

Relaxation Kit



*Actual colors and products may vary from photo

IFBX0252

This Kit Includes:

Aromatherapy Eye Pillow - made of silk and gently weighted, to calm the muscles around the eyes and reduce tension. Soft lavender scent helps eliminate stress and relax the muscles.

Rolled Neck Pillow - with a plush cover, designed to provide support during your relaxation sessions. Its soft fill allows it to gently conform to the natural curves of your neck, for complete comfort.

Relaxation CD - enjoy calming instrumental music, while an instructor gently guides you through deep breathing sequences. The CD includes a 20-minute guided relaxation session and a 20-minute instrumental relaxation session.

Guidebook - This guidebook gives you step-by-step instruction for three-part breathing, explains the benefits of relaxation, describes how to use each relaxation prop and also stores your relaxation CD.