



YOUR 1 PLUMBER

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How to Enjoy a More Relaxing Bath without Breaking the Bank.

There are two kinds of people in the world. Bath people and shower people, and very rarely the twain shall meet.

If you're an avowed shower person, maybe it's not because you don't like taking baths. Maybe you just don't make time for them. Or, more to the point of this newsletter, maybe it's all about the mood. As in, something about your bathroom isn't quite making the grade in the relaxation department.

Well, perhaps we can help with these tips for making bath time an experience to savor:



- **Some like it light, some like it dark.** Lighting affects us all. Just ask someone who suffers from SAD. (seasonal adjustment disorder). But now, you can better control the mood with just the right lighting scheme and fixtures for your master bath. From candles to wall sconces, track lighting, and more, a world of options awaits you.
- **Music, maestro.** Whether it's from your portable stereo or iPod earbuds, you can control the sounds you hear by playing exactly the right music to untangle those jangled nerves.
- **Inhale the relaxation.** You've been blessed with 5 senses, so why not use them all during bath time. Choose from basil, grapefruit, pine, lavender, tangerine, rose geranium, chamomile, lemongrass, and orange in the form of essential oils or scented bath products. If using scented candles, try lavender, patchouli, jasmine, juniper berry, or geranium.



Inside *this* Issue

- ✓ Special Offers
- ✓ Green Living Tip
- ✓ Our Favorite Recipe
- ✓ Amazing Fact
- ✓ "You Gotta Laugh"

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Thank you!



Green & Healthy Living Tips

Cool Your Heels. After a long day on your feet, there's nothing quite like a cool water foot-soak. Sore feet and puffy ankles are soon eased as the circulation shunts away excess fluid while your body temperature gradually reduces.



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- **Can you feel it?** Don't just rely on the warm water to help bring calm and harmony into your world. Try adding epsom sales or sea salt to your water to ease sore muscles and joints while melting that pain away.
- **Wrap it up in – and on – something warm.** The last thing you want is to step from a nice warm bath onto a cold tiled floor. Two ways to score a victory here: first, get yourself a heated towel rack or portable towel warmer. And, short of ripping up your floor to install a radiant heating system, nothing warms the toes like a soft, comfortable bath mat.



Of course, if you'd like to take your plans a step or two further and, perhaps, replace your tub with a whirlpool or walk-in model (just as two examples), give us a call. **When it comes to plumbing, the sky's the limit on what Your 1 Plumber can do** for your greater comfort, convenience, relaxation, and safety. Plus, you can now **save \$35 on the bathroom plumbing upgrade of your choice with the coupon on page 3 of this newsletter.**

William Kirkorian
President

Amazing Fact

The characters Bert and Ernie on Sesame Street were named after Bert the cop and Ernie the taxi driver in Frank Capra's "It's a Wonderful Life."

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Our Favorite Recipes

It's Chile by George!



"Can be made on the stove or in the slow cooker. It's quick, easy and so good."

[Click here to view and print this recipe.](#)

You Gotta Laugh

"New Year's Eve, where auld acquaintance be forgot. Unless, of course, those tests come back positive." *Jay Leno*



Bathroom Upgrade

Save \$35

...on any bathroom plumbing service, repair, or new installation. This offer is valid through January 31, 2016. Only one (1) coupon per service address will be accepted. Coupon must be presented at the time of service. Not valid with any other offer or minimum service fee.

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Special Bonus Offer

Save \$25

...on any other service our company offers. Only one (1) coupon per service address will be accepted. Coupon must be presented at the time of service. This offer is valid through January 31, 2016 and may not be combined with any other offer or minimum service fee.

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