

Gift Ideas

Create A Healing Garden

(NAPSA)—One way to find bliss, serenity and balance is to create a holistic at-home spa. You can escape to a private getaway in the comfort of your home.

Follow these steps from The Healing Garden, a leader in aromachology/aromatherapy that offers products and fragrances for mind, body and spirit.



Fragrances for mind, body and spirit can help turn your home into a peaceful sanctuary.

1. Designate one room in your house as the Spa Room: a peaceful sanctuary where you won't get interrupted.

2. Create a soothing environment with pillow and room sprays. Light positive aura candles to enhance the tranquil mood; try scents such as juniper for clarity and green tea to create balance and enlighten the soul.

3. Relax to a therapeutic soundscape of water-themed instrumentals that envelop your mind, body and spirit with a complete sense of wellness and rest.

4. Pamper your skin with supple body lotions and calming body soaks. A lotion with extracts of chamomile and valerian will put you at ease.

5. After a wonderful bath with calming lavender body soak, spritz your body with a tangerine-scented body mist to energize and invigorate.

For more advice, visit The Healing Garden at www.healinggarden.com.