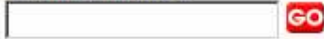


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The Beat

Relaxation Techniques: Stress-Fighting Beauty Products

Posted Wednesday, October 29, 2008 12:00:00 AM

Eat, Drink, Sleep

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When we get stressed we head straight for the chocolate. If you turn into a "girl who eats her feelings" at the first sign of trouble, start showering with [philosophy's Double Rich Hot Cocoa 3-in-1 shampoo, shower gel and bubble bath](#) (15) (\$16). Rather than making you hungry, this ingenious soap satisfies chocolate cravings, and the chocolate scent only lasts while you're in the shower. Or indulge your sweet tooth with [Natural Pomegranate Lychee Flavor Powder Glowelle Sticks](#) (16) (\$40). Added to water or juice, they're good for an energy boost and are packed with vitamins, phyto-nutrients, and fruit extracts that are key for healthy looking skin. What next? Pop some [Rescue Remedy Pastilles](#) (17) (\$7.15), a fun take on the original Rescue Remedy Drops that got the whole homeopathic solution to stress management-craze started. Then snuggle-up in your bed beside ModelCo's Sweet Pea and Jasmine fragrance candle (\$25 at Hendri Bendel), and pop open [ElizabethW's Twilight Kit](#) (18) (\$75) which contains a lavender liner meant to be placed under your pillow, a silk eye pillow filled with lavender and flax seeds, and a CD of classical music. Can't you feel the stress melting-away?