

# Home Ideas

## Indulge Your Family's Senses With Everyday Luxuries

(NAPSA)—It's not difficult to treat yourself and your family to some of life's everyday luxuries. They can improve moods, energize spirits and refresh one's overall outlook.

Even the smallest indulgences can have a positive impact. "Studies have found that happiness is a compilation of the little moments in life," said Cooper Lawrence, developmental psychologist. "The more little moments one can accrue, the happier one will be."

What makes people happy can vary. For some, it's a fine wine. For others, it's a great book. Indulging the sense of smell is even becoming one of life's little luxuries, and it is something that can be shared by everyone.

"Treating yourself to something small—even scent—gives you that feeling of control while also having a big impact on your world," said Lawrence. "Not only is scent a great way to treat yourself, but it's also one of the best ways to relieve daily stress."

If you haven't indulged in the everyday luxury of scent, try some of these tips to awaken your senses:

- To perk up—if you find your energy sinking by the end of the day, take five minutes to enjoy a freshly brewed latte. The rich smell of coffee will help rejuvenate your senses, while taking a few minutes to savor your drink will give you time to relax from the day's pressures.

- To refresh—help your family get a fresh start with the fragrance of Cool Morning Air® from Renuzit® Subtle Effects™ Air Freshener ([www.renuzit.com](http://www.renuzit.com)) sprayed in the bedroom, bathroom



**Help your family get a fresh start with fragrance sprayed throughout your home.**

and throughout the hallways. It gives a crisp, cool scent that will tingle your family members' senses and awaken their minds.

- For that little pick-me-up—citrus and other fruit scents work well to rejuvenate the mind and senses. "Citrus is magical," said Lawrence. "It energizes you, yet it feels like home." A little around your home can freshen the air and brighten your day—the scent works especially well in the kitchen.

- For a calming effect—the soft, soothing scent of lavender is great for everything from a bubble bath to a subtle mist in the bedroom or bathroom to help your family unwind. "The clean scent of bubbles and soap is very relaxing and one of the best ways to clear your mind," said Lawrence. "The cleaner the scent, the better; this is why bath salts come in scents like lavender."

The next time you're at the store, look around for products that your family can indulge in, whether it's a box of chocolates, a gourmet tea or one of the four new, fresh and natural scents of Renuzit Subtle Effects Air Freshener.