

SENSUAL SECRETS: HOW TO GET YOURS EVERY SINGLE TIME

ESSENCE[®]

EXCLUSIVE
LATIFAH,
ANGELA &
GABRIELLE

On Looking Good,
Expecting Twins
and Self-Acceptance

Be Happy

Take Control of Your Life in Your 20s, 30s and 40s

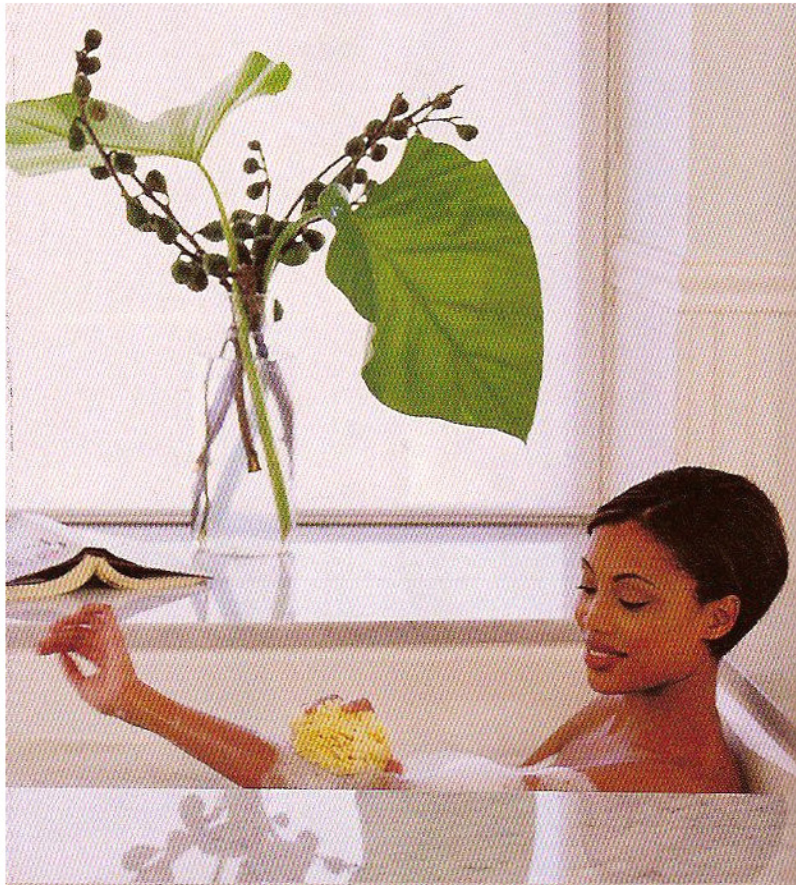
More Money ■ Toned Body ■ Flawless Skin ■ Loving Relationship

GOT BILLS?

HOW TO PAY THEM OFF FAST
Plus: Save \$6,000 This Year

HEALTH ALERT

The 3 Medical Tests
Every Black Woman
Should Schedule



senses

essential oil
energize the
chamomile
or use her-
bicity Leaf
spa pouch
contains
restorative
ur favorite
per into a

bring in natural light

"Artificial light shocks and overstimulates the senses," Gandy says. Natural light sources such as candles create a sense of calm and allow you to focus. Accentuate your space with candles that suit your mood as well as your decor. One to try: Joya candles (available in relaxing scents like lavender and bergamot or chamomile and neroli; joyacandle.com).

add personal elements

Surround yourself with pictures of loved ones, flowers, framed affirmations—anything that evokes joy.

read and reflect

Get inspired by spiritual texts while enjoying your bath, meditate on your life experiences, or pause from your thinking and simply savor the moment.

—JAYME S. GANEY ☐

For additional products and details, see Where to Buy.