

# Holiday Hints

## Destressing Your Holiday Season

### *Cutting Holiday Stress Could Be Good For Your Skin*

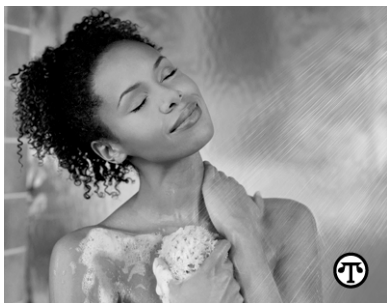
(NAPSA)—All the family functions, shopping and endless events associated with the holidays can contribute to higher stress levels than usual, making it hard for you to fully enjoy the holiday season. And, while stress is intended to help the body react quickly and effectively to high-pressure situations, it also causes cortisol—a stress hormone—to be secreted.

Scientific evidence shows that elevated cortisol levels can be associated with conditions such as weight gain, moodiness and even difficulty feeling relaxed. Fortunately, there are numerous ways to cut holiday stress so that you can enjoy what the holiday season is truly all about.

The American Heart Association recommends setting realistic goals and scheduling some “me time” during the hectic holiday season. That’s where the right kind of pampering comes in.

When you consider that showering and bathing are two experiences women say calm them the most and nearly 80 percent of women moisturize after a bath or shower, using the right skin care products can make all the difference.

For instance, AVEENO® makes a



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Stress Relief Body Wash, Foaming Bath, and Moisturizing Lotion that contain natural colloidal oatmeal—known for its ability to soothe skin—as well as the calming and relaxing scents of lavender, chamomile and ylang-ylang oils.

When pampering in the bath or shower, you can enhance the experience with some lightly scented candles and soft music. Other ways to destress this holiday season—exercise, read a good book or watch a favorite film. The key is to do something that helps clear your mind of your holiday to-do list.

For more information, visit [www.aveeno.com](http://www.aveeno.com).