



As an added bonus this month, we have included Relax Aromatherapy massage oil from Plantlife in your Date Night In Box. This can be used at any point in your date to soothe and calm the body and mind for total relaxation. According to Goop.com, a beauty and wellness website, "the effects of chronic stress generally show up in five specific areas of the body... the jaw/neck/face, the shoulders/heart, the diaphragm/lungs, the stomach/gut, and the pelvic floor/hips." Take a few moments to breathe deeply and try to feel where you might be holding stress or tension in your body. Gently massage the oil onto those areas and attempt to release the tension.