



## The Balancing Act® airing on Lifetime TV Begins New Year by Making Time for Massage & Meals with Cool Noodles

*The Kama Sutra Company and Maruchan Take Center Stage on January 2nd Show*

(Pompano Beach, FL – CISION – December 31, 2013) Popular morning show The Balancing Act® airing on Lifetime® TV welcomes the hottest names in creating ways to re-connect and creating cool and light dishes with noodles to the show on Thursday, January 2nd at 7:00 a.m. (ET/PT). Make sure to tune in as The Balancing Act hosts help jump start the day with animated conversation, quick and easy recipe ideas and trusted information to empower a woman's life.

Don't miss these featured segments taking center stage on The Balancing Act:

### - **Creative Ways to Re-Connect in the New Year with The Kama Sutra Company**

Touch can have a profound effect on a person's well-being, and is also a great way to keep romance on track. Everyone loves having a massage, especially with scented lotions and oils. There's no better way to bond with someone you love than through human touch. Join Relationship Expert Marla Lee from The Kama Sutra Company, dedicated to helping people improve intimacy in their lives for more than 40 years, as we look at fun ways to keep romance alive. <http://www.kamasutra.com>

"Kama Sutra Company is Making Love Better with The Balancing Act on Lifetime. We're excited to be featuring a series of segments on how to improve intimacy in your relationships", said Lee.

### - **Twist on Salad with Maruchan Noodle Bowls**

After the heaviness of holiday foods, it may be time to try lighter fare. Join Chef Chris Paul in The Balancing Act kitchen for this "Everyday Gourmet" segment as he creates a light and cool salad using cold ramen noodles in the Maruchan Noodle Bowl. Maruchan Bowls can be used as a base for hot or cold dishes the whole family can enjoy. <http://www.maruchan.com>

### **About The Balancing Act® airing on Lifetime Television**

Now in its 6th year, The Balancing Act® continues to empower women in all aspects of their lives. The mission at The Balancing Act is simple - the show strives to help today's modern woman balance it all by bringing them exceptional solutions to everyday problems. Entertaining, educational and trusted by women, viewers can tune in to America's premier morning show The Balancing Act on weekday mornings at 7:00 am (ET/PT) airing on Lifetime television. For additional information or to view a segment visit: [www.thebalancingact.com](http://www.thebalancingact.com)

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