

## **Reward Yourself**

Consider giving yourself the gift of a wellness reward.

Well done! I'm proud of you! You quit smoking (and the gum and the patch), you drink less alcohol, you rarely, if ever, get high, you've lost some weight, you move a little more than you used to, you gave up caffeine and diet drinks, you released yourself from an abusive relationship that no longer served you and you let go. I think it is important to honor milestones and accomplishments in life.

I quit smoking cigarettes many years ago by going to a hypnotist. It cost \$60 and took one hour.

Tropical Living Renewal Vacations can be a great way to honor the milestones and accomplishments in your life.

### **Detoxification and Transformational Spas**

As an island, spa and tropical lifestyle expert, I traveled the world 10 times over searching for the most beautiful tropical islands and luxurious tropical spas on earth.

Tropical Living rents luxury tropical spa villas and entire spa resorts on some of the most spectacular islands in the world. Our renewal vacations can help you slow down, relax and enjoy a happier, healthier, more balanced life. Experience "Leisure in Luxury" and devote more time and attention to nurturing your body, mind and spirit.

Many of these luxury tropical spas have highly trained professionals and expert instructors who take a holistic approach to your physical and spiritual well being. Rejuvenate, refresh and recharge. Discover anti-stress and anti-aging techniques to help you look and feel your best. Slim down, tone up and stretch with renowned fitness and yoga instructors in the seclusion of breathtaking tropical surroundings. Surrender to nurturing three-hour massages, renewing facials and exotic body scrubs. Receive guidance from nutritional and alternative health professionals. Experience the joy of clean cuisine with delicious and nutritious energizing foods and fresh juices. Gently detoxify your system with confidence and success. Rediscover the forgotten rhythms of balance. Cleansing usually assists in clearing old emotional and mental issues, leaving more room for a happier, healthier more balanced life.