

Suggested Self Care Materials

❖ Rice Sock Heat/Cold Pack

➤ What you will need:

■ Tube Socks...I found that these are reliable:

https://www.amazon.com/Classic-Multi-Striped-Sports-Socks/dp/B01MYW2VV5/ref=sr_1_6?ie=UTF8&qid=1550284496&sr=8-6&keywords=tube+socks ■

Rice...any kind

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■ Essential Oils (optional)

■ Large mixing bowls or something similar (if using essential oils)

■ Aluminum foil (if using essential oils)

➤ Directions:

■ If using essential oils, pour rice into bowls and sprinkle in the aromas you wish. You can use different combinations for each bowl, or the same for all. Be creative!

■ Stir in oils, cover with aluminum foil. Let sit for a couple days.

■ Using a ladle and/or funnel to transfer rice into sock, pour the rice into each sock, leaving about 3 inches of sock at the top.

■ Tie the sock.

■ Heat the sock in the microwave for 1-2 minutes or put in the freezer. Enjoy draped around neck or positioned anywhere else that needs love!

❖ Roleo (forearm self-massage)

➤ https://www.amazon.com/Roleo-Massager-Arthritis-Tissue-Carpal/dp/B005CP4GDA/ref=sr_1_2?ie=UTF8&qid=1550285809&sr=8-2&keywords=roleo

❖ Theracane (Deep Tissue and Trigger Point Self-massage)

➤ https://www.amazon.com/Thera-Cane-No-Model-Massager/dp/B00NH0XG7E/ref=sr_1_4_s_it?s=hpc&ie=UTF8&qid=1550285854&sr=1-4&keywords=theracane&th=1

❖ Therapy Massage Balls (tension relief, especially good for long periods of sitting, hand and foot massager) OR regular lacrosse or tennis ball from any athletic store.

❖ Soothing Eye Pillow (facial tension relief, headache relief, sleep aid)

❖ Cranio-Cradle (headache relief, helps whole body slip into state of deep relaxation, body "reset")

➤ <https://www.cranio-cradle.com/cranio-shop/>