

# Enjoy our Sanctuary of Sleep

***"The way to a more productive, more inspired, more joyful life is getting enough sleep." – Arianna Huffington***

## **Our Pillow Palette:**

**Body Pillow** ideal for side sleepers and pregnant individuals

**Derila Memory Foam** queen size with a cooling case - best for back, stomach, and side sleepers with support for the spine and neck

**Tempurpedic Memory foam:** queen size – best for back sleepers

**Knee Pillow** for spinal, hip and pelvic alignment Ideal for side sleepers, pregnant individuals and relieves pressure on joints

**Small Down 18"x12"** best for children

**Neck Roll** relieves tension.

**Meditation Cushion or Bolster** comfort and support during a variety of yoga and meditation routines

**"Butterfly Wing" Memory Foam:** king size- good for head and neck support with arm contours for side sleepers and back sleepers

**"U" shape** great for side sleepers

**"Sleep on Nature" by Coco Mat** for **BACK** sleepers

**"Sleep on Nature" by Coco Mat** for **SIDE** sleepers

## **Additional Sleep Enhancements:**

- **Satin & Silk Pillow Case** good for skin and hair protection
- **Mattress Topper** bed topper will bring a softer comfort
- **Bed Board** creates a firmer feel to your mattress
- **Bath Salts or Shower Steamers**
- **Lavender Sleep Spray**
- **Sound Machine** (*white noise or nature sounds*)
- **Red Light Machine**
- **Air Purifier**
- **Dehumidifier**
- **Ear Plugs**
- **Eye Masks**
- **Meditation Globe**

*~ Pleasant Dreams ~*