

# Relax and Unwind

## Ninety-Eight Percent Of Moms Surveyed Want A “Me Zone” To Relax And Recharge But 74 Percent Face Obstacles

(NAPSA)—Between playing personal chauffeur, chef and science project whiz, it's no surprise mom's multiple roles often leave little time for relaxation.

However, moms don't just need *time* to themselves—they need a place to enjoy it. According to the Glade® Flameless Candle Survey, 76 percent of moms today would sacrifice guilty pleasures—from carbs to their favorite purses—for a “Me Zone,” a personalized place to relax and unwind.

“A ‘Me Zone’ is something many moms fantasize about while staring at the back end of a grocery cart,” says Lisa Earle McLeod, author of “Finding Grace When You Can't Even Find Clean Underwear.” “Whether you have two or 10 minutes, there are easy, affordable ways to recharge without having to bolt the bathroom door.”

Just pair a few of mom's favorite hobbies and her everyday surroundings with the continuous fragrance and flickering glow from a Glade® Wisp® Flameless Candle, and a “Me Zone” can appear on command. And when it comes to the ambiance of a “Me Zone,” the survey found that pleasant scents (56 percent) and the glow of candles (40 percent) top the list.

Here are a few tips to create a “Me Zone” in commonly used spaces that can help moms take a



**A flameless candle can produce instant ambiance when creating a personalized space to relax and recharge.**

five-minute escape from everyday chaos.

- When you've had a rough day and the kids greet you at the door with “What's for dinner?” it may be time to yank off the chef hat, grab a takeout menu and create a fast and easy “We Zone” via a family carpet picnic. A night off from the kids? Grab a takeout menu and invite the girls over.

- If your boss wants the report by 5 p.m. and your e-mail inbox is bursting at its electronic seams, recharge by taking a two-minute vacation. Play an island music CD, have a snack of macadamia nuts.

- When you've had it “up to here,” you may want to submerge yourself “up to there” in a 15-minute bubble bath, complete with comfy neck pillow and a favorite fashion magazine.