

5 Ways to Use Your Living Space for R&R Before the Holidays Hit

Written by Christina Tetreault



Going to the spa to get an hour massage is a wonderful way to relieve the stress brought on as the holiday season approaches- we can't argue against that. But, here's a secret: you can get the relaxing and rejuvenating benefits of massage right in your own home (without begging your significant other to rub your back). But how? **By using underutilized areas of your living space.**

We invite you to rethink your space and what you do there. Unwind and renew your spirit, right at home as we approach the holiday season.

[Create a yoga and meditation space](#)

Dedicate a section of [your living space](#) to the practice of yoga and meditation. Have a spare room that you're unsure what to do with? Convert it into your "sacred space." Use this space to decompress from holiday pressures. You don't need to fill it with much, as you'll want to keep this area simple and clutter-free. Head to your favorite home décor store and find a floor pillow (you can choose a bright color with a Bohemian print or opt for a cooler color palette like blues and grays) for meditating and select a yoga mat. Drape a colorful tapestry from the ceiling or paint an accent wall to add some warmth to the room. Place incense or warm, fall-scented candles on a table and add other items that bring you peace. Now you can get your OM on!

[Cook a pre-holiday meal](#)

Instead of hosting a meal for 25 people, why not host a more intimate get-together with friends and family in advance of the hectic holidays? Don an apron and lose yourself and your stress in your [Mark-Taylor luxury kitchen](#). Mix, sauté, bake, shake, repeat. Cooking really does have a therapeutic effect. Whether you are cooking for yourself or cooking for your loved ones, it's a great de-stresser and serves as a creative outlet. Plus you can use your kitchen to experiment with holiday recipes like apple crisp, stuffing, casseroles, and cranberry sauce. Even if you're a less than average cook (we're talking to you food burners), just add cheese or butter to anything you make, and you're sure to reach food bliss (or a food coma, whichever comes first).

[Draw yourself a bath](#)

We don't use our bathtubs as much as we should (giving your dog a bath does not count). If you need to release some pre-holiday stress or anxiety, draw yourself a bath [in your master bathroom](#) and add essential oil or bubble bath. Pick an oil based on what emotion you want to see swirl down the drain or choose a fun seasonal bath scent like warm vanilla sugar. Choose peppermint if you're feeling fatigued, rose is good to help with anxiety and it's also uplifting. Lavender is the quintessential aroma for creating a sense of calm and is ideal for nighttime baths and treatment of insomnia. Add a few drops of cedarwood, sandalwood or rosewood oil for soothing and grounding benefits. Whether you're feeling the on-slaught of holiday stress, you're worn-out from the daily grind, or you need a little mood lift, a hot bath is your ticket to paradise. We won't judge you if you want to add a bottle of wine to your bath experience (in your glass, not the tub. Just sayin')

[Rethink holiday cards](#)

Consider sending out Thanksgiving cards this season. You'll be a step ahead of the holidays and the parade of cards that hit your mailbox after Thanksgiving. Besides, receiving a Thanksgiving card is much more original than the expected Christmas card. Though that's not to say you can't send both (you holiday guru, you). Open up a few windows in [your living space](#) and let some fresh air in while you write and stamp your Thanksgiving cards. It's almost orange blossom season, which offers a glorious scent when the wind blows.

[Get outside](#)

Relax in the open space that a [Mark-Taylor](#) community provides. Your patio and backyard is a good place to start shedding pre-holiday tension. Accept the invitation of cooler temperatures, pulling you outside to just be. How about admiring the October moon [pool-side](#)? Take your shoes off and walk in the grass (when's the last time you walked in grass?). During the day, get your hands dirty by starting a potted vegetable or herb garden. Create an herb garden in a windowsill or add plants around your house. Use what you've grown as ingredients in holiday meals or add your bright vegetables and herbs to holiday gift baskets.

[About Mark-Taylor Luxury Apartments:](#)

Mark-Taylor is an award-winning company excelling in apartment development, building, and management. The privately-held Arizona-based

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corporation was established in 1986. To date, the company has developed more than 17,500 apartment units in the Southwest where people enjoy communities that deliver a lifestyle as well as beautifully appointed apartment homes. The company's communities set the standards others wish to achieve through innovative technology, stunning designs, attention to detail, a commitment to quality and a high level of customer service. Mark-Taylor is recognized for building some of America's top rated apartment communities, earning critical acclaim in the industry.

The Company holds a strong leadership position by continuously refining the industry standards. With keen attention to ethics, innovation, quality and service, Mark-Taylor successfully recruits and retains the best and the brightest talent in the business. The combination of product and people has resulted in dramatic company success.