

VERY PRIVATE®

For a happier, more intimate relationship.



Jacqui

“Vacation Together — Hell or Bliss?”

That long awaited “escape from everyday” is approaching. You and your partner are discussing the where’s, when’s and how’s of your vacation. To make sure you come back with wonderful memories, we have collected a few do’s and don’ts to make your trip a happy experience.

When planning, check when the citizens of the countries you want to visit take their vacation. In Europe everyone is on the move between mid-June and mid-September, the prime vacation time to avoid, so you won’t end up competing with millions of other travelers for hotels, fares, restaurants and sites. Be sure to also check for religious and local holidays. Some cities or regions literally shut down for religious or political celebrations.

Get tickets on line ahead of time for cultural events, well known sites or museums rather than spending your holidays standing in line for hours.

Sleepless nights can dampen any experience. Are you allergic to feather pillows—often used in Europe or South American hotels? Or do you need a special soft pillow not to strain your neck? Pack your own to assure a good night’s sleep, essential to enjoy your event-filled days. Learn about room locations at your chosen hotel. Talk to a friend who has stayed there or the housekeeper before making reservations. She knows which rooms are quiet and which are not.

If you decide to suddenly to get up and go, check with a travel wholesaler for top ticket bargains. David, an executive with All Continents Travel, a national consolidator, says that you can often beat any discounted price on the web if you book on a last minute basis or just weeks before departure. Each wholesaler has different relationships with various airlines. His company, for example, discounts all economy and certain business and first class fares. (800 368-6822 or 800 224-1097). You can find other wholesalers in the Sunday travel section of

your local newspaper or on the web under “Wholesale Airline Bargain Fares.”

24/7 togetherness is not your usual daily pattern whether you’re married, live together or have your own digs. Now that you decided to have a “together vacation,” use the occasion to re-ignite your relationship, recapture romance and intimacy. Plan together, discuss the budget together to avoid awkward or unhappy moments when it comes to paying the bill. Accommodate for private time and private expenses to do and see what you love and your partner may not be keen about. If one or the other feels left out of the planning process, it can easily cast shadows on your time in the sun.

Don’t over-plan! Leave time for the unexpected, such as a long, lazy morning with breakfast served in bed or a picnic at a lovely beach with cheese, fruits and a bottle of wine shopped at the local outdoor market. Sit by a fountain under a starlit sky and hug like you used to, then hit a local disco and enjoy the smoochy tunes.

After lots of sightseeing, arrange for a soothing double massage followed by a completely relaxed, romantic dinner during which you visit memory land. Recall how you met and how you felt about each other. You might even bring along some pictures from those early days or your wedding to reawaken all those wonderful feelings. Passion can be rekindled. You can rediscover how much you mean to each other. A vacation is the perfect time to reconnect.

— Jacqui

E-mail your own question to Jacqui at: info@veryprivate.com or by regular mail to: PO Box 491341, Los Angeles, CA 90049. We never reveal or give out names or addresses. ©2005 Brandwynne Corp. All rights reserved.

Jacqui’s new line of FDA and gynecologist approved products for the body and intimate areas were specifically formulated to help women get relief from intimate problems. For information, call (310) 471-7701.

Breathe!

Try this exercise to help you refocus your energy:

Stand with your feet shoulder-width apart and place your palms on your lower abdomen.

Close your eyes and slowly inhale through your nose, gradually expanding your diaphragm. If you’re breathing correctly, you will feel your hands move outward.

Hold for a count of five, then exhale slowly through your mouth. Repeat 10 times.

(From: 365 ways to ENERGIZE mind, body & soul)



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“When I go into my garden with a spade, and dig a bed, I feel such an exhilaration and health that I discover that I have been defrauding myself all this time in letting others do for me what I should have done with my own hands.”

— Ralph Waldo Emerson

10 Reasons



You will receive 10 free trees when you join The National Arbor Day Foundation

You Should Plant Trees ... Now!

- 1** Trees conserve energy in the summer, and save you money. Properly planted trees can cut your air-conditioning costs by 15-35%.
- 2** Trees help clean the air. Trees produce the oxygen we breathe, and remove air pollution by lowering air temperature, through respiration, and by retaining particulates.
- 3** Trees bring songbirds close by. Birdsong will fill the air as trees provide nesting sites, food, and cover for countless species.
- 4** Trees around your home can increase its value by up to 15% or more. Studies of comparable houses with and without trees place a markedly higher value on those whose yards are sheltered by trees.
- 5** Trees help clean our rivers and streams. Trees hold the soil in place and reduce polluted runoff into our waterways.
- 6** Trees conserve energy in the winter. Trees can slow cold winter winds, and can cut your heating costs 10-20%.
- 7** Trees fight global warming. They remove carbon dioxide from the atmosphere, the major contributor to the threat of global warming.
- 8** Trees make your home, and your neighborhood, more beautiful. Trees mark the changing seasons, and add grace and color.
- 9** Trees are fun! Planting and caring for trees can be a great family and community-building activity.
- 10** It’s easy! Here’s how: Join the nonprofit Arbor Day Foundation and we’ll send you 10 trees ... FREE ... with easy-to-follow planting instructions.

When you join you’ll receive 10 flowering trees--2 Flowering Dogwoods, 2 Flowering Crabapples, 2 Goldenraintrees, 2 Washington Hawthorns, and 2 American Redbuds, or other trees selected for your area. You’ll also receive the Foundation’s colorful bimonthly, *Arbor Day*, a membership card, and *The Tree Book* with tree planting and care information. Your six to twelve inch trees are guaranteed to grow or they’ll be replaced free of charge. Trees are shipped when conditions are right for planting in your area, February through May in the spring or October through mid-December in the fall.

To receive your free trees, send a \$10 membership contribution to 10 Flowering Trees, The National Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, or join online at arborday.org.

Join now, and plant your Trees for America!

