

Compact Checklist: Stress-Relief Heat Therapy

Quick Buying Guide for Neck Wraps & Heated Eye Masks

NECK WRAP OPTIONS

For tension relief & upper body stress zones

- Microwaveable wrap with weighted beads
- USB-powered wrap with adjustable temperature
- Aromatherapy pillow infused with lavender oil

HEATED EYE MASK STYLES

For visual fatigue & sleep quality

- Graphene eye mask with adjustable elastic band
- Steam-activated disposable warmers
- USB eye compress with timer and washable cover

SMART ADD-ONS

Extra comfort, convenience, and safety

- Auto shut-off or multi-temp settings
- Rechargeable battery support
- Soft removable covers for hygiene

BONUS FEATURES & TIPS

Enhance your recovery ritual

- Pair with ambient music or dark environment
- Use as pre-bedtime wind-down routine
- Add essential oils (e.g. lavender) to fabric wraps

WHY THIS CHECKLIST WORKS

Quick Snapshot for Buyers

- Compact guide for stress-relief gear users
- Ideal for daily recovery, travel, or work-from-home routines
- Helps choose tools for comfort, consistency & relief without duplication