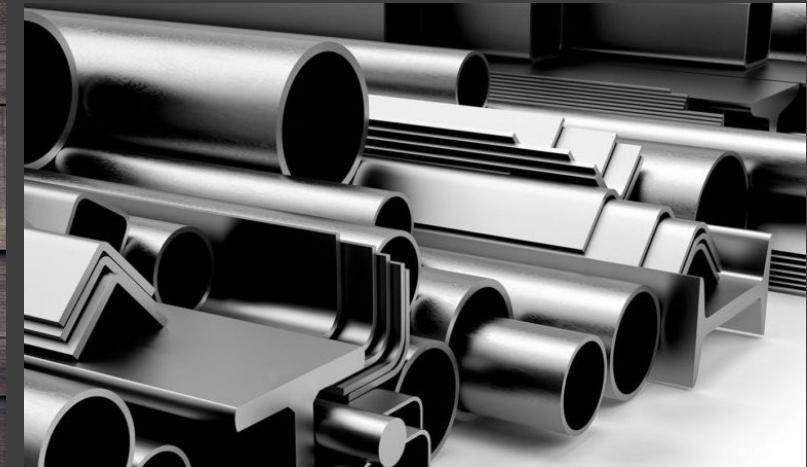


# How to Create a Peaceful Sanctuary in Your Home

Provided By: Human Resources  
Designed by: Executive Health



Want to get away from the hustle and bustle of everyday life without even leaving your home?

Why not create a private retreat where you can go unwind and take sanctuary from outside intrusions?

Building your own oasis provides private, uninterrupted time away from mundane activities and inspires great ideas.





## Here Are 8 Helpful Tips to Get You Started:

- Pick a space that is light, quiet, and private
- Include a natural element (salt rock, plant, stone)
- Clean & Declutter
- Choose your favorite music
- Engage your senses (diffuser with essential oils)
- Choose a neutral color that adds an airy feel
- Set the ambience with candles or fairy lights
- Add a peaceful or tranquil scene (waterfall, fireplace, ocean)

# Affordable options to your in-home personal getaway:

- Natural elements ~ Arizona landscape, succulents, cactus
- Music ~ Spotify, iHeart Radio, Pandora, Apple Music
- Diffusers with essential oils ~ Walmart, Dollar Store, Amazon
- White flowy fabrics ~ JoAnn Fabrics, Michaels, Walmart
- Candles or fairy lights ~ Walmart, Amazon, Target, Dollar Store
- Tranquil scenes ~ YouTube offers a variety of fireplace, waterfall, babbling brook, and ocean soundtracks and videos



# Learn more about the essential oils best used to promote well being:



- Patchouli ~ This oil strongly grounding and centering. It has the power to relax and energize the mind
- Spearmint ~ This oil helps relax the respiratory and nervous system and can also help open and release emotional blocks
- Lavender ~ This oil is used to promote relaxation and treat anxiety, insomnia and depression
- Rose ~ This oil creates a sense of balance, harmony, and well being and elevates the mind
- Bergamot ~ This oil calms emotions and supports the natural release of anxious feelings, stress, and tension
- Lemon ~ This oil is stimulating, invigorating and promotes a deep sense of well being
- Chamomile ~ This oil promotes peace and harmony
- Sandalwood ~ This oil is used to calm nerves and help with focus
- Ylang-Ylang ~ This oil is used to treat headaches, nausea, and skin conditions

*Be sure to follow usage directions for essential oils, consult with your doctor or a certified aromatherapist, and keep out of the reach of children and pets.*