automatic deposits to accomplish saving and investment goals, which helps take the time and worry out of managing your finances. Using your bank's online bill paying feature not only eliminates the time it takes to write out a check, but also saves you money on postage.
- ▶ Keep the television turned off. It helps create a more peaceful environment and helps eliminate wasted time. Use a DVR (such as TiVo) to enable skipping through commercials. Channel surfing becomes a thing of the past and you can watch an hour-long show in 40 minutes or a half-hour show in 20!
- ▶ If you have an answering machine or voicemail, put it to use. Set a designated

time to return phone calls. Using a caller ID service can help you avoid taking calls from telemarketers; you can also register your phone number on the [National Do Not Call Registry](http://NationalDoNotCallRegistry.com) to avoid those unwanted calls.

Life can be fast-paced and stressful. Take some stress out of your life by thinking ahead. According to FuelEconomy.gov, the quality of a few important vehicle components can help drivers improve their auto's gas mileage as much as 40 percent. Here are some tips to ensure fewer headaches in the future.

- ▶ Don't let the stress turn you into an aggressive driver! Aggressive driving (weaving in and out of traffic, tailgating, etc.) can compromise safety and lower gas mileage.
- ▶ Replace clogged air filters. Clogged filters can have a big impact on gas savings.
- ▶ Make sure your vehicle's wheels are properly aligned. Proper alignment can mean big savings on gas mileage and prevent irregular wear.
- ▶ Monitor the pressure in your tires each month to save on gas.

Frugal (Healthy) Habits

Eating healthy on a budget requires a paradigm shift. Instead of thinking of price as the only factor guiding your purchasing decisions, consider the value of what you're getting. Sometimes a better value product will cost more than a cheaper alternative, but keep in mind that paying for empty calories or poor nutrition is never a good idea — even when the price is right.



Limit Pre-sweetened Foods

Instead of buying pre-sweetened foods like cereal, iced tea, yogurt, and the like, buy the regular version and add a teaspoon or so of sugar. You'll be saving money and chances are you won't be using nearly as much sugar as a pre-sweetened version contains.

Buy Seasonal Produce

Fill your cart with produce that's in season. It won't just be economical; the food will be at its peak of flavor. Local farmers' markets are great resources for healthful produce. At your local supermarkets, consider buying produce marked "locally grown."

Skip the Soda, Opt for Water

According to the National Soft Drink Association (NSDA), an American consumes, on average, over six hundred 12-ounce soft drinks per year. Not only are sodas, sugary juices and alcoholic drinks expensive, they contain a lot of empty calories which fill you up and prevent you from getting the nutrients your body needs. Instead, drink water. It's great for your skin, your body and your finances.

Eat More Whole Grains

Whole grains are economical and healthy. Oats, barley, wheat and brown rice provide nutrition as well as dietary fiber to fill you up.

Consume Leaner Protein

Legumes like lentils and beans provide necessary protein at much more reasonable prices than meat. Plus, they contain dietary fiber and are low in fat, making them a dietary bargain. Eat meat in moderation and add more lean sources of protein to your diet.

Eat Breakfast

To get your day off to a good start, don't skip breakfast. Instead opt for a high protein meal that won't leave you ravenous later on.

Put healthy eating into perspective. Learn more about your eating habits and how to improve them.

FitDay.com

My-Calorie-Counter.com

Seasonal Choices

To see what's in season locally anytime of the year, go to Nfdc.org for a list of fresh fruits and vegetables.

Limit Prepackaged Foods

Shop the perimeter of the store and you'll avoid prepackaged foods that often contain a lot of sodium, fat and preservatives. Learn to cook your favorite foods at home, and you'll spend less money while eating healthier.



Dressing for Your Body Type to Look Fabulous

One-size-fits-all is one of the quickest routes to fashion disaster. Knowing your body type and dressing appropriately can help you look great on any budget. Here are a few quick tips:

Pear Shape (larger on the bottom than on the top)

- ▶ Lengthen the look of your legs with high-heeled shoes.
- ▶ Balance out your bottom half by choosing a top with a wide neckline, such as a boat neck or scoop neck.
- ▶ Choose jackets that hit just at your waist or slightly above it, avoiding those that end at your widest point, your hips.
- ▶ Choose A-line skirts with a side zipper to minimize hips.

Hourglass Shape (evenly proportioned with a small waist)

- ▶ Choose tops that accentuate your small waist (wrap dresses and blouses work well).
- ▶ Avoid baggy, shapeless garments.

- ▶ Choose pants and skirts that are slightly flared.

Skinny-Minnie (thin with few curves)

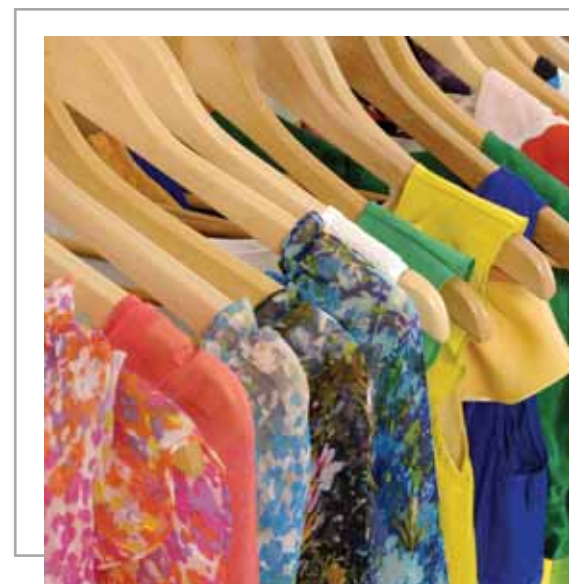
- ▶ Choose jeans or pants with flap pockets to perk up a flat behind.
- ▶ Select tops with ruffles or pockets - they will add curves where there are none.
- ▶ Wear a belt to create the illusion of a waistline.

Voluptuous (plus-sized women with full figures)

- ▶ Buy good-fitting, wide-leg pants that can slenderize.
- ▶ Avoid baggy clothing—choose garments that fit well.
- ▶ Choose long, non-pleated skirts.
- ▶ Pick items with vertical lines and dark colors. They have a slimming effect.
- ▶ Utilize boots as a stylish way to minimize calves.

For All Body Types

- ▶ If it makes you feel fabulous and sexy, chances are it makes you look that way as well. Pay attention to compliments, and take note of what you're doing right.
- ▶ Match prints to your size. The larger you are, the larger the print. If you're tiny, small prints are more your style.
- ▶ Invest in a good-fitting bra.



Fashion Splurges and Budget Buys for the Savvy Shopper

Don't skimp on standards like jeans, black trousers, a clean-and-crisp white blouse or good shoes. When fit and style is of the utmost importance, a cheap imitation just won't do. Consider these basic building blocks for your wardrobe, and buy the best your budget will allow. Then when you do find cute, trendy clothes at rock bottom prices, you'll already have the standout pieces to go along with them.

Scarves, earrings, necklaces, watches and belts are the quickest way to date (or update) your wardrobe. After you've invested in good quality basics, shop for some inexpensive accessories to complete your look.

- ▶ Target®
- ▶ Old Navy®
- ▶ NY & Co.®
- ▶ H&M®
- ▶ Charlotte Russe®
- ▶ Forever 21®
- ▶ Wet Seal®
- ▶ Walmart®



Fashion Savings Strategies to Save You Money

Shop often, purchase rarely. Scope out markdowns on a regular basis, but resist the urge to buy until prices hit rock bottom. Don't have time to visit the stores yourself? Let the internet help you. Visit my [Mommysavers.com](#) [What's In Store](#) forum to get the heads-up on great prices and deals that other moms are finding in the brick-and-mortar stores.

Get to know the sales associates at your favorite stores. Often they will clue you in as to when their next round of markdowns will take place. Don't be afraid to ask them outright — most are happy to divulge that information. Some may even go as far as putting some things they think you might like on hold for the occasion, but you have to play your cards right.

Know Where to Shop

It's now possible to wear high-end designers on a low-end budget. You can find labels like Mossimo® and Isaac Mizrahi® at Target®, Vera Wang® and Dana Buchman® at Kohl's®, Charlotte Ronson® at JCPenney®, and Comme des Garçon® at H&M®. Adding a few of these pieces to your wardrobe will make you look like a million bucks.

Shop at stores that frequently turn over merchandise. Stores like Target® and Old Navy® are constantly receiving new clothing, and they need to clear out their older styles on a regular basis. You'll almost always find a great selection of markdowns on their clearance racks.

Consignment stores can be a good resource for high-quality basics like trousers, blouses, and jackets. Avoid anything trendy at consignment stores since they almost exclusively carry apparel from past seasons.

Don't forget to check online stores for great deals. Be wary of shipping costs, which can offset the money you're actually saving. My favorite sites include:

[Overstock.com](#)
[Bluefly.com](#)
[ClassicCloseouts.com](#)
[6pm.com](#)
[Amazon.com](#)

Clearance Rack Know-How

- By waiting a few months to pick up the latest fashions, you'll get a bigger bang for your buck. For example, fall clothes typically hit the racks in July and start getting marked down in September. Who needs a sweater in July anyway? If you wait until October or November to buy (when you actually NEED the item) you can save up to 75 percent.
- Make sure the styles aren't too trendy and will still look good next season. Since most of the rock-bottom prices are at the end of each season, you'll be socking most of your bargains away and wearing them next year.
- Just because it's on sale doesn't mean you should buy it. If you don't absolutely love it and it doesn't fit perfectly, don't buy it, no matter how low the price. It can be hard putting \$2 tops back on the rack, but they'll occupy valuable closet space and not get worn as often. Keep your willpower in check and realize there will always be another deal waiting around the corner. One exception: items that can be altered. If it doesn't fit perfectly but you can have it altered to fit for a good price, then it may still be a good buy, especially with high-end garments.

Caring for Your Treasures

Fight the urge to just throw your clothes in the washer all together. Make sure to read the labels on your duds to ensure you are caring for them properly for a long-lasting life.

On Your Way to the Mall

Drop off your car at your local [Uniroyal Dealer](#) for a maintenance checkup. Research shows that a poorly tuned engine can greatly increase fuel consumption. Following the recommended maintenance schedule in your vehicle's owner's manual can save gas, help your car run better and contribute to a longer life.

Be a Smart Shopper

Find ways to avoid paying shipping costs and full price on purchases!

[FreeShipping.org](#)
[RetailMeNot.com](#)
[FatWallet.com](#)
[ShoppingBargains.com](#)

Besides traditional retailers, search for gently-used apparel bargains on auction sites like [eBay.com](#) or [Craigslist.org](#). Try searching by your size and favorite brand names. Take a look in your local Goodwill® or Salvation Army® stores for great finds.

Do It Yourself Pedicures

Expensive spa treatments just aren't in the budget for most people these days. If you have half an hour, you can give yourself a pedicure in your own home.

Pedicure Tools Needed:

- Nail polish remover
- Cotton balls
- Nail clippers
- Nail file
- Cuticle oil
- Orange stick
- Water basin (or bathtub)
- Exfoliating foot scrub
- Nail polish

Directions:

1. Remove old polish with nail polish remover and cotton ball.
2. Trim nails straight across the toes and file as necessary.
3. Soak your feet in hot water (use the water basin or the bathtub) for about 15 minutes.
4. Apply foot scrub and gently exfoliate rough heels and calluses. Rinse clean.
5. Apply cuticle oil and push cuticles back with the orange stick.
6. Apply base coat of nail polish, which will help prevent the top coat from chipping. After the base coat has dried, apply the top coat of nail polish. Dry with hair dryer (optional).

See the Difference

The average cost of purchasing your own pedicure products is \$15-18, and the supplies will last you a long time. Compare that price to a one-time trip to the salon which averages \$30-\$60.



Best Beauty Buys

Knowing where and when to shop for cosmetics is the key to getting the best beauty buys. Here's the scoop:

Pharmacy Rebate Programs

The Walgreens® Register Rewards and the CVS® Extra Care Bucks programs allow shoppers to get great buys on mass market cosmetics. Often, you'll see brands like Revlon®, Cover Girl® and Maybelline® buy-one-get-one-free with an in-store coupon. Even better deals can be had when you combine these deals with manufacturer's coupons found in the Sunday paper and online. When you get to the store, scan your card at the kiosk for additional in-store coupons.

Department Store Cosmetic Counter Promotions

Need to get your fix? Wait to purchase until they offer promotions such as Clinique® Bonus or Estee Lauder® Gift Time, where you get free samples and/or cosmetics bags with a minimum purchase. Sign up

online to be notified of promotions from your favorites.

Clinique.com

Estelauder.com

Ulta.com

Maccosmetics.com

Sephora.com



Dollar Stores

Buying basic toiletries at dollar stores such as Dollar Tree® and 99 Cent Only® can save quite a bit of money. Dollar stores are able to offer low prices because they purchase manufacturer overstocks, which mean their assortment is hit-or-miss. If you see a bargain, stock up — chances are you may not see it there again. Here are some beauty buys they almost always have on hand:

- Conditioner to use as shaving cream
- Petroleum jelly for lips
- Shampoo
- Bubble bath
- Scented soaps
- Baby oil and powder

Cosmetology Training Centers

These centers are a gold mine of a full range of salon services at rock-bottom prices! Services are performed under strict observation by an instructor, so you don't have to feel like you're rolling the dice with a newbie.

Semi-Annual Sales and Clearances

One of the best out there is the Bath and Body Works® semi-annual sale, which takes place in January and June. Select merchandise such as soap, bath products, lotion and shampoo is up to 75 percent off, so it's a great time to stock up. What you don't use makes great teacher appreciation, birthday and Christmas gifts.

5 Homemade Spa Treatments and Facials Anyone Can Make

Are you seeking some spa treatment, but your budget just won't allow it? These easy yet luxurious treatments will allow you to pamper yourself for less. Plus, chances are you have these ingredients stocked in your very own kitchen already, so you won't have to spend a dime!

Need a Quick Skin Fix?

- ▶ **Puffy Eyes** — Apply a cold compress or put a spoon in the freezer for a few minutes, then apply. Use a light concealer to brighten the area.
- ▶ **Dull Complexion** — If your complexion looks dull, you should wet a facecloth with warm water and squeeze on a little lime juice. Press on to your face for a few minutes. Repeat three or four times to make your skin glow.
- ▶ **Flaky Lips** — Use an old toothbrush, dip in petroleum jelly or lip balm and gently rub in circular motion. Apply another layer of lip balm or petroleum jelly.

Sources: www.beauty-advices.com,
"The Busy Girl's Guide to Looking Great"

Egg Facial

This homemade facial will cost you less than 25 cents to make! Egg white draws oils out, the yolk acts as a moisturizer. If you have one egg and half an hour, you have a great spa treatment. First, start by cracking the egg and separating the egg white from the yolk. Next, whisk them both to a smooth consistency.

Directions:

Start with a clean face, and rub the egg white on your face in a circular motion. Allow to dry for 15 minutes and wipe off with a warm washcloth. Next, rub the egg yolk on your face and allow to dry for 15 minutes in order to moisturize. Wash skin thoroughly with warm water.

Sugar or Salt Scrub

This is a great scrub for polishing and smoothing out your skin. It works well on elbows and feet by removing dead skin and rough patches.

- 2 cups Epsom salts or sugar
- 1 cup olive oil
- 6-8 drops of essential oils (for a nice scent) if you have them or add a few drops of baby oil

Directions:

Lightly moisten skin and apply, making circular motions on skin. Rinse off with warm water.

Oatmeal Mask

This is a refreshing mask that will help moisturize your skin and gently exfoliate at the same time. Works wonders for really dry skin.

- 1/2 cup hot water (do not boil)
- 1/3 cup quick oats
- 2 tablespoons plain yogurt
- 2 tablespoons honey
- 1 egg white from a small egg

Directions:

Combine ingredients in a bowl and apply to your face. Leave on for 15-20 minutes until dry. Wash skin thoroughly with warm water.

Bubble Bath

Why buy it? De-stress after a long day with a calming bath that costs just pennies to make from items you have at home already.

- 1/2 cup gentle liquid dishwashing detergent
- 1 cup Epsom salts
- 4 or 5 drops glycerin
- 3 or 4 drops essential oil (optional)

Directions:

Combine ingredients and store in an airtight container. Add just a little bit to bathwater to create luxurious bubbles.

Moisturizing Facial Mask

Great to make if you have leftover bananas lying around! This mask will leave your face feeling silky smooth, especially if you have dry skin problems.

- 1 medium sized banana, mashed
- 2 tablespoons vegetable oil

Directions:

Mix banana and oil in a bowl. Microwave on high for about 30 seconds or until the mash is warm. Apply to face and leave on 10-15 minutes. Wash off with warm water, followed by a cold splash of water. Your skin will feel smooth.



Get the Scoop

Want to find something from your local spa to make at home? Try these sites for more treatments that will leave you feeling like a pampered princess:

Village.com

otlow.com

NationalMassageCertification.org Blog

Host a Girl's Night In for Less

Having a good time with your friends can be loads of fun and inexpensive at the same time! Instead of heading out, consider staying in. Hosting a get-together in your home costs less than going out and opens up all sorts of options that wouldn't be available elsewhere.

Movie Night

Break out the chick-flicks (borrow one from the library for free). Supply plenty of popcorn and movie candy like Good 'N Plenty® and Junior Mints®. Ask guests to wear their comfy clothes or even their PJs.

Top Ten Chick Flicks of All Time

10. "Steel Magnolias," "Beaches," "Pretty Woman" (Tie)
9. "The Women"
8. "When Harry Met Sally"
7. "Grey Gardens"
6. "Sabrina"
5. "The Valley of the Dolls"
4. "Thelma and Louise"
3. "White Oleander"
2. "Imitation of Life"
1. "Gone with the Wind"

Source: www.movies.msn.com



Game Night

Games are fun for adults too! Don't buy anything new to host a game night, simply ask guests to bring their favorite game along. Great choices include: Catch Phrase®, Pictionary® or Outburst®. Or, opt for the popular dice game Bunco. It's a game that relies on chance rather than skill, so no thinking is involved. [Instructions on how to play can be found here.](#)

Girls Just Wanna Have Fun

Host a totally gnarly 80s party, starting with a free 80s-themed invitation from eVite.com. Ask guests to wear their best 80s clothes (think ripped sweats, leg warmers, shaker sweaters and acid-washed jeans). Break out the karaoke machine and keep the TV muted while playing movie classics like "Sixteen Candles," "Footloose," or "The Breakfast Club."

Swap Party

Invite the ladies over for a night of shopping that won't cost a penny! Have all your guests bring over all their unwanted clothes, shoes and purses. Build a new wardrobe and have an evening of fun for free! Remember the "two year rule" — if you haven't worn it in two years, you won't miss it!

Wine Tasting

Ask guests to bring an interesting bottle of wine costing under \$10 and some facts about the variety, region or manufacturer. You'll want to start with the white wines, from dry to sweet, and progress to red wines. This party is great for novices who want to learn a little more about wine. Ask guests to vote on their favorite bottle with a prize going to whomever brought the favorite (prize suggestions include wine glasses, wine glass markers or a cheese tray). Look for bargains at TJ Maxx®, Marshalls® or Target®.





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