



## Staying in is the new going out

### Find a de-stressor you'll love

- Leave yoga pants, a soft hoodie and cashmere socks warming on the radiator when you leave for work, so you can pull them on for an instant cosy feeling as soon as you come home.
- Warm cold feet in a scented footbath with a few drops of cedarwood essential oil to help you unwind in an instant.
- Knitting is the new yoga, so curl up with some beautiful yarn, chunky wooden needles and knit yourself a cute beanie or a soft scarf.
- Light a new Febreze Light and Refresh candle in one of four gorgeous fragrances. The powerful odour-eliminating core neutralises stale smells and the fragranced candle has a delicious scent. Try Vanilla Cream, which combines light fruity fragrance with vanilla and a dusting of cinnamon. Remember to keep candles well away from curtains and soft furnishings, and don't leave unattended.

### Create a little fireside magic

- Light a fire. No indoor fireplace? Create a little magic outdoors with a fire basket or garden firebox.
- Have a go at roasting chestnuts. Make a slit in the round end of each nut and tip into a roasting tray. Put an old grilling rack over the fire, and put the tray on. They should be ready when the shells start to peel back. Test one or two, and then remove from the heat.
- Track down a long-handled toasting fork, available from specialist fireplace shops, and make hot buttered toast and melting marshmallows. Melt 25g bitter dark chocolate, then whisk with two mugs of hot milk and two dessertspoons of caster sugar for a deluxe hot choc.

### Get a warm, fuzzy, family feeling

Listen to an audio book together, downloaded onto your iPod. Get whisked away by the magic of Harry Potter, Winnie the Pooh or Narnia, or play a retro board game. My First Scrabble is good for little ones who are just learning to read and write.

### Dates at home to bring you closer

- Share a totally new food together that neither of you have tried. Relationships experts say that new experiences together work wonders at bringing you closer. Order oysters online. Try an interesting new spice (asafoetida smells awful but tastes rich, meaty and warming) or eat game pie.
- Turn out the lights and watch a creepy movie together. Research shows that doing something scary with your partner heightens attraction between you.
- You may not have the budget right now to visit luxurious winter wonderlands, but there's nothing to stop you dreaming... and perhaps saving for a future trip together. Wrap up in

furs and go for a sleigh ride in St Petersburg, spend the night in Sweden's magical Ice Hotel, or be dazzled by the Northern Lights in Lapland.

**Indulge in a bath to boost your mood**

If you have a cold, make the water hot and add two or three drops of camphor oil which will help you breathe more easily. Add double cream and honey to your bath to soften and rehydrate your skin. Or, if you want a perfect night's sleep, keep the water cooler, so it won't stimulate your system. Then add a drop of luxurious neroli or cheaper ylang ylang essential oil for a knockout effect.