

# **Capture His Heart: And Make Him Love You Forever 2.0**

**Wake Up Gorgeous Hour 2  
Treating Yourself to Sensual Pleasures**

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# Treating Yourself to Sensual Pleasures

Tell the truth.

Do you spend the great majority of your time taking care of other people, or doing what other people want/need/hope you will do? Being responsible, handling work stuff, schooling, budgets, tv, internet, cleaning, texting, shopping, whatever, whatever, whatever until you topple into bed each night?

Bleh.

Girlfriend, you gotta take care of yourself, too, or you'll spiral down into the sad, gray place with no ponies, grass, or sunshine.

When is the last time you really indulged yourself? Truly. Treated yourself to a completely random joy like a really juicy beach novel, read on a park bench while you enjoy succulent orange sections, pale green kiwi coins, spicy radish roses, long carrot curls, and itty-bitty sweet pickles that you carefully prepared and tucked into a bento box for a decadent solo Saturday afternoon?

There are so many delicious sensual treats you can try out. Start treating yourself once in a while and wake up your inner lush with the glorious delights of sheer, physical pleasure.

It takes some time and planning (that bento box won't make itself – but if you're a city girl I bet you can find a place that will make one for you), but SO DOES EVERYTHING. Everything except mindless zombie living with no ponies, grass, or sunshine, that is.

My favorite sensual treat is a pedicure. The place I get mine done goes all out to pamper me: a glass of wine when I come in, mood lighting, and the faint aroma of incense. I choose my new nail polish color and relax in a massage chair with my feet in steaming, scented water. A wonderful woman comes and cleans, polishes, and otherwise tends to my tired toes, and smiles as I nearly fall into a swoon over the standard 20 minutes of foot massage. All this and ten bright, polished toenails for \$25; you just can't beat that. Take a romance novel and double your pleasure.

What do you love? What do you find to be sensual, arousing to your spirit, or nourishing to your soul?

Skinny dipping? Hot wings and a local craft beer? An evening in a jazz club?

**Here are 51 more ideas for turning yourself into a sensuous pleasure pagoda and maintaining your healthy, sexy inner grin...**

1. Take a ballroom dance lesson.
2. Sleep naked.
3. Bake cupcakes.
4. Stargaze.
5. Go see a play in your community.
6. Buy some thigh-high stockings. Wear them!
7. Take a Segway tour around downtown.
8. Try silk sheets.
9. Work in the garden.
10. Sleep in. Watch cartoons. Eat your fave kid cereal.
11. Turn off your cell phone for a day.
12. Wear a corsage all day.
13. Give yourself a homemade facial.
14. Order a sex toy online.
15. Visit a blues club.
16. Spend time in the library.
17. Get a henna tattoo.
18. Go down the slide at the playground. On wax paper.
19. Have jets installed in your tub.
20. Enjoy a glass of wine.
21. Learn to do a cartwheel.
22. Make yourself a necklace at a bead shop.
23. Ride up and down on the escalator.
24. Get a mani-pedi.
25. Enjoy some exotic, luxurious chocolate.
26. Wear feather earrings that tickle your neck.
27. Read an erotic novel.
28. Visit the planetarium or an observatory.
29. Start a yoga class.

30. Buy yourself a stunning bouquet of flowers.
31. Order a martini.
32. Take a bubble bath. Light candles.
33. Buy an entire bag of fortune cookies.
34. Go rock climbing.
35. Do kegel exercises.
36. Perfume your sheets.
37. Take a pedicab to your destination.
38. Volunteer in the kitten room at the shelter.
39. Visit a French patisserie. Order espresso with your treat.
40. Make yourself a pillowcase with fabric you love.
41. Hang a string of novelty lights.
42. Subscribe to an inspiring podcast.
43. Try accupressure.
44. Sunbathe. Keep a vodka lemonade at hand.
45. Go to the zoo or art museum.
46. Take a blanket out to the park during a meteorite shower.
47. Wear fairy wings.
48. Bake a loaf of homemade bread. Eat with real butter.
49. Teach yourself a card trick or learn to juggle.
50. Attend a concert.
51. Blow bubbles on the back deck.

It's time to do something for YOU. And don't forget to stir in a liberal dose of peaceful, renewing rest.

**Wake Up Gorgeous sticky note:**

