

Holiday Hints

Bring The Spa Home For The Holidays

(NAPSA)—It's that special time of year again, when holiday get-togethers, overindulgence and last-minute shopping can conspire to raise stress levels to new heights. While a massage or other professional spa treatments might provide relief, at an average of \$75 per treatment, 44 percent of consumers say "they are simply too costly," according to a recent study from TSA.

So what's a thoughtful gift giver to do? Give your family and friends the tools to create a spa in the comfort of their own home.

"Everyone loves going to a spa; however with today's busy lifestyles and the rising costs of treatments, it's difficult for most people to enjoy this luxury," said Marie Scalogna, noted spa expert and owner of Spa Chicks, a mobile spa service featured on "The Apprentice." "This holiday season pamper your pals and relax your relatives by giving them gifts to create their perfect home sanctuary."

Scalogna suggests these five simple tips for creating a relaxing and affordable home spa:

- **Set the mood.** Use soft lighting and gentle music or a sensory candle fountain to create the perfect ambiance.

- **Put your best foot forward.** Don't forget about your feet when trying to relax! Soothe tired toes by dipping them into a warm and bubbly footbath. Scalogna notes that some new footbaths are super quiet and now come with carry handles to make spills a thing of the past.

- **Invigorate your senses.** Choose bath and massage oils that contain revitalizing scents such as lavender or eucalyptus. Aromatherapy increases relaxation



Give the gift of relaxation this holiday season with home spa products designed to bring consumers comfort and joy.

and allows you to find true bliss.

- **Untie the knots.** Everyone likes a massage, but they are not always convenient or affordable. Scalogna suggests the HoMedics Shiatsu Massaging Back Cushion, which feels just like a professional Shiatsu massage, melts away stress and soothes muscles in both the upper and lower back.

- **Find inner peace.** In today's hectic world, it's more important than ever to set aside plenty of time to relax and meditate. Cuddle up in a fluffy robe with a cup of chamomile tea and let tension fade away in your home spa.

"With a plethora of quality home spa products on the market today," concludes Scalogna, "it's easy to give family and friends the gift of relaxation with home spa products. These items will help consumers enjoy moments of calm after the blizzard of holiday stress."

For more information about HoMedics' line of wellness and personal care products, including massagers, footbaths and home spa products, visit www.homedics.com.