

# Holiday Hints

## Simple Tips To Help Relieve Holiday Stress

(NAPSA)—Stress doesn't have to put a damper on merriment this holiday season. Taking these tips to heart can help turn tension into a ghost of Christmas past:

**1. Shop early, at one location.** The sooner you get started on your holiday shopping spree, the better off you'll be. See if you can narrow down the number of stops by finding a diverse, useful store that offers delightful gifts for everyone on your list. Your local mall, for instance, offers one-stop shop alternatives such as Bath & Body Works, where you'll find a variety of gifts to rejuvenate the senses and lift the spirits.

**2. Get organized.** Make a list of everything that needs to be done, from shopping to entertaining to decorating, and divvy up the work you need to accomplish between family and friends. There's no need to do everything yourself—and the feeling of being overwhelmed is a major contributor to stress.

**3. Have extra holiday gifts on hand.** When unexpected guests arrive, a simple something can go a long way toward making them feel welcome. Some suggestions include festive and fragrant candles, pampering personal products and beautifully wrapped soaps and lotions.

**4. Pamper yourself—and others.** Taking time out for yourself is key to keeping calm during this busy season. Try Bath & Body



**A terrific holiday gift—for yourself or someone else—is the gift of stress reduction.**

Works' Slipper Set to comfort your feet after a hard day of holiday shopping or a therapeutic Aromatherapy product such as a Holiday Cylinder filled with lotion, bath oil, mist or scrub in three soothing, relaxing and energizing scents. Both of these gift ideas provide yourself or your loved ones an air of happiness.

**5. Celebrate life.** Take some time and treat yourself to a massage or relax and soak in a soothing bath. When you feel fresh and rejuvenated, you're much more likely to appreciate, and revel in, the magic of the holiday season. Remember, it only comes around once a year.

For additional tips on tackling holiday stress, you can visit [www.bathandbodyworks.com](http://www.bathandbodyworks.com).