

HOLIDAY GIFT IDEAS

Give The Gift Of Relaxation

(NAPSA)—'Tis the season to be—all stressed out?

Holiday shopping often adds to the stress of the season—with its whirlwind of menus, card lists and out-of-town guests, but it doesn't have to.

One thing you can do to ease holiday stress is to simplify your shopping routine. Here are some tips for a less stressful and more enjoyable experience:

- For your gifting and holiday cards, put together a list of friends and family, including gift ideas. Be realistic and prioritize. Don't feel like you have to buy everyone an expensive gift.

- Develop a sensible holiday shopping budget early and stick to it.

- Start shopping early in the season to beat the crowds.

- Locate a one-stop shop to purchase the majority of your gifts. This will free up time better spent with family and friends. Look for shops that offer an array of gift sets for those on your holiday list, such as Bath & Body Works.

- Don't be afraid to ask for help. This is a time of togetherness, not isolation.

- Take time for yourself. Stick to your routine of exercising or whatever keeps you happy and healthy.

- Give the gifts of fragrance, pampering, comfort and purity with new home scents such as Tree, Spice and Pomander from Bath &



Celebrate the holiday season by giving pampering and comforting gifts that help ease stress from head to toe.

Body Works. Choose from seasonal gift baskets that include freshly scented lotions, creams, gels and candles, as well as True Blue Spa manicure/pedicure kits and samplers. Finally, do not forget the all-important stocking stuffer gifts for under \$15, including massagers and ornaments.

- Generous as it may be to shower others with gifts, one way to deal with the season's heightened stress is to remember to pamper yourself with aromatherapy blends and spa selections. So, besides getting these pampering gifts for the people you love, be sure to get one or more just for you.

This holiday season, allow yourself the time to take it all in by simplifying your life one activity at a time. It's about spending time with your loved ones, not at the mall.

For more information, visit bathandbodyworks.com.