

InStyle



heat wave Unwinding is easy with these sweet-smelling lavender heat wraps by Sonoma Lavender (\$36 each). Simply microwave the 8" x 24" lavender-filled sachet for 1 to 2 minutes, then apply it to the forehead or pressure points for stress relief. **Joely Fisher** and **Elizabeth Perkins** bought theirs at Pickett Fences (323-467-2140). In patterned purple silk, velvet and fleece.