

Unit 9, lyrics “Treat yourself”

I used to work without breaks,
I never exercised and snacked all day and ate junk food at my desk.
And just before it was too late,
My friend took me to talk where they said:

You ought to treat yourself every now and then.
Go into a spa, get a face massage!
You should treat yourself every now and then –
And don't ever say no to dessert again!

So now I have power naps,
I look as good as new since I decided to relax.
When people ask what I've changed,
I just treat them to a smile and explain:

You're supposed to treat yourself every now and then.
Go into a spa, get a face massage!
You should treat yourself every now and then –
And don't ever say no to dessert again!

So now I treat myself every now and then,
Go into a spa, get a face massage.
I enjoy myself any time I can –
And I'll never say no to dessert again!