

HOW TO PLAN A FABULOUS GIRLS' NIGHT IN

Sometimes, you need a little time with your Fabulous Girlfriends with no interruptions...which means no men, no kids, and no work. What's better than getting together with your girls in the comfort of your home? Here are some tips on how to make a great night in with the girls.

If you're in a relationship, find creative ways to get your man out of the house. This may take extra work on your part (at night, I hope; but get into your stilettos or onto your knees if you have to). Getting him (and the kiddies) out of the house is important so you and your girls can comfortably let loose and be as silly as you like without wondering if someone else is listening in. And, if you really get into the spirit of this gathering, you don't want anyone to hear what you ladies say! If the best option is to go to a single friend's home, do it if it's easier for everyone.

Your diet will be switched to "off" this day, so encourage everyone to enjoy favorites for this event only. Of course, you still want to have on hand fruit, veggies, sorbet, and nuts; but also include a few pints of everyone's favorite ice cream, chocolate, and homemade desserts or excellent bakery goodies if you either don't bake or have time to.

Bring out the bottles of wine, and have extra blankets and pillows for those who may not be able to go home that night.

Romantic comedies are a must-have for a Fabulous Girls' night in. This gives each of you a chance to bring up conversations about romance (hopefully, a few sizzling ones), and possibly stories from you and your friends that you've yet to share.

Have a good supply of music that all of you recognize from the days when you were younger; and before you know it, you and your girls will be up dancing, laughing, and remembering "the days" and maybe even "the nights" or really *hot* weekends.

A few extras that make for a great ladies' night are complementary hand, foot, or body massages from someone you get to come over; or someone who gives pedicures, manicures, or makeovers. You might even have someone give a presentation of fabulous products (or maybe one of your girlfriends sells them) such as naughty gifts, fabulous faux furs, lingerie; or, maybe you supply all the things for them to do their own manicures, pedicures, or beauty treatments.

For more ideas on what to do when you have a little "Me Time," take a look at my *Fabulously Guilty Pleasures* e-book.