Creating

Candles are a great way

set the mood. The candles you now have will provide a calming light for a dark room.

neat and tidy. A consistently clean space will make your self-care time more enjoyable.

to add a soft ambiance to the room while also adding pleasant aromas.

your bathing experience. You’ll be able to prop up your phone or tablet here to watch your favorite movie or TV show.

space. Aloe vera, bamboo, ferns and orchids are a few options that thrive in a bathroom environment.

to make sure your linens are nice and toasty when you’re ready to use them.

**6**

**5**

**4**

**3**

**2**

**1**

Carbon monoxide can be produced by gas-powered appliances, like your oven, stove, furnace, fireplace or clothes dryer. The gas that’s released is odorless and colorless, making it even more dangerous. Being exposed to carbon monoxide for too long can be fatal.

* Replace the batteries annually. When doing so, reset the alarm by holding the button down for five seconds until you hear three consecutive beeps.
* Install smoke alarms in every bedroom, enclosed area, on each level of the home and at least 10 feet away from kitchen appliances.
* Be sure to replace your smoke alarm after 10 years of owning it.
* Replace the batteries annually. Press the button, and if the batteries were installed correctly, you will hear a beep.
* You should have a carbon monoxide detector installed on each floor, in each bedroom, in each hallway near sleeping areas, at the top of each stairway going to upper floors and at the bottom of the stairway leading to the basement.

a Spa Bath

**5**

Add a light dimmer to

Keep your bathroom

**6**

**4**

Get a bathtub caddy to improve

**3**

Add plants to spruce up the

**2**

Invest in a towel warmer

**1**

Everyone loves a relaxing trip to the spa, but not everyone loves how much that spa day can cost. A more

affordable option may be upgrading your home’s bathroom and creating your own personal spa. You’ll be able to have a lavish experience from the comfort of your home by adding a couple pieces to your space and doing a few things to make your self-care time even more enjoyable.

**E**

In just 30 seconds, a small flame can turn into a catastrophic, life-threatening blaze. Don’t ignore the beeps and chirps your smoke alarms may make—learn what they mean by reading through the user’s manual. Maintaining these devices in your home is simple and can be a life-saving measure.

Maintaining Smoke/Carbon Monoxide Detectors

**Smoke Alarms:**

**Carbon Monoxide Detectors:**