

The Perfect Gift for Busy Moms Everywhere this Mother's Day

Authentic Sensual Living by Dr. Charlyn Belluzzo and Amorosa Bella Soy Candles

Dr. Charlyn Belluzzo offers ways for busy moms to engage their senses to help reconnect with the richness of life - despite a busy schedule.

Moms are known for giving to everyone else, and not taking enough time for themselves. Health and wellness expert Dr. Charlyn Belluzzo, author of *Authentic Sensual Living*, offers tips for moms and busy people everywhere to help manage daily stress and replace it with authentic sensual living.

Experts reveal that engaging our senses - the rich world of sight, sound, smell, taste, touch and intuition, can influence moods and counteract stress. Dr. Belluzzo encourages readers to use their senses to live in the moment, so they can be fully present in the now, which can have wonderful affects not only for mom but everyone else she loves and cares for.



Tips offered in *Authentic Sensual Living* include:

- Learning how to live in the moment and make the most of today
- Mastering simple visualization techniques to clear your mind and approach tough situations
- Reordering your home, your workspace and even to your wardrobe to refresh mind and body

Another tip of Dr. Belluzzo's is to use the power of scent, since smell is a powerful way to elevate mood. Dr. Belluzzo had created a line of 100% soy candles, available in four sizes and a selection of elegant, soothing fragrances like plumieria, lemongrass and rain. Amorosa Bella candles are so pure, they can be used as a silky moisturizer for your skin as they melt, or for massage.

Authentic Sensual Living (SRP \$19.95) is available at [amazon.com](https://www.amazon.com) or [amorosabella.com](https://www.amorosabella.com). Amorosa Bella Soy Candles (SRP \$6.95 - \$24.95) are available exclusively at [amorosabella.com](https://www.amorosabella.com).

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