

TARA WELLNESS-AT-HOME KITS

Tara Grodjesk, creator of the TARA brand and Women in Wellness Visionary Award winner, has carefully curated her WELLNESS AT HOME KITS to bring focused attention to your personal wellness needs and to support you in your own self-care right at home.

Now, more than ever before, wellness is paramount. And it is up to each of us to take responsibility for our own health and well-being. Let TARA help you. WELLNESS AT HOME kits give you a guided routine for your home care practice with products that have been used professionally in the finest spas worldwide. Using therapeutic grade essential oils and organic herbal extracts, TARA's formulas will support your wellness lifestyle and help keep you resilient during the challenges we face today.

Available in:

- Immune Booster Wellness-At-Home Kit - Tara's "go to" remedies for keeping the immune system resilient, which is essential today for maintaining a strong defense against virus and infection. Includes: Uni-Pack, 16 oz Immune Booster Bath Therapy Salts, 4 oz Therapeutic Sports Body & Massage Oil, 10 ml Eucalyptus Essential Oil, 10 ml Tea Tree Essential Oil and 10 ml Lemongrass Essential Oil.
 - Directions for Use: Tara's recommended home care regimen begins with an [Immune Booster Bath Therapy Salts](#) bath soak or scrub, followed by self-massage with [TARA Therapeutic Sport Body & Massage Oil](#), which is formulated with therapeutic grade essential oils that stimulate circulation, help decongest the lungs and ease respiration. Follow this daily routine with moist heat therapy using [TARA Herbal-Ease® Uni-Pack](#) on the tummy and the back (*especially the kidney area*). Moist heat to localized areas helps to boost white blood cell production, which is key for a strong immune defense. Added to the arsenal are 3 immune boosting and antiseptic essential oils: [Tea Tree](#), [Eucalyptus](#), [Lemongrass](#), which can be used every day in a diffuser (*especially helpful in small shared spaces*), individually or combined together, or can be used to create an inhalation therapy steam shower.
- Stress & Anxiety Relief Wellness-At-Home Kit – This collection of wellness products can help you shift physically and emotionally, and release tension, nervousness and fear you may be holding in your body and mind. Includes: Turquoise Silk Eye Pillow, 4 oz Stress Relieving Body & Massage Oil, 3 oz Stress Release Bath Therapy

Salts, 1 oz Stress Relief Aromatherapy Roll-On Remedy Lotion and 10 ml Lavender Essential Oil.

- Directions for Use: Use [Stress Release Bath Therapy Salts](#) for soaking or a body scrub, followed by self-massage using our popular [Stress Relieving Body & Massage Oil](#). Follow this daily ritual with [Stress Relief Aromatherapy Roll-On Remedy Lotion](#), applying this organic formula to pulse points on the body and areas of tension. Then take a 10 minute cat nap with our [Aromatherapy Silk Eye Pillow](#) over your eyes to relieve eyestrain and headaches or to calm the mind. We've included our famous [TARA Herbal-Ease® Neck Pillow](#), which provides moist heat therapy to the neck and shoulders, whether you are working on your home computer or binge-watching Netflix. Tara has included [Lavender Essential Oil](#), which she calls “a first aid kit in a bottle” because it is classically used for relieving stress and is calming to body and mind. Use in a diffuser or place a drop on your pillow at night.
- Sleep & Deep Rest Wellness-At-Home Kit - Tara's top remedies for unwinding the nervous system, inducing deep rest and supporting a good night's sleep, which is essential to promoting overall health. Includes: Starlight Blue Silk Eye Pillow, 16 oz Restful Sleep Bath Therapy Salts, 4 oz Relaxing Body & Massage Oil, 1 oz Deep Rest Aromatherapy Roll-On Remedy Lotion and 10 ml Relaxing Bath & Diffuser Oil.
 - Directions for Use: Tara's recommended routine begins with a warm bath soak with [Restful Sleep Bath Therapy Salts](#) (*can be used as a body scrub, too*), followed by self-massage with [Relaxing Body & Massage Oil](#). This evening ritual is best followed with [Deep Rest Aromatherapy Roll-on Remedy Lotion](#) applied to pulse points on the body and especially the temples, forehead and back of neck. Then lay down in bed or on the couch or your yoga mat with our [Aromatherapy Silk Eye Pillow](#) over the eyes to remove sensory light stimuli and relieve eyestrain from computer work or smart phones. [Relaxing Bath & Diffuser Oil](#) can be used anytime you want to unwind and can also be blended with [Unscented Hand & Body Lotion](#) for your whole body, or in your restful sleep bath soak.

ADDITIONAL NOTES

[TARA Herbal-Ease® Uni-Pack](#) – Moist heat therapy boosts white blood cell production which is key for a strong immune defense. When I feel like my

immune system is compromised, I use hot packs on my kidneys (*Chinese medicine says the kidneys needs to stay warm*) on my tummy and even on my feet! Not only is it comforting, it's immune boosting as well.

[Immune Booster Bath Therapy Salts](#) – Can be used as a soaks or scrubs, these salts are my top recommendation for fighting flu bugs. This salt formula contains organic herbal extracts that are immune boosters such as echinacea and bearberry, and essential oils that are also anti-viral and anti-bacterial.

[TARA Therapeutic Sports Body & Massage Oil](#) – This oil was named for its benefits as a therapeutic oil for the respiratory system and also for its effectiveness on achy muscles and joints. It is the formula we recommend to world class spas in our Winter Wellness program for Staying Healthy Through the Seasons. It is power packed with essential oils and specifically it warms the muscles and joints and helps to ease respiration and decongest the lungs and respiratory tract. Massage onto your body after shower or bath.

[Tea Tree Essential Oil](#) – Anti-fungal, anti-viral, anti-bacterial, this essential oil can effectively act as your first line of defense against many common pathogens. Unlike most essential oils that share these properties, Tea Tree can actually be considered an immune system stimulant rather than simply a support.

[Eucalyptus Essential Oil](#) – Battling bacteria and easing congestion are some of the benefits you get from inhalation of Eucalyptus Essential Oil. Findings published in the BMC Immunology Journal suggest that Eucalyptus oil might also stimulate the innate immune system by enhancing the body's phagocytic response to pathogens.

[Lemongrass Essential Oil](#) – Antiseptic, anti-bacterial, anti-fungal and anti-inflammatory.