Lingerie & Fashion Tips from Celine & friends

BLOG UPDATES / HEALTH AND LIFESTYLE

The Art of Comfort...

by Cathie (https://blog.nowthatslingerie.com/author/cathie) on October 11, 2011



Hasn't it been a beautiful autumn so far? But while the beauties of the season are truly things to appreciate and be thankful for, the mornings are darker, the days are shorter, and it is getting harder and harder to leave the cozy warmth of bed and blankets! What better time to perfect the art of indulgence and comfort? Here are some ideas that will make you feel fabulous, without spending a penny!

- 1. If you have a d (http://www.nowthatslingerie.com/bradoctor/blog/wp-content/uploads/2011/10/Relaxing1.jpg) ay off, or work from home... don't be afraid to *sleep in a little*! It's the easiest way to feel refreshed and gain energy back, so don't feel quilty!
- 2. Take your time nothing about pampering yourself should ever be rushed!
- 3. *Go for a walk*. But it's cold out there, you say? Put on a warm coat I promise that when you come back, you will have soaked in the beauty of the season, the house will feel so much warmer, and you'll be sporting a rosy glow on your cheeks!
- 4. **Bubble baths** the classic female indulgence, and for many good reasons! Light some tea candles, and bring along a cup of tea/hot chocolate/wine, whatever strikes your fancy... along with a good book or a glossy. It's the perfect way to relax your muscles and catch up on some reading. Don't forget to unplug the phone (or turn off the ringer so you're not disturbed).
- 5. Bring candles into your bedroom or living room, turn on some soft music and relax or read some poetry... so soothing!
- 6. **Do something nice for someone else**, even if it is 'only' a smile! It can brighten up someone's day, and make your happiness go over the moon. Never underestimate the power of kindness!



- 7. Don't forget the chocolate! Godiva is a favourite, (and ok, it might cost a few pennies!) but anything smooth and velvety is always irresistible...
- 8. **Kiss your significant other!** You heard me, ladies! Scientific studies report that kissing is a natural way to relax. It increases endorphins (chemicals that induce feelings of well-being) as well as levels of oxytocin, the body's naturally produced calming chemical.



(http://alicebaby.tumblr.com/)

While you're perfecting the art of self-pampering, don't forget to swan around gracefully in beautiful clothes –inside and out!

What's your favorite way to relax? Comment here below, or tell us on Twitter (https://twitter.com/#!/nowthatslingeri)and Facebook (http://www.facebook.com/pages/Now-Thats-Lingerie/283521362771)!

Until next time,

Stay beautiful! TOP

cathie@nowthatslingerie.com (mailto:cathie@nowthatslingerie.com)
Search here Q
Image Credits:
http://weheartit.com/entry/86170 (http://weheartit.com/entry/86170)
http://alicebaby.tumblr.com/ (http://alicebaby.tumblr.com/)
http://sisterschoice.typepad.com/sisters_choice_quilts/2009/06/index.html
(http://sisterschoice.typepad.com/sisters_choice_quilts/2009/06/index.html)
(http://www.familyfriendlycommunity.ca/spotlight/north-peace/11th-annual-chocolate-fesitval
)http://www.impressionsareeverything.com/cat58_1.htm (http://www.impressionsareeverything.com/cat58_1.htm)
(http://www.familyfriendlycommunity.ca/spotlight/north-peace/11th-annual-chocolate-fesitval)
TAGS: bubble bath (https://blog.nowthatslingerie.com/tag/bubble-bath), Godiva chocolate (https://blog.nowthatslingerie.com/tag/godiva-
chocolate), pamper yourself (https://blog.nowthatslingerie.com/tag/pamper-yourself), relaxing ideas for women
(https://blog.nowthatslingerie.com/tag/relaxing-ideas-for-women), sleeping in (https://blog.nowthatslingerie.com/tag/sleeping-in), the art of comfort (https://blog.nowthatslingerie.com/tag/the-art-of-comfort)
o
(НТТ
PS://

-Cathie-

/BUT
TON/
TOP
?

IJRI =

PINT
ERES
T.CO
M/PI
N/CR
EATE

G.NO G.NO WP-WTH WTH CON ATSL ATSL TENT INGE INGE /UPL RIE.C RIE.C OAD OM% OM% S/20 2FBL 2FBL 11/1 OG-0/FI-UPD UPD THE-ATES ATES ART-%2FT %2FT OF-COM HE-HE-FOT ART-ART-JPG OF-OFсом сом &DE FORT FORT SCRI %25E %25E PTIO 2%25 2%25 N=T 80%2 80%2 HE% 5A6 5A6 20AR %2F2 %2F2 T%20 011% 011% OF% 2F10 2F10 20C0 %2F1 %2F1 MFO SHARE: 1&) 1) RT...)

Previous post: (https://blog.nowthatslingerie.com/fashion-advice/lingerie-trend-high-waisted-loving-it/2011/10/07)

Search here... Q

« Lingerie Trend: High Waisted & Loving It! (https://blog.nowthatslingerie.com/fashion-advice/lingerie-trend-high-waisted-loving-it/2011/10/07)

Next post: (https://blog.nowthatslingerie.com/fashion-advice/trend-alert-%e2%80%93-70s-western-style/2011/10/12)

 $Trend\ Alert-70s\ Western\ Style\ (https://blog.nowthatslingerie.com/fashion-advice/trend-alert-\%e2\%80\%93-70s-western-style/2011/10/12)\ \times \ (https://blog.nowthatslingerie.com/fashion-advice/trend-alert-\%e2\%80\%93-70s-western-style/2011/10/12)\ \times \ (https://blog.nowthatslingerie.com/fashion-advice/trend-alert-\%e2\%80\%93-70s-western-style/2011/10/12)\ \times \ (https://blog.nowthatslingerie.com/fashion-advice/trend-alert-%e2\%80\%93-70s-western-style/2011/10/12)\ \times \ (https://blog.nowthatslingerie.com/fashion-advice/trend-alert-%e2\%80\%93-7$

YOU MAY ALSO LIKE

(https://blog.nowthatslingerie.com/fashion-2/the-top-5-valentines-date-night-ideas/2014/01/23)

The Top 5 Valentine's Date Night Ideas (https://blog.nowthatslingerie.com/fashion-2/the-top-5-valentines-date-night-ideas/2014/01/23) ${}_{\mathsf{TOP}}$





(https://blog.nowthatslingerie.com/blog-

updates/smell-the-roses-treat-yourself-to-time/2012/11/05)

 $Treat\ Yourself\ to\ Time!\ (https://blog.nowthatslingerie.com/blog-updates/smell-the-roses-treat-yourself-to-time/2012/11/05)$

November 5, 2012



(https://blog.nowthatslingerie.com/bra-fitting-advice/how-to-take-care-of-your-breasts/2018/09/14)

How To Take Care Of Your Breasts (https://blog.nowthatslingerie.com/bra-fitting-advice/how-to-take-care-of-your-breasts/2018/09/14)

September 14, 2018

Search here... Q

Comment*
Name*
Email*
Website
☐ Save my name, email, and website in this browser for the next time I comment.
POST COMMENT
This site uses Akismet to reduce spam. Learn how your comment data is processed (https://akismet.com/privacy/).
RECENT BLOGS
Summer Lingerie Guide (https://blog.nowthatslingerie.com/bra-fitting-advice/summer-lingerie-guide/2020/07/06)
How To Clean And Care For Your Swimwear (https://blog.nowthatslingerie.com/fashion-2/how-to-clean-and-care-for-your-swimwear/2020/07/02)
Productivity Tips For Time At Home (https://blog.nowthatslingerie.com/health-and-lifestyle/productivity-tips-for-time-at-home/2020/06/26)
Unleash Your Sexy Side With Mapale (https://blog.nowthatslingerie.com/fashion-2/unleash-your-sexy-side-with-mapale/2020/06/23)
Black-Owned Lingerie Brands To Follow And Support (https://blog.nowthatslingerie.com/lingerie-2/black-owned-lingerie-brands-to-follow-and-support/2020/06/18)

RECENT COMMENTS

Goddiva (https://www.tradegala.com/) on Brides and Bridesmaids Guide to Dress Shopping (https://blog.nowthatslingerie.com/fashion^{TOP} advice/brides-and-bridesmaids-guide-to-dress-shopping/2012/05/10/comment-page-1#comment-1100465)

Kelly Davis on FOMO- Bra To Buy Before They're Sold Out (https://bl.g.nowthatslingerie.com/lingerie-2/fomo-bra-to-buy-before-theyre	
sold-out/2019/03/25/comment-page-1#comment-1099893)	
Search here Q	
Overcoming Creative Obstacles – Rob van der Lei (https://www.arttolive.nl/2020/06/29/overcoming-creative-obstacles-the-art-to-live/) on A	
Brief History of Animal Prints (https://blog.nowthatslingerie.com/blog-updates/a-brief-history-of-animal-prints/2011/04/28/commer page-1#comment-1099076)	
aima on Lingerie For Men (https://blog.nowthatslingerie.com/bra-fitting-advice/lingerie-for-men/2015/07/14/comment-page-1#comment-	
1098433)	
Daniel Alexander (https://www.danielalexanderunderwear.com/) on Underwear Tips for Men (https://blog.nowthatslingerie.com/how-to-	
wear-2/underwear-tips-for-men/2016/12/05/comment-page-1#comment-1098162)	
CAMPCODIES	
CATEGORIES	
Select Category ~	
Search for Q	

LET'S BE FRIENDS

Follow on our social communities and receive NEW posts

PROMO POST

CEBO OM/ OM/ /NO /NO

OK.C NOW NOW WTH WTH

OM/ THAT THAT ATSLI ATSLI

NTLS SLIN SLIN NGE NGE

TYLE) GERI) GERI) RIE/) RIE)

LATEST POSTS

 $(https://blog.nowthatslingerie.com/bra-fitting-advice/summer-lingerie-guide/2020/07/06) \\ Summer Lingerie Guide (https://blog.nowthatslingerie.com/bra-fitting-advice/summer-lingerie-guide/2020/07/06) \\$

on July 6, 2020



(https://blog.nowthatslingerie.com/fashion-2/how-to-clean-and-care-for-your-swimwear/2020/07/02)

How To Clean And Care... (https://blog.nowthatslingerie.com/fashion-2/how-to-clean-and-care-for-your-swimwear/2020/07/02)

on July 2, 2020



(https://blog.nowthatslingerie.com/health-and-lifestyle/productivity-tips-for-time-at-home/2020/06/26)

Productivity Tips For Time At... (https://blog.nowthatslingerie.com/health-and-lifestyle/productivity-tips-for-time-at-home/2020/06/26)



Search here... **Q** Select Category

LIFESTYLE

POPULAR TAGS

arianne lingerie (https://blog.nowthatslingerie.com/tag/arianne-lingerie)

blush lingerie (https://blog.nowthatslingerie.com/tag/blush-lingerie)

Body Image (https://blog.nowthatslingerie.com/tag/body-image)

Body Positive (https://blog.nowthatslingerie.com/tag/body-positive)

Body Positivity (https://blog.nowthatslingerie.com/tag/body-positivity)

bra advice (https://blog.nowthatslingerie.com/tag/bra-advice) bra doctor (https://blog.nowthatslingerie.com/tag/bra-doctor)

bra fitting (https://blog.nowthatslingerie.com/tag/bra-fitting) bras (https://blog.nowthatslingerie.com/tag/bras)

Bra Tips (https://blog.nowthatslingerie.com/tag/bra-tips)

Bridal (https://blog.nowthatslingerie.com/tag/bridal)

calvin klein (https://blog.nowthatslingerie.com/tag/calvin-klein)

Celebrity Fashion (https://blog.nowthatslingerie.com/tag/celebrity-fashion)

celebrity style (https://blog.nowthatslingerie.com/tag/celebrity-style-2)

chemise (https://blog.nowthatslingerie.com/tag/chemise)

Dreamgirl Lingerie (https://blog.nowthatslingerie.com/tag/dreamgirl-lingerie)

fashion (https://blog.nowthatslingerie.com/tag/fashion)

Fashion Advice (https://blog.nowthatslingerie.com/tag/fashion-advice)

Fashion Inspiration (https://blog.nowthatslingerie.com/tag/fashion-inspiration)

fashion trends (https://blog.nowthatslingerie.com/tag/fashion-trends)

qift ideas (https://blog.nowthatslingerie.com/tag/qift-ideas-2) health (https://blog.nowthatslingerie.com/tag/health)

lace (https://blog.nowthatslingerie.com/tag/lace) lingerie (https://blog.nowthatslingerie.com/tag/lingerie)

lingerie advice (https://blog.nowthatslingerie.com/tag/lingerie-advice)

lingerie shopping (https://blog.nowthatslingerie.com/tag/lingerie-shopping)
lingerie tips (https://blog.nowthatslingerie.com/tag/lingerie-tips) Search here Q
lingerie trends (https://blog.nowthatslingerie.com/tag/lingerie-trends)
Montelle Intimates (https://blog.nowthatslingerie.com/tag/montelle-intimates)
naturana lingerie (https://blog.nowthatslingerie.com/tag/naturana-lingerie)
New Arrivals (https://blog.nowthatslingerie.com/tag/new-arrivals)
New Lingerie (https://blog.nowthatslingerie.com/tag/new-lingerie)
now that's lingerie (https://blog.nowthatslingerie.com/tag/now-thats-lingerie)
OOTD (https://blog.nowthatslingerie.com/tag/ootd) panties (https://blog.nowthatslingerie.com/tag/panties)
royce lingerie (https://blog.nowthatslingerie.com/tag/royce-lingerie)
sexy lingerie (https://blog.nowthatslingerie.com/tag/sexy-lingerie)
shapewear (https://blog.nowthatslingerie.com/tag/shapewear) Shopping (https://blog.nowthatslingerie.com/tag/shopping)
Style (https://blog.nowthatslingerie.com/tag/style) Style Inspiration (https://blog.nowthatslingerie.com/tag/style-inspiration)
Style Trends (https://blog.nowthatslingerie.com/tag/style-trends)
Triumph lingerie (https://blog.nowthatslingerie.com/tag/triumph-lingerie)
underwear (https://blog.nowthatslingerie.com/tag/underwear) women (https://blog.nowthatslingerie.com/tag/women)
SUBSCRIBE TO OUR NEWSLETTER!
Email Address *
Subscribe

f (https://www.facebook.com/NTLStyle)

✓ (https://twitter.com/nowthatslingeri)

⊘ (https://twitter.com/nowthatslingeri)

⊘ (https://www.instagram.com/nowthatslingerie/)