



NTPR0292

Elite Recovery Kit

KIT INCLUDES:

2 RECOVERY CD SESSIONS - Both the 20-minute instrumental and 20-minute instructor-guided sessions feature peaceful music and nature sounds. The instructor-guided workout also provides guidance through deep breathing sequences.

RECOVERY GUIDEBOOK - A convenient reference for the basic facts regarding relaxation and recovery. Also stores your Recovery relaxation CD.

AROMATHERAPY EYE PILLOW - Lavender scented, flax seed-filled eye pillow reduces tension around the eyes and helps to eliminate stress and relaxes muscles. The zipper allows you to add or replace the fill when needed.

ROLLED NECK PILLOW - The buckwheat-filled neck pillow gently conforms to the natural curves of your neck for comfort and supports both your head and neck during relaxation sessions.