

# PIMP YOUR DONGA!

## Sounds like a good idea

Roll out your hot tracks, or natural sounds like the sea, rainforest birds or guided meditations. These are great for calming your mind and relaxing into sleep.

## Lucky charms

Don't forget a photo of your family or home, or a poster of your favourite scenery. Go three dimensional – make a statement with your personal ornament or talisman. Remember to make them portable and not too precious. Books, dreamcatchers, gemstones, guitars, flags, silk scarves, spiritual statues, cards, inspirational sayings and battery tea lights might be some of these.



## The nose knows

Put a couple of drops of your favourite aftershave, perfume or essential oil on a cotton ball or tissue and place strategically at the entry door and bathroom door.

## Between the sheets

Buy a 100% cotton or silk sheet set or double doona cover that you can throw over the existing linen; and a matching pillowcase. That Dockers doona that was banned from the bedroom – now's your chance!

## It's a matter of good taste

Be sure to stack your fridge with some healthy snacks, go for low salt and low sugar to maintain optimum health. Choose your favourite plunger coffee, herbal tea, filtered water jug, and dental hygiene products such as toothpaste, dental floss and mouthwash.

Whatever you decide to do, just make sure you have fun, be creative and most of all create a touch of paradise to nurture your soul, and make you feel comfortable and relaxed in an environment that is your home away from home.