

shape your home



Whether you're cooking dinner for friends or slipping into a bath, it's likely you've discovered that your home can be your best refuge in these wallet-busting times. In fact, a 2009 survey conducted by market-research firm Rockbridge Associates found that, compared to last year, we're spending less time traveling and eating out and more time at home entertaining and connecting with family and friends. Naturally you want your place to be cozy and organized—without

having to break the bank. So we tapped experts for their budget-friendly finds for your bathroom, kitchen, and home office—three spaces where you'll definitely feel the difference. Spruce up these rooms and the recession blues will have a hard time finding you.

A DAY SPA OF YOUR OWN

These inexpensive suggestions can easily transform your bathroom into a comforting, stress-reducing escape.

■ **Soothe your senses** Dim lights, calming scents, and healing oils are spa must-haves,

Choose from more than 30 scents



and for the cost of a candle, you can get all three! The soy-based **Skinny Dip candle** (\$13; skinnydipcandle.com), above, releases a subtle, relaxing fragrance while lit; as it melts, it transforms into massage oil. Just blow it out and rub it in. (Soy has a lower melting point than paraffin wax, so it's warm to the touch.) Each candle contains shea and cocoa butters, vitamin E, and avocado and coconut oils.

■ **Create your own wet room** The **Waterpik EcoRain showerhead** (\$35; waterpik.com), bottom left, lets you choose between a spa's full-coverage waterfall effect and a more focused, pressurized flow to help relieve tired muscles. Another reason to love it: The fixture uses up to half a gallon less water per minute than a standard showerhead.

■ **Add a burst of color** Spas may be all about neutral, calming hues, but we're fans of shades that pop. Brighten up a dull space with **Garnet Hill striped towels** (\$24; garnetbill.com), below. Made from soft Egyptian cotton that's yarn-dyed before it's woven, the towels are vibrant and fade-resistant. For a decadent treat, bypass that step-out-of-the-tub chill by toasting your towels and robe on the **Warmrails Wonderbar hanging towel warmer** (\$45; amazon.com) while you soak. It simply hooks onto your towel rod.



This "rain" showerhead is eco-friendly



Splurge on the oversize bath sheet

JENNIFER CHEUNG/JUPITER IMAGES, ST. LIFE NICOLAI GROSELL

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■ **Get a healthy glow** Times may be rough, but that doesn't mean your skin needs to be. "A full-body exfoliating scrub increases circulation and cell renewal, so it's one of the most rejuvenating treatments you can give yourself," says Zorianna Dejnega-Armor, the spa director at the Regency Health Spa in Hallandale, Florida. We recommend using the **Supracor Stimulite bath mitt** (\$32; blisworld.com) instead of a loofah. The glove shape makes it so much easier to maneuver, and the honeycomb design creates a foamy lather even with just a small dollop of body wash.

■ **Turn up the heat**

minute to warm t then place it anyw on your body that tight or achy. Ah..

SPRUCE UP YOUR KITCHEN

Serving meals at only costs less th it also gives yo over your diet. inner *Top Chef* affordable kitcl

■ **Knead away**

recipes have a step with a pace that c says Thomas Shi professor of foo Temple Univers can be meditativ one of the brigl from Anthropol anthropologie.com

