

Health for women

Special Energy Issue

how to find
more
& keep it

DOCTORS'
FAVORITE
"NATURAL"
PEP PILLS

A WATER
WORKOUT
YOU'LL LOVE

Touch
Therapy:
help or hype?



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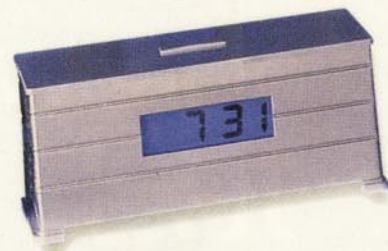
Wake Up and Smell the Spearmint!

For many Americans, aromatherapy is becoming a bedroom essential. These three new offerings tap into that trend:

Lavender Sheet Spray from the Good Home Company takes sweet dreams to a new dimension. Simply spray your bedding with the soothing scent (this formula doesn't stain sheets) and get ready for a peaceful night's sleep. About \$14. Available at Nordstrom. Call 800-7-BEAUTY for more information.

The Aromalite from Sacred Currents acts as both a night-light and aromatic diffuser. It comes in three motifs inspired by feng shui (the Chinese practice of strategically placing objects to achieve spiritual harmony): a wheat design with orange essential oil for emotional balancing, a Chinese long-life symbol with peppermint oil for invigoration, and a good-luck goldfish with lavender oil for relaxation. About \$36. Available in specialty stores or call Sacred Currents at 212-613-6167 to order.

If rolling out of bed is a miserable chore, try the Aromalarm by Essential Time, which wakes its users with a gentle diffusion of essential oils. You can use any type of oil you wish (invigorating oils include spearmint, lime, rosemary and basil). If you fear a fresh scent alone isn't enough to get you out of bed, rest assured, the gadget also comes with a sound alarm! \$150. Call 877-ESSTIME to order.



PHOTOGRAPHS: SHEETS AND NIGHT-LIGHT, RITA MAAS

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