

## Simple Pleasures

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As the saying goes, "the best things in life are free." It rings true; love, friendship, joy, these things all come to us free of charge. Good things, however, are often more expensive, but they're also often very simple. Simple pleasures allow us to indulge ourselves without going to extravagant lengths.

So what are these simple pleasures? Some are cheap, some are free, and others cost a little more, but they're all small things you can do to make your day happier and more joyful. Imagine, getting out of your shower into the chilly air, a few puffs of steam escaping from the shower and dissolving into the cool air outside. You get a run of the goose bumps, but you wrap a soft, warm towel around yourself and are immediately rejuvenated. Towel warmers are no longer the territory of expensive hotels and posh chalets; for \$50 or so you can treat yourself to soft, warm towels every morning. Even better, lay your terry-cloth bathrobe over the towel warmer when you get into the shower and it will be nice and warm as well on a chilly winter morning. Some of the best simple pleasures are those you can enjoy every day. It also helps if these pleasures can help make mundane chores feel more luxurious. Many boutiques sell scented dishwashing liquid that can turn doing the dinner dishes, a usually boring task, into an aromatherapy session. Instead of smelling like plain old dishwashing soap, what about lavender or vanilla? Only a few drops can spice up washing the day's dishes. Another simple pleasure you can enjoy daily is treating yourself to a good cup of coffee every morning instead of just another cup of Folgers's and watch new video releases. You don't have to go to an expensive coffee shop to enjoy coffee shop quality coffee. It's easy to make at home if you have the right tools. First, you need a good coffeemaker. Bunn makes a solid machine, but there are lots of them out there. You need fresh, cold water in the reservoir. Finally, and this is the most important part, you need good, freshly ground coffee grounds. Coffee beans release a lot of their flavor when they're ground, so don't settle for buying pre-ground coffee beans. Also, don't settle for anything but the best coffee beans. It's best to find beans that are roasted locally; check local non-chain coffee stores for some of the best selection and advice. Use one teaspoon of fresh grounds per cup, and you're on your way to great coffee. If you want to really pamper yourself get an at-home espresso machine to enjoy mochas, lattes, and cappuccinos at your own dining room table. Though they hopefully won't replace love or friendship in your life, these simple pleasures can go a long way to making each day a little more luxurious.