

# Making Life Better

## Learn To Relax

(NAPSA)—For many women, having to balance work and family life can be overwhelming. Head & Shoulders celebrity dermatologist Ilyse Lefkowitz, M.D., offers budget-friendly pampering tips to help busy moms relax after a hectic day:

- To revitalize skin, Dr. Lefkowitz recommends an at-home body scrub. Mix ½ cup granulated sugar, 1 tbsp. honey, 1 tsp. sweet almond oil and ¼ tsp. fresh lemon juice. The almond oil helps skin hold on to its moisture for a soft, glowing look and feel.



**According to Dr. Ilyse Lefkowitz, a scalp massage while washing your hair with a shampoo that has eucalyptus and menthol scents, like Head & Shoulders Itchy Scalp Care, can relax tense nerves.**

- If you're still feeling a bit stressed, Dr. Lefkowitz recommends a scalp massage to relax tense nerves.

The next time you're washing your hair, use the pads of your fingers to massage the scalp for a calming sensation. Soothing scents like eucalyptus and menthol can also relax tense nerves. These ingredients can also be found in Head & Shoulders' newest collection—Itchy Scalp Care. Learn more at [www.headandshoulders.com](http://www.headandshoulders.com).

*• Dr. Lefkowitz is a board-certified dermatologist specializing in general and cosmetic dermatology and a clinical instructor in the Mount Sinai Medical Center Department of Dermatology.*