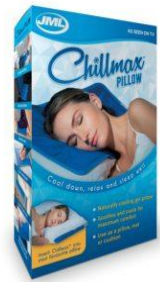


How to keep cool – which products are best?



Stay cool Ice towel - The cool ice towel is the ideal travel companion. It comes in a handy travel container and is light in weight as well as durable. Just get it wet, wring out any excess water, and shake for 5-10 seconds. Available at Amazon.

JML Chillmax Pillow - Chillmax Pillow's inner gel reacts to your body temperature to absorb excess heat, drawing it away from your skin to produce a natural cooling effect for up to three hours. Use it as a pillow or a seat cushion to help relieve the discomfort of overheating. Chillmax can be inserted in to your favourite pillow case or cushion or placed on top for maximum cooling. Available at many big retailers such as Argos, Amazon and Ebay.



Tie Chilly Neck cooler - Simply soak the cooling strip in water to hydrate the cells. Freeze in the freezer for as long as possible. Place in the cover, wear around your neck and appreciate the cooling relief of Tie Chilly. Magnetic fastening, lightweight & comfortable to wear. No watery mess as they thaw out. They come in a variety of colours and are available on Amazon. Amazon also have different brands at various prices.

Hyperkewl Evaporative Cooling Wrist Wraps – these wrist wraps include hyperkewl™ polymer fibre cooling fabric and are activated with water. They're easy to activate, nontoxic and durable and helps to keep you cool for 5/10 hours. Available at Amazon.



Slush Puppie freeze drink cup – Make your own slush puppie in 10 minutes with a cup that grinds the ice to make a frozen beverage. Place in the freezer until frozen, then pour in your favourite Slush Puppie syrup (not included). Slowly stir it with the included spoon straw, and watch the magic happen – (not just for the kids!!) Available at Amazon.

Supporting a normal lifestyle



Climate control Pillow – Amazon:

The pillows are made with Dacron hollowfiber, which is designed to carry excess heat and moisture away from your head and body. The more heat that you generate the harder it will work to keep you cool; but if you're already cool it will slow right down so you don't get too cold either. Non-allergenic. These are available to buy at Amazon and Asda.

Mini USB Handheld Humidifier Mist Water Spray - 3 Modes of wind speeds; 2 Modes of misting: continuously misting and intermittent misting. Portable design, enjoy cool air and moisture preservation anytime and anywhere. Please use pure water to protect the humidifier, avoiding using essential oil or other chemical corrosive substances. Available at Amazon.



Magicool Hot Weather Cooling Spray – Magicool cooling spray has been a summer best seller since 2000. It instantly cools the body, face, and cools the hot air and surfaces in sun-baked cars. When feeling hot spray generously to avoid heat exhaustion. Suitable for all ages including babies, during pregnancy and for use on sensitive skin. Suitable for use on face with no effect on makeup. Available at Amazon and Boots.

Supporting a normal lifestyle

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