

# Holiday Hints

## Scents, Sights And Sounds For The Holidays

(NAPSA)—It's important to remember to take time to relax during the hectic holiday schedule. Yet the rush of relatives, influx of invites and trips to the mall sometimes make that seem easier said than done.

Try these tips from the experts. They could help you relax by engaging your senses.

### A Sight To See

Create a festive and relaxing atmosphere to come home to. Soft, warm lighting, including ambers, dark reds and deep greens, can help set your mind at ease and create a sense of tranquility. It might also help to add some seasonal plants throughout your house to help fight off any cold-weather blues.

If you have children, encourage them to create some holiday artwork that can be hung throughout the home. That can help add a sense of family—and a splash of color—to your decor.

### A Relaxing Scent

The right scents help transform a home into a peaceful winter wonderland. For instance, ilio duos are distinctively designed reed diffusers that scent the air without flame, heat or electricity. The "Still" collection combines Winter Fir and Cranberry Clove scents. The Winter Fir gives off fresh notes of fir and eucalyptus that are underscored with tones of pinecone and moss. Cranberry Clove is a blend of cranberry, tangerine and Bing cherries, infused with traces of clove and vanilla.

The "Bright" collection features Amber Warmth—infused with the



**The right scents can help create a tranquil, holiday atmosphere.**

smoky scents of patchouli, sandalwood, vetiver, Eastern spices and a trace of white musk—as well as Autumn Fig, which combines the essence of figs with amber and white musk. These two scents can combine to create a unique, festive scent profile.

### Sounds Of The Season

Few things spread holiday cheer like music. Pipe specialty tunes throughout your house when you're home—just be sure to have plenty of variety in the songs you choose to avoid growing tired of your choices. Try using your computer to create a mix of songs you love, or keep an eye out for compilation CDs in the store.

You may even want to set your stereo on a timer so that music turns on just before you arrive home for the evening. That way, you walk into a more relaxing atmosphere.

For more information and tips, visit [www.iliofrances.com](http://www.iliofrances.com).