

## Create A Comfortable Oasis In Sense-ible Style When Cold & Flu Season Strikes

(NAPSA)—More than eighty-three percent of the U.S. population will suffer from sinus, cold or allergy symptoms this season. Many people will seek relief through medicine but there are other simple ways people can help themselves feel more comfortable. Transforming a room in your home into a soothing and tranquil comfort care oasis can produce serenity and relaxation, especially at night.

Laurie Smith, interior design guru of TLC's popular "Trading Spaces," shares the following advice for creating an atmosphere that is soothing for all senses, particularly if you are feeling under the weather.

"A space designed for relaxing and comfort is so much more inviting if it has little excess," explains Laurie. "A tidy, orderly space evokes tranquility and peacefulness."

**SIGHT:** Go with White. White or light-toned neutrals—such as cream, off-white, or taupe—are calming to the eyes. Add shades of warmth with gold, pale tans, or faded yellows to keep white from looking too stark. Don't forget about lighting. Illuminate your space with recessed lighting in the ceiling or use a lamp with a dimmer switch to control the ambience.

**SMELL:** Relax with a Soothing Scent. One of the quickest routes to relaxation is introducing a pleasant fragrance. Place a few drops of lavender oil on a lightbulb, turn the light on and let the oil dif-



fuse through the room. If you are suffering from congestion due to cold or allergies, you can plug in a new SudaCare® Nighttime Vapor-Plug™, a mini waterless vaporizer that releases up to eight hours of eucalyptus and menthol vapors to provide comforting care.

**TOUCH:** Spread Nature's Beauty Throughout the Home. Find comfort and warmth in natural fibers, such as an oversized goose down comforter, or invest in throw pillows for the bed stuffed with down fillers or a down blend. When you are feeling under the weather, tuck yourself into warm, soft flannel sheets and curl up with a good book.

**SOUND:** Add Sounds that Soothe. Running water can be a calming sound. Place a small tabletop water fountain in your bedroom for a few peaceful moments of relaxation.

**TASTE:** Homemade and Harmonious. There are few things more comforting than the simple pleasures of Mom's cooking. Try Mom's favorite batch of fresh chocolate chip cookies or what may be the most commonly sought relief from the common cold—chicken soup.