

# Beauty and the Bath

## Create A Sensual Sanctuary In Your Home

(NAPSA)—According to a recent survey, women overwhelmingly (87 percent) agree: Sensuality begins with the way a woman cares for and carries herself. Eight out of 10 say a more sensual environment would make them feel more sensual overall—something 67 percent would like.

To help, Doug Wilson of “Trading Spaces”—who recently performed a grand-scale yet temporary transformation of a women’s bathroom at New York’s Madison Square Garden, one of the nation’s busiest public venues—offers advice on converting ordinary bathrooms into sensual sanctuaries:

- **Lighten up:** Set a softer, more relaxing mood in the bathroom by softening bathroom lighting. Try switching bulbs to less wattage or install a dimmer that can be adjusted for a sensual effect.

- **Color your world:** The most dramatic way to refresh, renew and revive a room—and your spirit—may be to add color. Painting your walls is one way to introduce color, or you can simply add accents such as colored hand towels, soaps, rugs and artwork.

- **“Scents” sensuality:** Add fragrant flowers, candles, oils and scented bath products (body washes and soaps) to stimulate or relax the senses and create a sensual environment in which you can pamper yourself.

- **Get in “touch” with your sensuality:** According to the survey, more than 65 percent of men and women agree that touch is the most sensual sense. To achieve sensuous skin, fill your sensual sanctuary with moisturizing bath products like Caress that leave



**A new survey reveals two-thirds of women want to feel more sensual. Doug Wilson, “Trading Spaces” designer and author of the upcoming book “Doug’s Rooms,” can show them how.**

skin silky smooth and soft to the touch. The company is known for its variety of moisturizing body bars and body washes, available in food, drug, mass outlet, club and value stores. Hang a shower caddy in your shower to make products easily accessible and to avoid clutter.

- **Surround yourself in softness:** Few things feel better after a steamy bath or shower than wrapping your silky smooth skin in soft towels and a luxurious robe. Add hooks in your bathroom for hanging your favorite robe and place plush rugs on the bathroom floor to cushion your step.

For more information, visit [www.caressskin.com](http://www.caressskin.com). To learn about Wilson’s upcoming book, visit [www.douglaswilsonltd.com](http://www.douglaswilsonltd.com).