

Mother's Day Ideas

10-Step Guide To A Mother's Day Treat

(NAPSA)—Does the question “how does she do it?” ring a bell when you think of your mom? Chances are, she juggles hundreds of tasks every day to help others and rarely has some well-deserved time for herself—after all, 40 percent of women say they have less than one hour a day for themselves (according to a recent survey). This Mother's Day, you can show your mom how grateful you are for all that she does. Start by transforming her bathroom into a luxurious haven where she can escape from the world and pamper herself from head to toe.

1. First things first: inform all members of the household (except mom) that you are preparing an “at home” spa session so that they can keep out of the way and keep the noise down.

2. Fresh flowers are a must. Mother's Day would not be complete without them.

3. Adjust the lighting to create a peaceful atmosphere. Scented candles provide soft light and a relaxing scent to the room. Try new Bath & Body Works Gardenia Lily scented candles for a soothing effect.

4. Really spoil your mom by providing accessories guaranteed to make the bathroom experience more enjoyable: a bath pillow, a cooling eye mask and moisturizing gel socks that will continue to soften her feet post-bath

5. Set up a battery-operated CD player in the bathroom to play calming music.



A beautiful way to make your mother's day is with a home spa treatment.

6. Really reward your mom for all her hard work and run the bath for her. Pour a capful of delicious scented bubble bath into running water. Choose a fragrance that complements the scented candle and the flowers.

7. Don't forget to leave some refreshments in the bathroom. A bottle of water is beneficial in hydrating the body after a hot bath.

8. Go all the way and leave a beautifully wrapped gift in the bathroom. Get her something that she can use during her spa session and also keep as a memento. For great gift sets, visit one of 1,600 Bath & Body Works stores nationwide or bathandbodyworks.com, where you'll find a variety of gift baskets that a mom can cherish all year long.

9. Now that you've set the scene, pour your mom a cup of relaxing herbal tea, a quick and simple way to unwind and prepare the body for relaxation. Then quietly disappear and let the pampering begin.