

How to Soothe Stress with Heated Wraps and Eye Masks

Post-Purchase Setup Guide for Daily Recovery & Nervous System Support

CHOOSE THE RIGHT TOOL

Match Wraps to Your Stress Points

- Eye masks with gentle heat help soothe eye fatigue and calm overstimulation.
- Neck or shoulder wraps ease muscle tightness and promote circulation.
- Pick USB-powered for travel or microwaveable for home use.

IDEAL USAGE TIME

Best Moments to Use Heat Therapy

- Use wraps 30-60 mins before bed or after work to downshift the nervous system.
- Add calming music, weighted blankets, or dim lights to deepen relaxation.
- Avoid using heated wraps while highly active or distracted.

SAFETY & COMFORT

Temperature Tips to Avoid Overheating

- Start with the lowest setting and work up gradually.
- Never fall asleep with plug-in devices unless they auto-shutoff.
- Microwave wraps should be tested carefully for hot spots before wearing.

MAKE IT A RITUAL

Build Recovery Into Your Daily Flow

- Use for 10-15 minutes daily to trigger deep relaxation without screens.
- Pair with breathing exercises to create a restorative ritual.
- Add to your end-of-day habit stack for consistency.

WHY THIS ACTION PLAN WORKS

Tactical Benefits for Stress Relief

- Supports nervous system recovery without effort.
- Encourages healthier bedtime and break routines.
- Ideal for remote workers, anxious travelers, or overstimulated minds.
- Pairs well with physical comfort items like weighted blankets and posture tools.