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# GOOD HOUSEKEEPING

August 2010 : GoodLooks : Get the Vapors



## Get the vapors

For a quick hit of happiness in the morning, spike your shower's steam with an aromatherapy tablet, suggests Shéri Bardot, a spa manager for Equinox Fitness Clubs in New York City. Once you've selected a scent (peppermint for the most exhilarating inhalation, lavender for calming, eucalyptus for sinus-clearing), toss the tablet on the tile, away from the direct stream. Then step—and breathe—in. Try **Bath By Bettijo Sweet Peppermint Aromatherapy Shower Infusers** (\$36, [bathbybettijo.com](http://bathbybettijo.com)); 2) or **Aura Cacia Aromatherapy Shower Tablets in Purifying Eucalyptus, Relaxing Lavender, or Reviving Peppermint** (\$7 for three, Whole Foods Market).



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