



Ounces of Prevention

Simple Changes Can Make Big Difference

(NAPS)—Anytime of year can be the right time to make life changes, get better organized and simplify one's chores.

One arbiter of simplicity for the past 35 years is Clairol's famous permanent haircolor, Nice 'n Easy. Mostly because it was the very first shampoo in haircolor—a true revolution in the 60s when women were short on time but big on looking great sans the gray.

But Nice 'n Easy is still all about effortless, natural beauty...in fact, it recently went about implementing a survey of thousands of women across America. The charge? To gather insight and tips from a generation which has, like the haircolor, mastered the art of easy living, looking great, feeling happy, making time to enjoy what really counts in life and starting anew every once in the while.

Here's a sampling of what it learned...

"Give up on the idea that everything has to be perfect."

"Lists are a lifesaver...now, if I can just find mine!"

"I look for opportunities to just do nothing...to look out the window and watch the birds, flowers, people while I just clear my mind of all thoughts. When I emerge, I

feel refreshed and motivated."

"Breathe!"

"I clean and save my Nice 'n Easy squeeze bottles and fill them with hand and body lotion—they're smaller and take up less space on my vanity and night table."

**'Actively seek humor
in all things,'
women say in a survey.**



"I always tell the truth...much easier."

"I hire teenagers from my neighborhood to help me clean my house—they're cheaper than maids and usually very fast workers!"

"I brush my teeth in the shower."

"If you don't use it, donate it to somebody who needs it!"

"Actively seek humor in all things."

"Ask for help."

"Take time for yourself—even just 30 minutes—once per week. I get my eyebrows waxed, color my hair, get a massage. You need something to look forward to that is good only for you!"