

anxiety much? create your own oasis.

- aromatherapy
(ex. essential oils, diffusers, oil burners, candles, incense)
- relaxing sounds
(ex. ocean waves, crackling fire sounds, nature sounds, lo-fi cafe music)
- water fountains
(plug in to outlet, refill with water daily)
- plants
(real or fake - really nice fake ones could be pricey, but look beautiful!)
- himalayan sea salt lamp
(I recently found a nice sized one for 15 dollars at walmart - promotes relaxation!)
- wind Chimes
(this could go in the front or backyard! soothing sounds!)

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