



NTPR0392

Premier 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**.

LIQUID EYE MASK - Cool liquid eye mask provides soothing comfort to eyes and surrounding areas and is specially designed to relieve headaches and stress.

HEATED AROMATHERAPY BODY WRAP - This flax seed-filled, lavender-scented body wrap helps soothe aches and pains virtually anywhere on the body. It comes with a washable slipcover that has an adjustable strap. The strap is used to prevent the heat from shifting from the desired area.

CARRYALL BAG - The nylon/mesh carryall bag provides convenient storage and transport for your recovery props.