

Compact Checklist: Stress-Relief Heat Therapy

Soothing Neck Wraps & Heated Eye Masks for Daily Recovery

Neck Wrap Options

- Microwaveable neck wrap with weighted beads
- USB-heated wrap with temperature settings
- Aromatherapy neck pillows with lavender insert

Heated Eye Mask Styles

- Graphene eye masks with adjustable strap
- Steam-activated disposable warmers
- USB eye compress with timer + pressure relief

Smart Add-Ons

- Auto shut-off safety feature
- Rechargeable battery for portable relief
- Washable fabric cover for hygiene

Extra Relaxation Tips

- Use during meditation or sleep wind-down
- Add essential oils to reusable wraps
- Pair with soothing sounds or dark room setting