

# Relax All Day

Dial down the drama—and bring on the calm, cool, and collected—whenever (and wherever) stress hits.



**STEAM QUEEN**  
 Clip **ESSIO Aromatherapy Shower Kit** (\$45, [essitoshower.com](http://essitoshower.com)) to your showerhead to infuse the steam with one of three essential oils (we love the eucalyptus blend).



**SCRUB A DUB**  
 A waterproof Bluetooth speaker? Yes, please! Suction the **ADURO AQUASOUND** (\$70, [aduroproducts.com](http://aduroproducts.com)) to your shower wall, and crank the calm.

# A.M.

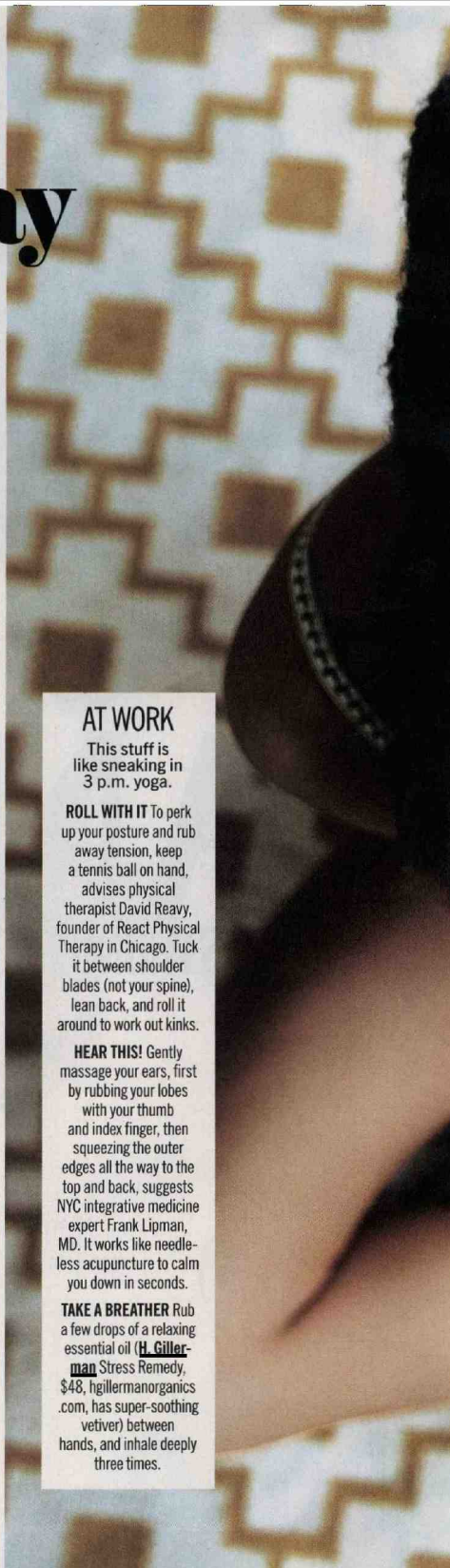
Woke up to a hundo e-mails? Slept through a VIP alarm? Pimp your shower with these spa-inspired chillaxers to start your day serene.



**TRESS DE-STRESS**  
 A fast-acting deep conditioner (like **PANTENE Pro-V Daily Moisture Renewal 3 Minute Miracle Deep Conditioner**, \$5, drugstores) detangles and smooths hair, making post-shower styling a cinch.



**CHILL OUT...**  
 Literally! Keep a gel body wash (like **LUSH Refresher Shower Jelly**, \$7, [lush.com](http://lush.com)) in the fridge, and use it in a hot shower. The temp switch is proven to lower stress.



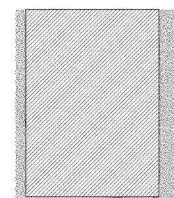
## AT WORK

This stuff is like sneaking in 3 p.m. yoga.

**ROLL WITH IT** To perk up your posture and rub away tension, keep a tennis ball on hand, advises physical therapist David Reavy, founder of React Physical Therapy in Chicago. Tuck it between shoulder blades (not your spine), lean back, and roll it around to work out kinks.

**HEAR THIS!** Gently massage your ears, first by rubbing your lobes with your thumb and index finger, then squeezing the outer edges all the way to the top and back, suggests NYC integrative medicine expert Frank Lipman, MD. It works like needleless acupuncture to calm you down in seconds.

**TAKE A BREATHER** Rub a few drops of a relaxing essential oil (**H. Gillerman Stress Remedy**, \$48, [hillermanorganics.com](http://hillermanorganics.com), has super-soothing vetiver) between hands, and inhale deeply three times.





JORDAN LUTES/AGUST IMAGE, STILLIS, JEREMY WESTBROOK/STUDIO D.

# BEAUTY

## FACE TIME



Multi-masking—treating your face with more than one mask—is the secret to a spa glow. Use a clay mask on oily zones and a hydrating one on dry parts. (ESTÉE LAUDER Nutritious Radiant Vitality 2-Step Treatment, \$68, [esteelauder.com](http://esteelauder.com), offers both.)

## FAUX FIRE



Get that same warm-and-cozy feeling with wood-wick candles that crackle as they burn. TIZIANA TERENZI's White Fire candle, \$60, [peraroma.com](http://peraroma.com), smells and sounds like the real deal.

Collapsing on the couch just got better. Max out a nighttime Netflix sesh with these super-soothing treats.

# P.M.

## SO HANDY



Slip dry hands into KARUNA Hand Masks (\$32 for four, [ulta.com](http://ulta.com)), gloves pre-filled with jojoba oil and shea butter. Call it a digital detox (you can't Snap, tweet, or 'gram!)

## WRAP STAR



Mimic a spa body wrap: Coat skin with body butter (try THE BODY SHOP Spa of the World Body Cream, \$35, [thebodyshop.com](http://thebodyshop.com)), and slip into sweats. The heat helps it penetrate deeply.