

Settle In For A Rejuvenating Experience

(NAPSA)—With its changing colors, cooler temperatures and cozy sweaters, fall is the time of year when many people settle in, snuggle up and start household hibernation. That extra time indoors with your family doesn't have to leave you feeling cooped up and run down. According to the Mayo Clinic, a mere 15 minutes of quiet time each day can help refresh the spirit.

One way to encourage yourself to enjoy solitude and reflection is to create a sanctuary in your home. B. Smith, host of "B. Smith With Style," suggests that you engage all of your senses to keep your spirits high and your home cozy during the cooped up days of fall and winter.

Simple steps to set up a sanctuary

Creating an inviting corner in your home doesn't take a lot of time or money, just imagination. B. Smith offers tips on how to release your inner spirit and create a space for relaxation and rejuvenation in any room of the house:

- A fresh coat of paint—Select a color for your sanctuary—be it your bathroom, bedroom or office—that sets the mood. Try blue for healing and harmony, green for fertility of the mind, body and spirit, or purple for spiritual growth.

- An indoor garden—Fresh flowers brighten spirits and provide the relaxing smells of summer. Place small arrangements of singular flowers or small groups throughout your home to spruce up every room.

- A blend of fragrances—Light a few scented candles around the room. Lavender relaxes and calms and cedar wood clears the mind, while peppermint rejuvenates and spearmint energizes. But don't overdo it! If a candle smells too strong on the shelf, it will be even stronger when lit.

- A green thumb—Indoor plants like pothos, ivy and peace



Lifestyle expert B. Smith recommends creating an in-home sanctuary as a place to unwind.

lilies are easy to maintain even for the novice gardener. Keep your indoor plants happy and healthy by making sure they get the right amount of light, water and fertilizer. Plants turn a house into a cozy home.

Once you've created your haven for solitude and reflection, set aside that 15 minutes a day to sit back and enjoy. Snuggle up with a good book, put on a relaxing CD and enjoy your favorite comfort food, like Campbell's Select soup—a satisfying bowl of soup that warms your insides. With 25 varieties, there's a Select soup to please every palate.

Enjoy peace and quiet every day

Enjoy a healthy and well-balanced lifestyle with a home sanctuary of your own by entering the Campbell's "Select Your Sanctuary" sweepstakes at a mall near you or online at www.campbellselect.com. One grand prize winner will receive a trip to New York City for two, a personal consultation with B. Smith and an interior decorator, and a \$5,000 check to makeover their bedroom into a personal sanctuary. The sweepstakes is open to U.S. residents 18 or older and runs through December 31, 2003.