

HEALTH & WELLNESS

Easy Ways To Soothe The Soul And Pamper Your Body

(NAPSA)—Taking time to relax is not a luxury. In a hectic world, relaxing and restoring your sense of balance are essential for maintaining mental and physical health.

Taking time for yourself can prevent some stress-related illnesses and make life easier at work and at home.

Fortunately, there's no need to spend a week in an expensive spa if you can create a few hours of peaceful bliss at home. Even a little self-nurturing can go a long way. Here are a few suggestions on how to soothe your soul and pamper your body:

- Start at the feet. When your feet are happy, you're more likely to be happy. At the end of the day, soak tired toes by dipping them in a warm, bubbly footbath. After the footbath, slather them in a nourishing moisturizer.

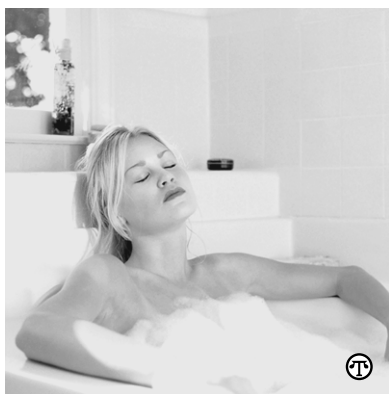
- Refresh the senses. Choose bath and massage oils with revitalizing scents such as eucalyptus or soothing, calming scents such as lavender. Light candles around the bath to create a tranquil mood.

- Enjoy a cup of chamomile tea in your fluffy robe after the bath. Watch your favorite romantic movie or listen to your favorite music.

- Keep fresh flowers in your home. The smell of fresh flowers can calm and refresh you.

- Be kind to your muscles. There's no need to go out to get a massage. Massaging products can work wonders at relieving stress.

To relieve aches and pains in your hands, consider the HoMedics Atom. This ergonomic egg-shaped design fits into palms, and the three illuminated massage heads emit a calming glow while soothing sore muscles. For sore back mus-



Relaxing is essential and a few hours of peaceful bliss at home can be as effective as a mini-trip to an expensive spa.

cles there's a HoMedics Quad Roller Massaging Cushion. Four independent rollers travel up and down the back, providing a rejuvenating Shiatsu or rolling massage. These make great gifts for anyone who comes home from work tense and tired.

- Meditate. Meditation does not require learning a complex technique. First, create a soothing environment, free of noise, and find a place to rest comfortably. Let your body relax and focus your attention on breathing in and out. Even five minutes can help.

- Go for a walk. Not only is walking good exercise but taking a walk of even 15 minutes a day can relieve stress.

- Use the sound of water to soothe your spirits. By masking distractions, fountains create a stress-free relaxing ambience. The Envirascap Rock Garden Relaxation Fountain uses special effects lighting to create a soft reflection of water flow. To learn more, visit www.homedics.com.