

body | mind | food | beauty | fitness

# health

DECEMBER 2004

## 24 Secrets To HAPPIER HOLIDAYS

### Simple

- Shortcuts for the seasonally overwhelmed
- An elegant dinner in less than an hour
- A party look in under a minute

### Soulful

- Renew, refresh, recharge: Mind-body tips from top spas

### Sane

Experts' permission to

- Sleep in
- Have a drink
- Eat dessert, and more

health.com

AOL KEYWORD: HEALTHMAG

\$3.50 US \$4.99 CAN



0 72440 10410 5

## HOLIDAYGIFTGUIDEMIND

**1. A NATURAL GLOW:** Joya's candles add a serene note to any atmosphere, and they're easy on the environment, too. Handmade of organic vegetable wax, they come in scents like brown sugar-vanilla and lavender-bergamot. \$25, [www.joyacandle.com](http://www.joyacandle.com).

**2. NO SHRINK NECESSARY:** The Lush Therapy massage bar is the perfect way to end a stressful day. Its raised knobs relax tight spots, while shea and cocoa butters soften skin. \$6.35, 888-733-5874 or [www.lush.com](http://www.lush.com).

**3. CUSHY COMPANION:** Brookstone's beanbag-like Jumbo Föm pillow is just the thing to rest a tired head on while watching the tube. In lime green, pink, and purple. \$35, 866-576-7337 or [www.brookstone.com](http://www.brookstone.com).

**4. MAKE A DATE:** Exercise your creativity and assemble your own date book with this kit from Paper Source. It includes a plain-cover book, sheets of decorative Japanese paper, and linen-cloth tape for the spine. \$21, 888-727-3711 or [www.paper-source.com](http://www.paper-source.com).



1

2

4

3