



# Holiday Hints

This Year, Give—And Get—Comfort And Joy

HOMEDICS®

## HOLIDAY STRESS SURVEY

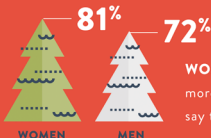
### COMBATING HOLIDAY STRESS

More than three-quarters of Americans agree that a **MASSAGE IS A GOOD WAY** to combat holiday stress.

**77%**

**18-34** YEAR OLDS

(83%) ARE MORE LIKELY to say this than older Americans ages 55+ (71%).



### MASSAGE THERAPISTS ARE EXPENSIVE

**87%**

of Americans say that going to a massage therapist regularly is **TOO EXPENSIVE**.

**56%**

**YET MORE THAN HALF** say they would like to get a massage regularly.

44% of Americans say they'd like to receive an at-home massager as a gift, with the younger population being more likely to put an at-home massager on their wish list.



**18-34** year olds at **60%**  
**35-44** year olds at **52%**

**39%**

of Americans say their **FAVORITE GIFT TO RECEIVE IS A MASSAGE**.

**GIVE THE GIFT OF MASSAGE**

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Survey Methodology: This survey was conducted online within the United States by Harris Poll on behalf of HoMedics from November 23-25, 2015 among 2,096 adults ages 18 and older. This online survey is not based on a probability sample and therefore no estimate of theoretical sampling error can be calculated. For complete survey methodology, including weighting variables, please contact Amy Rohn at arohn@lsb.com.



**(NAPSA)—The idea that just about everyone would appreciate a hand at holiday time may be more true than many people realize. That's because a massage can not only be a great way to get out the kinks that can come from shopping, card signing, cooking and celebrating; a massager such as those from HoMedics can make a marvelous gift, too. You can learn more at [www.homedics.com](http://www.homedics.com).**