

*Take Five*



*The Diva's Guide To*



*Pampering*

♥ *30 Days of Self Love* ♥

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*[www.distinctivelydiva.com](http://www.distinctivelydiva.com)*

*Introduction*

There is no beautifier of complexion or  
form of behavior like the wish to  
scatter joy and not pain around us.

George Santoyana

Dear Diva,

*J*ust like the beautiful rose on the cover, you too, are a beautiful flower waiting to unfold. There are so many layers to the many aspects of our lives; I think the rose symbolizes our journey to experience our true depth and fragrance. Our own unique essence makes the world all the richer for our having been here and the world is waiting for us to release our magic.

Like the rose, we must be well cared for if we are to blossom, and bloom for a long time. That is why we need to take some time, just for us and pamper the new bud of Diva that lives in us each day.

It is sometimes challenging to believe that we deserve to come first. After all, how can we be so selfish? How dare we? Well Diva, if the truth be told, even those among us who think they put themselves first, do so a very small percentage of the time. Now I'm not saying that I have the answers, for I too struggle with finding a balance between responsibility and livability. I do know that if I pamper myself a little each day for thirty days, the struggle will ease as I relax and let go. I'll also be a much happier camper.

So let's get ready to explore regions where we have gone far less than we deserve. This booklet contains 30 days of musings and activities for you to take on your blossoming journey. I suggest you find a pampering buddy who lives close to you, because some things are more fun and easy to do with a friend along. If that's not possible, find a virtual buddy with whom you can share your experiences. Always use your best judgment and pay attention to details, like the temperature of water, so you can have a fun.

It is my fondest wish that we all know we are beautiful, lovable and a delight to the universe. It's time we take the time to discover these truths for ourselves.

All the best,

*Maureen*

## Day 2

"So much has been said and sung of beautiful young girls,  
why don't somebody wake up to the beauty of old women."

Harriet Beecher Stowe

I've felt old recently. It was quite a shocking discovery to say the least. At 54, I know I'm experiencing the greatest part of life's journey and have so much in front of me. So I started to ask myself where did this dis-empowering conversation come from? I identified two culprits lurking in the wings, adding to my dismay. I really don't mind growing older, the wrinkles don't bother me (at least not enough for botox), I mind **feeling** older. The days I felt older started like this: Me to myself in the mirror "God, you look old. How did this happen?" Great right? I mean, what good could ever come from that conversation. The second culprit was the circles under my eyes from lack of sleep, or maybe just life.

I altered this conversation by telling myself each day, just how young and vibrant I looked and purchased some concealer. This little miracle is available in all drugstores. Get a shade that matches your skin tones (you can get help at a department store make-up counter). It takes years off you in an instant!! (Okay, yes Diva I am a little vain). Another trick my girlfriend Lauren told me from her days as a Make-Up Artist, is to dab the concealer in the corners of the eye. As we get older, our lids cause a shadow to be cast in the corner of the eye, which makes it look droopy. A little bit of concealer hides the shadows and lifts our lids. A little light magic Divas goes a long, long way. Today, pamper your spirit by only saying kind, loving statements and keep it going from now on.

Today, I am grateful for:

<b>Rate your success today:</b>	<b>Not a chance</b>	<b>OK</b>	<b>Perfect</b>		
I came first today	1	2	3	4	5
I took time for myself today	1	2	3	4	5
I nurtured my body today	1	2	3	4	5
I nurtured my mind today	1	2	3	4	5
I nurtured my soul today	1	2	3	4	5

*Day 20*

“It is not only fine feathers  
That make fine birds”

Aesop

The finer things in life don't have to come with a price tag most of us can't touch. It comes with an attitude that we deserve the finer things. Today's hottest spa treatments don't come from Paris or New York, they come from your Kitchen! This weekend whip up a little spa treatment of your very own, courtesy of the National Honey Board: [www.honey.com](http://www.honey.com)

**Foaming Vanilla Honey Bath**

This aromatic bath treatment is relaxing and soothing. The honey softens your skin and is 'nature's silky moisturizer', just what we need during winter's driest days.

Ingredients:

1 cup sweet almond oil (light olive oil may be substituted)

½ cup of honey

½ cup liquid soap (plain or flower scented)

1 tablespoon vanilla extract

Measure the oil into a medium bowl, then carefully stir in remaining ingredients until mixture is fully blended. Pour into a clean plastic bottle with a tight-fitting lid. Shake gently before using. Enough for four large, luxurious baths. After you take your bath, take your dream journal with you and climb into bed. Sweet dreams.

Today, I am grateful for:

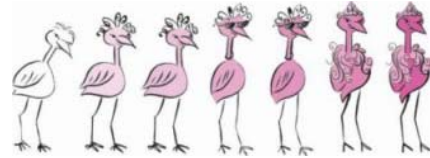
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<b>Rate your success today:</b>	<b>Not a chance</b>	<b>OK</b>	<b>Perfect</b>		
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*About Maureen and the Pink Flamingos*

**H**i, I'm Maureen O'Crean and I'm just like you. I'm a working single mother of two fabulous sons, Patrick, age 24 and Alex, age 12. While the facts of our lives may be slightly different, we are kindred spirits and we share a common bond with our beautiful friend, the Pink Flamingo.

Pink Flamingos travel in flocks, community and connection is very important to them. The vibrant pink color of their feathers comes from what they eat. Without the proper nutrition, their colors fade away.



Just like you and me, what we feed our minds and our souls nourishes our spirits. Outside we glow and our colors shine bright. Distinctively Diva is your community and I hope you will join us.

May this journey bring you to the true Diva you are. Keep going, you are doing great and may your light shine brightly for all to see.

Here are my before and after pictures of my Diva journey. Can't wait to see yours! Pick up a copy of the book, ***I Am Diva, Every Woman's Guide to Outrageous Living*** from Warner Books in bookstores everywhere and available



online at [www.distinctivelydiva.com](http://www.distinctivelydiva.com) to follow the Diva journey of the Four Divas—Elena Bates, Maureen O'Crean, Molly Thompson & Caryl Vaile.

**Maureen, Before and After Diva. Take the Diva Challenge!**

Before  
Diva



After  
Diva

