

BRING THAT SPA FEELING HOME

Nothing ages you like stress, and nothing relaxes you like a spa. Set one foot inside and scrunched shoulders drop; worry lines soften. It's not just the anticipation of a massage or sauna that calms you; everything from the flowers in the entryway to the scented soap in the bathroom is working subtle magic. If your home triggers more "argh!" than "aah" right now, grab an idea or two from spa designers who know how to bring the bliss.

by KATE ROCKWOOD

[NATURE]

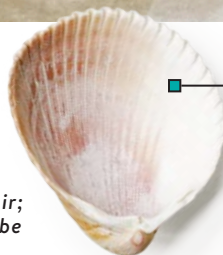
DISCOVER THE POWER OF FRACTALS

Get Inspired

Flowers, crystals, seashells, succulents—they're all common design elements in spas, and with good reason. They contain fractals, natural patterns that repeat at different sizes and scales. Even if your conscious mind doesn't notice them, your brain does—and they can help you relax. "Fractal patterns are prevalent in nature, and your body is hardwired to be drawn to them and process them very easily," says Richard Taylor, Ph.D., director of the Materials Science Institute at the University of Oregon. "They put you in your visual comfort zone, and your whole physiology changes." Research in the journal *Perception* shows that gazing at fractals increases the brain's alpha wave activity, associated with relaxation. Other research found that when people took a break from a tough task and looked at fractal images, their stress levels were 66% lower than those who looked at a control image.



Natural scenes in photos and art can also impart fractal calm. Look for trees, waterfalls, mountain ranges, clouds, or gentle shorelines.



More than just a beach souvenir, shells can also be brain soothing.

Bring It Home Make room for some potted succulents on a coffee table or in a fireplace, set up a dedicated flower vase by a window, or give space to that seashell collection from your family's summer vacay. "Some of nature's repetitions are subtle, and you might not notice them right away," says Taylor, "but your brain detects them automatically."



Start winding down at your door. Contain any clutter and let this space breathe.

Bring It Home "Creating a sense of passage can have a big impact as you arrive home," Davis says. Instead of facing a visual reminder of your to-do list (sort the mail! pay the bills! walk the dog!), imagine opening your door and seeing a vase of flowers, framed artwork by your kids, and mail neatly corralled in a basket. (And relocate shoes to a rack in your mudroom; your efforts will be repaid in serenity points.)

[COLOR]

CHANNEL MOTHER NATURE

Get Inspired An all-white room can feel too clinical to be calming, but vibrant hues can over-stimulate. So how do spas get the energy just right? By using blues and greens, says Leatrice Eiseman, an international color specialist and the author of *Colors for Your Every Mood*. "Cooler colors promote tranquility, because blue is connected to sky and water, and green to nature," she says. Research indicates that a blue environment might be calming when tasks are more challenging. At the spa at Sunset Marquis in West Hollywood, interior designer Oliva Villaluz settled on an aquamarine hue before anything else. "To make the spa feel like an oasis, I wanted to use the color of water," she says. "So I chose glass tiles in different shades of blue; not just an accent here or there, but entire walls of color."



So many sea tones... Play with colors to find your fave trio.

Bring It Home Not ready to repaint your living room? Instead, step back and look at the space you're trying to inject with tranquility. Are your throw pillows more zany than Zen? Move the brightly patterned ones to another room. Did white and gray everywhere seem like a great idea during your minimalist phase, but now they remind you of an airport terminal? Add a soft blue rug or seafoam blanket to cozy up the space. To help keep a room interesting, pick three colors and make one more dominant, says Eiseman. "Cooler colors help set a tranquil mood." →

[ORGANIZATION]

MAKE A GREAT ENTRANCE

Get Inspired Spa entryway: rock gardens, serene fountains, and pretty sculptures. Your entryway: an avalanche of mail and kicked-off shoes ready to trip you—nice! No wonder the two evoke totally different emotions. "An entryway sets the tone for what's to come," says Gray Davis, cofounder of the design firm Meyer Davis, the creative force behind high-end spas for such brands as the Four Seasons. "You want a little space to help people decompress." At Chuan Body + Soul, a spa in New York that is based on Chinese medicine principles, the designers installed a traditional moon gate in the entry, along with a candlelit hall that leads to the reception desk.

NEW

[LIGHT]

DIAL DOWN THE BRIGHTNESS

Get Inspired We dare you to find a spa that uses bright overhead bulbs to light up a room: You just won't be able to. Instead, interior designers favor layers of light—including wall sconces and soft table lamps. Combined with candles and sunlight, this creates a diffuse glow rather than monotone brightness. And because smaller lamps cast cozy circles of light, individual tables and reading nooks feel soothing and inviting—even in busy public spaces, like the lobby or lounge. Adjustable lighting caters to your preferences. “We use dimmers whenever possible,” says Andrea Dubois, a senior designer at WTS International, currently consulting at Ocean Spa in Key Largo, FL.



Bring It Home Tend to your windows, advises Dubois. Layer blackout shades, drapery panels, and sheers so you can control daylight precisely. If your room only has overheads, add a lamp or two and leaving the overhead off. Dimmable lights are a spa designer's best friend. Try a Philips Hue Starter Kit at home; you pop the LED light bulbs into any lamp or overhead light, then control the brightness with an app on your phone. One sneaky lighting trick? Electronic flickering candles (you often see these along a spa's hallways), which are safer and healthier than real ones. Choose flameless candles made with wax—they look the most authentic.



Think: What do I need to really relax?

A spa visit feels so effortless because designers have sweated every detail ahead of time—from how to hang the blow-dryer in the locker room to where guests can rest their mugs of tea in the lounge. If you want a corner of calm in your house, set up all the details in advance, suggests Will Meyer, cofounder of Meyer Davis. Have a cozy chair, a place to put your drink, and a nearby light for reading. Then, when you sit down, you can stay put. ➔



CLEAN AWAY ODORS


WITH

No Heavy Perfumes

New at Walmart 


[SCENT]

PASS THE
SNIFF TEST

 **Get Inspired** That fake baked cookies-scented spray isn't doing you any favors in the stress department. Spas swap synthetic scents for essential oils meant to lift your spirits and soothe your frazzled nerves. "Lavender, clary sage, and bergamot are wonderful stress relievers," says Sarah Vulgamore, director of spiritual wellness at Canyon Ranch in Lenox, MA. The retreat doesn't limit aromatherapy to the treatment rooms—it also uses a blend of lemongrass and sage in the lounges and public spaces to subtly encourage calm. Science underlines the power of scent, and lavender might be the most well-researched essential oil for relaxation. Studies have found that sniffing it can lower blood pressure and the stress hormone cortisol, as well as significantly reduce anxiety. Smelling clary sage oil made people calmer, even during a medical procedure, according to a 2013 study. Other research found that people taking a stressful test felt—and stayed—less anxious when they smelled sweet orange essential oil first.

Try choosing a scent and sticking to it. It will message your brain: "Time to chill."



 **Bring It Home** "One reason spas use signature scents is that they can immediately signal your brain that you've arrived at a different place," says Ocean Spa's Dubois. Pick a calming fragrance for your home to help remind your body to leave work stress at the door. Essential oil diffusers can be sleek and spa-esque (check out the HoMedics Elia line), but there are other clever ways to sneak scents into your space, says Nors Beatriz, a certified massage therapist and owner of NowStudio in Chicago. She recommends putting a few drops of essential oil in a spray bottle filled with water, then misting your bed sheets and towels before they hit the dryer. "The scent—and its effects—can last a long time," she says. You can also dampen cotton balls with your oil of choice, then lightly rub inside your bathroom cabinets and linen closet to infuse the space. Or dab a few drops onto the bottom of your mop next time you swab the floors—the best kind of clean scent, hands down. ■

LAVENDER: DORLING KINDERSLEY/GETTY IMAGES. BATHROOM: JOE SCHMELZER

NexGard®
(afoxolaner) Chewables

CAUTION: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Description:

NexGard® (afoxolaner) is available in four sizes of beef-flavored, soft chewables for oral administration to dogs and puppies according to their weight. Each chewable is formulated to provide a minimum afoxolaner dosage of 1.14 mg/lb (2.5 mg/kg). Afoxolaner has the chemical composition 1-Naphthalenecarboxamide, 4-[5-[3-chloro-5-(trifluoromethyl)-phenyl]-4, 5-dihydro-5-(trifluoromethyl)-3-isoxazolyl]-4-[2-oxo-2-[4,2,2-trifluoroethyl]amino]ethyl.

Indications:

NexGard kills adult fleas and is indicated for the treatment and prevention of flea infestations (*Ctenocephalides felis*), and the treatment and control of black-legged tick (*Ixodes scapularis*), American Dog tick (*Dermacentor variabilis*), Lone Star tick (*Amblyomma americanum*), and Brown dog tick (*Rhipicephalus sanguineus*) infestations in dogs and puppies 8 weeks of age and older, weighing 4 pounds or body weight or greater, for one month.

Dosage and Administration:

NexGard is given orally once a month, at the minimum dosage of 1.14 mg/lb (2.5 mg/kg).

Dosing Schedule:

Body Weight	Afoxolaner Per Chewable (mg)	Chewables Administered
4.0 to 10.0 lbs.	11.3	One
10.1 to 24.0 lbs.	28.3	One
24.1 to 60.0 lbs.	68	One
60.1 to 121.0 lbs.	136	One
Over 121.0 lbs.	Administer the appropriate combination of chewables	

NexGard can be administered with or without food. Care should be taken that the dog consumes the complete dose, and treated animals should be observed for a few minutes to ensure that part of the dose is not lost or refused. If it is suspected that any of the dose has been lost or if vomiting occurs within two hours of administration, redose with another full dose. If a dose is missed, administer NexGard and resume a monthly dosing schedule.

Flea Treatment and Prevention:

Treatment with NexGard may begin at any time of the year. In areas where fleas are common year-round, monthly treatment with NexGard should continue the entire year without interruption. To minimize the likelihood of flea reinfestation, it is important to treat all animals within a household with an approved flea control product.

Tick Treatment and Control:

Treatment with NexGard may begin at any time of the year (see Effectiveness).

Contraindications:

There are no known contraindications for the use of NexGard.

Warnings:

Not for use in humans. Keep this and all drugs out of the reach of children. In case of accidental ingestion, contact a physician immediately.

Precautions:

The safe use of NexGard in breeding, pregnant or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures (see Adverse Reactions).

Adverse Reactions:

In a well-controlled US field study, which included a total of 333 households and 815 treated dogs (415 administered afoxolaner; 200 administered active control), no serious adverse reactions were observed with NexGard.

Over the 90-day study period, all observations of potential adverse reactions were recorded. The most frequent reactions reported at an incidence of > 1% within any of the three months of observations are presented in the following table. The most frequently reported adverse reaction was vomiting. The occurrence of vomiting was generally self-limiting and of short duration and tended to decrease with subsequent doses in both groups. Five treated dogs experienced anorexia during the study, and two of those dogs experienced anorexia with the first dose but not subsequent doses.

Table 1: Dogs With Adverse Reactions.

	Treatment Group			
	Afoxolaner		Oral active control	
	N ¹	% (n=415)	N ²	% (n=200)
Vomiting (with and without blood)	17	4.1	25	12.5
Dry/Floppy Skin	13	3.1	2	1.0
Diarrhea (with and without blood)	13	3.1	7	3.5
Lethargy	7	1.7	4	2.0
Anorexia	5	1.2	9	4.5

¹Number of dogs in the afoxolaner treatment group with the identified abnormality.

²Number of dogs in the control group with the identified abnormality.

In the US field study, one dog with a history of seizures experienced a seizure on the same day after receiving the first dose and on the same day after receiving the second dose of NexGard. This dog experienced a third seizure one week after receiving the third dose. The dog remained enrolled and completed the study. Another dog with a history of seizures had a seizure 19 days after the third dose of NexGard. The dog remained enrolled and completed the study. A third dog with a history of seizures received NexGard and experienced no seizures throughout the study.

To report suspected adverse events, for technical assistance or to obtain a copy of the MSDS, contact Meriel at 1-888-637-4251 or www.merial.com/nexgard. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-800-FDA-VE13 or online at <http://www.fda.gov/AnimalVeterinary/SafetyHealth>.

Made of Active:

Afoxolaner is a member of the isoxanzole family, shown to bind at a binding site to inhibit insect and acarine ligand-gated chloride channels, in particular those gated by the neurotransmitter gamma-aminobutyric acid (GABA), thereby blocking pre- and post-synaptic transfer of chloride ions across cell membranes. Prolonged afoxolaner-induced hyperexcitation results in uncontrolled activity of the central nervous system and death of insects and acarines. The selective toxicity of afoxolaner between insects and acarines and mammals may be inferred by the differential sensitivity of the insects and acarines' GABA receptors versus mammalian GABA receptors.

Effectiveness:

In a well-controlled laboratory study, NexGard began to kill fleas four hours after initial administration and demonstrated >99% effectiveness at eight hours. In a separate well-controlled laboratory study, NexGard demonstrated 100% effectiveness against adult fleas 24 hours post-infestation for 35 days, and was >93% effective at 12 hours post-infestation through Day 21, and on Day 25. On Day 26, NexGard was 81.1% effective 12 hours post-infestation. Dogs in both the treated and control groups that were infested with fleas on Day 1 generated flea eggs at 12- and 24-hour post-treatment (8.17 eggs and 1.17 eggs in the NexGard treated dogs, and 4.80 eggs and 0.118 eggs in the control dogs, at 12- and 24-hours, respectively). At subsequent evaluations post-infestation, fleas from dogs in the treated group were essentially unable to produce any eggs (0-1 eggs) while fleas from dogs in the control group continued to produce eggs (1-141 eggs).

In a 90-day US field study conducted in households with flea infestations of varying severity, the effectiveness of NexGard against fleas on the Day 30, 60 and 90 visits compared with baseline was 98.0%, 99.7%, and 99.9%, respectively.

Collectively, the data from the three studies (two laboratory and one field) demonstrate that NexGard kills fleas before they can lay eggs, thus preventing subsequent flea infestations after the start of treatment of existing flea infestations.

In well-controlled laboratory studies, NexGard demonstrated >97% effectiveness against *Dermacentor variabilis*, >94% effectiveness against *Ixodes scapularis*, and 93% effectiveness against *Rhipicephalus sanguineus*. 48 hours post-infestation for 30 days. At 72 hours post-infestation, NexGard demonstrated >97% effectiveness against *Amblyomma americanum* for 30 days.

Animal Safety:

In a margin of safety study, NexGard was administered orally to 8 to 9-week-old Beagle puppies at 1, 5, and 5 times the maximum exposure dose (3.3 mg/kg) for three treatments every 28 days, followed by three treatments every 14 days, for a total of six treatments. Dogs in the control group were sham-dosed. There were no clinically-relevant effects related to treatment on physical examination, body weight, food consumption, clinical pathology (hematology, clinical chemistry, or coagulation tests), gross pathology, histopathology or organ weights. Vomiting occurred throughout the study, with a similar incidence in the treated and control groups, including one dog in the 5x group that vomited four hours after treatment.

In a well-controlled field study, NexGard was used concomitantly with other medications, such as vaccines, antihelmintics, antibiotics (including topical), steroids, NSAIDs, anesthetics, and antihistamines. No adverse reactions were observed from the concomitant use of NexGard with other medications.

Storage Information:

Store at or below 30°C (86°F) with excursions permitted up to 40°C (104°F).

How Supplied:

NEXGARD is available in four sizes of beef-flavored soft chewables: 11.3, 28.3, 68 or 136 mg afoxolaner. Each chewable size is available in color-coded packages of 1, 3 or 6 beef-flavored chewables.

NADA 141-406, Approved by FDA

Marketed by Frontline Vet Labs™, a Division of Meriel Limited.

Duluth, GA 30096-4640 USA

Made in Brazil.

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