

Gift Ideas

Pampering That Pleases

(NAPSA)—The chance to relax and be pampered is one of the most thoughtful gifts—whether the gift is for someone you love or is something you crave for yourself.

Fortunately, the gift of pampering does not have to cost a lot of money. If you don't want to pay for a visit to a top-rated spa, here are some ideas:

- Fill the tub with some luxurious bubble bath. Pour yourself some chamomile tea. Fill the room with fragrant candles and have a long soak.



A rotating shower brush can be a great way to massage away aches and pains.

- After moisturizing your hands and feet, slip them into cotton gloves and socks.

- Apply a soothing facial mask. Give yourself a manicure and pedicure while the mask is setting, then rinse your face with cool water and slather on a rich moisturizer.

- In addition, there's a spa tool that can transform showering into effortless indulgence. Spin Spa, a rotating shower brush, is easy to use and gets hard-to-reach areas. It's a luxurious addition to any bathroom.

For more information on this Spin Spa, call (800) 773-8181 or visit www.getspinspa.com.