

Dream Beauty Summer

STRESS RELIEVERS

Today we are bombarded with stress on a daily basis. News stories of financial crisis, healthcare concerns, war, crime, social, family, and work struggles all are daily contributors of stress. How you deal with stress is the key to your health and well-being.

By Kay Perry-Corbitt Beauty Director for *Gladys Magazine*

We need to find peace and tranquility in our lives to cope, and Summertime is the perfect time to learn new remedies to manage your stress once and for all. Remember the old saying “stop and smell the roses?” Today’s lifestyles are so hectic and filled with negativity we rarely take time to enjoy a beautiful sunset or gaze at the ocean just watching and listening to the waves hitting the shore. Can you remember a favorite childhood spot, perhaps a quiet wooded glen or a day at the beach, the smell of rain, or perhaps the feeling of water around your legs and the sand between your toes. No matter what your favorite memory is realize that imagery is a natural stress reliever and can calm our spirits in a short time, so daily take some time to engage in these.

My top three stress relievers are:

- 1 taking a nice warm bath each night with a nice scented candle before bed and then pampering yourself with a great smelling lotion.
- 2 Work on creating tranquil surroundings in your environment. Surround yourself with beautiful scented candles and a tabletop water fountain for peace in your home.
- 3 Spending time petting my cat “Star!” The unconditional love of a pet provides an excellent way to relieve the day’s stressors

Stop stress the moment you notice the signs rising. Our quality of life depends on it!

Here are a few more of my favorite stress relievers:

- Pray or meditate
- Eat right and exercise
- Indulge yourself in a “beauty day”. Facials, manicures, pedicures and extra hair conditioning are all vital.
- Be thankful each day for something in your life
- Breathe in deeply and slowly through your nose into abdomen to the count of five, and breathe out slowly through your mouth to the count of six making sure to exhale all the air.
- Get a massage once a month
- Set realistic goals
- Eliminate the need to be “perfect”
- Don’t stress when your expectations are not met-you can’t expect others to always meet them
- Think positively
- Make sure to have “me” time- find your passion
- Silence your phone when you sleep
- Laugh and smile more often
- Reduce criticism of yourself and others
- Remember you can only change yourself
- Love yourself and others!



PHOTOGRAPHER: Jon Abeyta

Kay’s top stress relieving products this summer

Belacrama Cream

Formulated for day-time and night-time use, apply One Creme to your entire face and neck, to strengthen, moisturize and lift skin. It is also your essential eye creme. One Creme’s rejuvenating effects restore skins’ natural ability to maintain optimal moisture levels and radiate good health. 1.7 oz. / 50 ml. Price: \$100.00 www.belacrema.com



L’Occitane Almond Candle

Create a welcoming atmosphere in your home and immediately conjure up the delectable sweetness of a childhood treat. Let the delicious scent of marzipan, covered with powdered sugar, bring back the sweetest memories. Price: \$28.00 for 7 oz usa.loccitane.com



Lemongrass Cardamom Body Wash and Lotion

Just relax. Lemongrass Essential Oil enhances clarity. Cardamom Essential Oil helps soothe the mind.. Breathe deeply for best results. Both are priced: \$13.00 www.bathandbody.com



Space Girl Bath Bomb

Introducing the Space Girl Bath Bomb (\$4.95), a lilac-colored and Saturn-shaped bath bomb with a sprinkle of red space dust for a bathing experience that’s out of this world. With refreshing bergamot and grapefruit oils and nourishing almond oil, Space Girl is sure to lift you into another stratosphere! www.lushusa.com