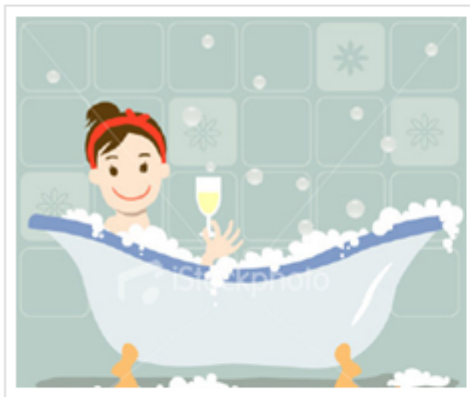


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For Women Who'd Rather Work For Themselves, Than Work For The Man

De-Stress With Bubbles On National Bubble Bath Day

Crissy Herron | January 6, 2012 | 2 Comments



The calendar is full of wacky holidays – and it just so happens that **January 8 is National Bubble Bath Day!**

I don't know about you – but bubble baths are one of my favorite ways to de-stress, especially after a long day of working on the computer.

I like my baths hot – I turn the water up as hot as I can stand it, and use a special aromatherapy bubble bath that contains

spearmint and eucalyptus. If I have a headache or my eyes feel tired, I will turn all the lights off in the house, except for one candle in the bathroom, and I'll soak in the tub for a few with a hot cloth over my face.



Trust me – it really does help to melt the stress and tension away.

The folks at [\[yellow tail\] wines](#) have another idea to get rid of stress – sipping bubbles while you're in a bubble bath.

I admit, I've never tried it, but I think I'm going to!

You can find [\[yellow tail\] Bubbles Sparkling Wine](#) in traditional and Rose, and I also learned that they have a unique "Zork" closure, that is resealable, and keeps the bubbles in the bottle!