

## Instant Luxuries Relieve Daily Stress

(NAPSA)—Discovering how to de-stress may be easier—and more important—than many people realize. A recent survey reveals that 34 percent of Americans report their daily stress levels are at an all-time high. Of those surveyed, more than 90 percent indicated a growing need for adding some stress-busting “instant luxury” to their lives, with decadent desserts and fine coffee topping their “favorites” list, followed by fresh-cut flowers and high-thread-count sheets.

According to Alison Deyette, lifestyle expert and host of the Fine Living Network series “Pocket the Difference,” there are some simple things anyone can do every day to bring in life’s little luxuries and reduce stress.

“These days, luxury is a mindset, not a lifestyle; to manage the daily stresses of life, consumers are finding ways to treat themselves with products and experiences that convey attainable luxury,” said Deyette. “Products such as Nescafé Taster’s Choice 100 percent Colombian coffee provide opportunities to enjoy simple indulgences, such as fine coffee, each day.”

For coffee lovers in search of instant luxury, Nestlé recently introduced a new variety that allows anyone to experience the world-renowned taste of Colombian coffee, brewed fresh in the cup anytime. This new offering provides java enthusiasts an opportunity to indulge in delicious premium coffee at work or home, that until recently was only reserved for gourmet coffee shops.

Other instant luxuries Deyette suggests as ways people can treat themselves on a regular basis



**More and more Americans are relaxing with desserts and gourmet coffee to beat stress.**

include fresh-cut flowers, possibly from a farmers’ market or just a grocery store. She adds, “These types of indulgences can stimulate the senses and make those ‘feel-good’ chemicals in the brain spring into action.”

Since every day should begin with a good night’s sleep, great bedding is essential. High-thread-count sheets that are affordable can now be found at virtually any bedding store or major retailer and can add a “little luxury” to your life.

Defining “instant luxury” as a product or experience that’s attainable by the average person, the survey by TNS Express asked 1,000 Americans ages 18 to 90 what they are doing to enrich their lives and cope in an increasingly stressed-out world.

To obtain a free sample of Nescafé Taster’s Choice 100 percent Colombian coffee, visit [www.tasterschoice.com](http://www.tasterschoice.com).