

## ***Catalog***

### ***Pillows & Comfort Products***

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To view current pricing or to place an order online, go to  
[www.MatsMatsMats.com](http://www.MatsMatsMats.com).

To place your order via telephone, call us toll free at  
877.777.6287 from 9am to 5pm pacific time.

To place your order using a purchase order (upon approved  
credit), simply fax your purchase order to 818.337.7464 or mail it  
to the address above.

## Pillows and Comfort Products

### Sleeping Bean Body Pillow



Imagine waking up in the same position you were in when you went to sleep 8 hours before. There is no need for tossing and turning if you are properly supported. From **\$45.00**

### Comfort Casuals Body Pillow



Each Comfort Casuals (Gotcha Covered) Body Pillow is hand-stuffed with two kinds of poly. One for loft and one for stability. It literally stands on it's own! **\$37.00**

### Reading Pillow



Never again will you struggle to read in bed with our Reading-In-Bed-Pillow. **\$34.00**

### Maternity Pillow



Our Pregnancy Pillow is made to support the growing belly and lower back. **\$39.99**

***Please see next page for more information and pricing...***

*Continued from previous page...*

### Breathable Mattress Protectors and Pillow Protectors



Save your mattress and/or pillow from all liquid stains and prevent breeding grounds for bacteria, dust mites and bed bugs.

**\$20.00**

### WheatDreamz™ Buckwheat Hull Pillow



The WheatDreamz™ Buckwheat Hull Pillow conforms to head and neck, offers the best cervical support (whether sleeping on side or back) that chiropractors recommend. **\$39.00**

### Shiatsu Massage Mat



Traditional shiatsu mat made with natural untreated cotton batting. **\$124.95**

### Pranayama Pillow



Our cotton stuffed prana cushions will support your spine from head to tail. **\$29.99**

*Please see next page for more information and pricing...*

*Continued from previous page...*

### Thermarest BackRest Pillow



Relieve back pain with our self-inflating BackRest lumbar cushion. **\$29.99**

### Mexican Blankets



Authentic, hand woven, Mexican blankets for everyday use. **\$22.95**

### Silk Eye Pillow



Reduce stress and soothe your eyes with our calming Silk Eye Pillow filled with organic flaxseed. **\$14.95**

### All Eyes Pillow



The All Eyes Pillow blocks out all light and spreads a soothing weight over key acupressure points around the eyes and temples. **\$18.95**

*Please see next page for more information and pricing...*

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## Back Wrap



Hot & Cold Lumbar Wrap provides soothing support for your back. **\$44.95**

## Neck Wrap



Hot or Cold therapy for your aching neck. **\$39.95**

## Sinus Mask



Hot or cold relief for your sinus and head. **\$19.95**

## Silk Neck Roll



The silk neck roll is perfect for relaxing the neck and shoulders. **\$32.99**

## Therapeutic Positioning Body Pillow



The ideal full body pillow for everyone (also a great pregnancy body pillow). Available in two distinct sizes - The Sleeping Bean (5 1/2 ft., 10" diameter) is for adults, while children and teens also love the smaller Teen Bean (4 1/2 ft.).

The extra long cylindrical shape was designed to conform naturally to the human body to allow sleeping in the healthiest possible position - the semi-fetal curl. Soft and huggable, the cylindrical pillow is made from pure cotton and stuffed with premium poly-fiber, white goose feather, natural kapok that molds to support your body. As you sleep, it effortlessly aligns your spine, reduces pain and muscle stress, and encourages healthy sleep positions.

*Recommended by Parenting Magazine - Jan 1997, the Sleeping Bean is a life saver for pregnant women trying to find a comfortable sleep position and can even help in the delivery room for labor positioning. And after delivery, the Sleeping Bean is a great aid to a nursing mother as she holds and feeds her baby.*

*Recommended by doctors, chiropractors and physical therapists whenever proper support can be beneficial for back problems, sleep disorders, post-operative recovery, geriatric care, pregnancy and nursing, and relief of both physical and emotional stress.*

*These special positioning body pillows are particularly useful for home health care, long term care, and for people with disabilities, and have helped thousands of patients find therapeutic comfort during difficult times. For example, it may help to reduce bedsores by distributing patient's weight bearing areas and improving blood circulation.*

**Pillowcases:** Covers are pure cotton, custom fitted, washable with hidden zippers and have a thread count of 220. Available in the following colors: White, Natural (unbleached), Light Blue, Hunter Green, Burgundy, and Granny Stripe (blue ticking stripe). Flannel versions available only on select colors for the Sleeping Bean.

All sizes are available in 4 styles:

- **Feather** - White goose feathers with all cotton shell. Like all feather fillings, this will be the softest but won't hold its shape over time as well as the other fillings below.
- **Veggie** - Natural, unbleached tree seed fiber ([Kapok](#)) with all cotton shell. Will be soft, contour to your body and keep its original shape over time.
- **Hypo-Allergenic** - Environmentally friendly polyfill with all cotton shell. Will be slightly firm, contour to your body and keep its original shape over time.
- **Staph-Check** - Filled with environmentally friendly polyfill. Microvent soft vinyl shell is fluid proof, fire proof, anti-microbial, and easily wiped down with a moist sponge. Will be moderately firm, contour to your body and keep its original shape over time.

***Please see next page for more information and pricing...***

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## FABRIC AND COLOR SELECTION



Made in the USA



**Usually Ships Next Business Day!**

### Sleeping Bean (5 1/2 ft.)

Cover Only: \$22.00

Pillow (Hypo-Allergenic): \$45.00

Pillow (Veggie): \$49.00

Pillow (Feather): \$49.00

Pillow (Staph-Check): 59.00

Pillow & Cover Combo (Hypo-Allergenic): \$59.00

Pillow & Cover Combo (Veggie): \$64.00

Pillow & Cover Combo (Feather): \$64.00

Pillow & Cover Combo (Staph-Check): \$69.00

### Teen Bean (4 1/2 ft.)

Cover Only: \$18.00

Pillow (Hypo-Allergenic): \$35.00

Pillow (Veggie): \$39.00

Pillow (Feather): \$39.00

Pillow (Staph-Check): 49.00

Pillow & Cover Combo (Hypo-Allergenic): \$45.00

Pillow & Cover Combo (Veggie): \$49.00

Pillow & Cover Combo (Feather): \$49.00

Pillow & Cover Combo (Staph-Check): \$59.00

## Comfort Casuals Full Body Pillow



What makes the Comfort Casuals (Gotcha Covered) full Body Pillow better? Each Comfort Casuals Body Pillow is hand-stuffed with two kinds of poly fiber--one for loft and one for stability. It literally stands on its own! Most inferior quality pillows are "tootsie rolled" which makes them lumpy. Comfort Casuals pillows are hand-stuffed after a process called garnetting. It weaves the poly together so that there are no lumps, bumps or empty spaces.

What is a body pillow used for? It positions your shoulders and hips at a 90 degree angle to help support your back. Highly recommended by orthopedists, chiropractors, back specialists and physical therapists. Effective for side sleeping and pregnancy.

All pillows include a pillowcase made from 100% cotton sateen with a slight lustre finish, 300 thread count (1-ply) in white or off-white. For an additional \$3, light-blue or the bridal quality Ivory Satin (100% polyester) is also available.

Pillow Size: 20" x 54"  
Pillow Case Size: 21" x 57"

Colors: Light blue chambray, white, off-white or bridal ivory satin



Note: Due to state laws, there are no returns or refunds once product has been opened.

***Usually Ships Next Business Day!***

**Body Pillow & Cover: \$37.00 (Satin or Lt. Blue \$39.00)**

Note: Due to state laws, there are no returns or refunds once product has been opened.

**Additional Cover: \$16.00 (Satin or Lt. Blue \$18.00)**

Note: Due to state laws, there are no returns or refunds once product has been opened.

## Reading Bed Pillow



Sitting up in bed begins with the battle to arrange pillows just right. You'll never struggle again with our Reading In Bed Pillow. A natural cotton shell surrounds the filling in two perfect-sized sections for plush back support without multiple pillows. Our pillow offers two levels of lumbar support – firm on one side and gentle on the other. Whether you're reading, watching TV or doing homework, this pillow provides the perfect way to sit comfortably in bed.

Size: 26"x9"x26"

Handcrafted in the U.S.A.

Styles:

- Recycled poly-fibers with natural, unbleached cotton shell
- Hypo-allergenic poly filling with white cotton shell

Made in the USA



Pillow Covers are also available in the following colors:

### FABRIC AND COLOR SELECTION



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**Pillow:** \$34

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**Cover:** \$15

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**Pillow & Cover:** \$44

## Pregnancy Pillow - Maternity Pillow

Our Pregnancy Pillow (Maternity Pillow) is uniquely designed to support the growing belly and the lower back at the same time. It features an adjustable velcro pad between the two support cushions for your personal comfort and convenient carry handles. 100% natural cotton cover and filled with premium hypo allergenic polyfill. Machine washable and can be dried in dryer. This aids in side lying sleep, the preferred position for pregnant woman.



Size: Two cushions (19"x19" each) with a connecting, adjustable velcro pad.  
Available in: Natural (off-white), White and Granny Stripe.

Made in the USA



***Usually Ships Next Business Day!***

**Maternity Pillow: \$39.99**

## Waterproof Mattress Protectors

Our selection of mattress protectors, pillow protectors and mattress/box encasements create a healthy stain and allergy free sleep zone, ideal for keeping your bedding clean and hygienic. Unlike other protector brands and mattress pads, these protective mattress covers use a revolutionary, breathable fabric barrier that repels liquids like urine and perspiration. They are made of 100% natural cotton (extra soft and absorbent) with a polyurethane film that is waterproof yet breathable.

### Premium Breathable Mattress and Pillow Protectors



Ultimate protection for your mattress and/or pillow from all liquid stains. Prevent breeding grounds for bacteria and dust mites.

**Pillow Protectors: From \$20**  
**Mattress Protectors: From \$49**

### Deluxe Breathable Mattress Protector



Protect your mattress from liquid stains and prevent breeding grounds for bacteria and dust mites. The covers are breathable, yet repel liquids through a waterproof membrane.

**Mattress Protectors: From 29.99**

### Allerzip Mattress Protector



Anti-allergy & bed bug proof mattress or box encasement. Unique 3-sided zipper encasement system provides complete mattress or box spring protection for a healthy, allergy-free sleep zone.

**From \$78.99**

### Breathable Crib Mattress Protector

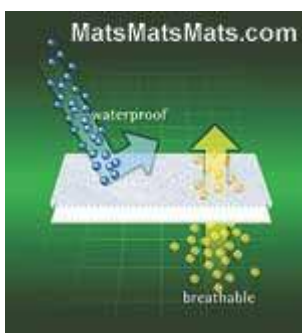


Save your child's mattress from all liquid stains and prevent breeding grounds for bacteria and dust mites. Comes as a fitted-sheet and has a cotton terry toweling top surface for extra absorption.

**\$24**

## Premium Pillow & Mattress Protectors

Our breathable, premium Mattress Protectors and Pillow Protectors save your mattress and pillow from all liquid stains. They provide a healthy stain and allergy free sleep zone and are ideal for keeping your bedding clean and hygienic. Unlike other brands and mattress pads, these protective mattress covers and pillow covers are made using a revolutionary, breathable fabric barrier. It is guaranteed not to increase your body heat during use, eliminating any sleep discomfort due to overheating. The covers are breathable, yet repel liquids through a waterproof membrane, similar to the human skin. They are among the highest quality mattress and pillow protectors on the market today. Also great for "memory foam" mattresses & pillows since our protectors are not pads - pads are not recommended for memory foam because they are thick and interfere with the feel of the mattress/pillow. Since our protectors are thin (similar to a sheet), the feel is not affected on memory foam



*Every night the human body sheds millions of skin flakes and loses 2 pints of body fluid through the pores of the skin and mouth. This creates the perfect breeding ground for bacteria and dust mites (a major cause of asthma, eczema and rhinitis).*

*- Repels liquids like urine and perspiration.*

*- Allows body vapor to breathe through protector.*

*- 100% natural cotton (extra soft and absorbent).*

*- Polyurethane film is waterproof and breathable and acts as a barrier.*

**The Mattress Protector** comes in a fitted-sheet style and has a cotton terry toweling top surface for extra absorption. Aside from the generally applicable hygienic benefits, it is also especially helpful in cases of incontinence, both for adults and young children.

See our complete list of [all available mattress protectors](#).

**Please see next page for more information and pricing...**

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**The Pillow Protector** has a zipper closure on one end and has a super stretch, cotton terry toweling fabric all around. Helps protect your pillow from all liquid stains. Aside from the generally applicable hygienic benefits, it is also especially helpful in cases of drooling.

- Ideal for keeping your bedding clean and hygienic.
- Soft yet super absorbent protection for your mattress and pillow from all liquid stains.
- Waterproof, yet breathable (acts in the same way as the human skin).
- Classified as a Class 1 Medical Device by the FDA and Health Canada
- Cadmium Free - Tested for harmful substances according to Oeko-Tex Standard 100.
- Effective at preventing bacteria and dust mites from breeding in your mattress or pillow (a major cause for asthma, eczema, and rhinitis).
- Super stretch for added comfort.
- Revolutionary breathable fabric barrier.
- "Fitted sheet" design.
- All protectors available only in ecru (off-white, natural) color.

### **Usage and Care Instructions**

Please follow these usage and care instructions. Failure to follow these guidelines may compromise the protective properties of the mattress protector and will void the warranty.

- Please wash before first use.
- Machine washable at HOT temperature. Can be washed up to 200 times.
- Tumble-dry on MEDIUM temperature only. Do not dry on HOT. A HOT dryer will create blistering, causing the backing to pull away and allowing it to leak. This will compromise the protectiveness of the protector.
- Do not use bleach. It ruins the Polyurethane film which compromise the protective abilities of the protector.
- Do not iron.
- Do not dry clean.
- For human use only. Do not use to protect against animal urine. Animal urine will destroy the protective barrier.
- Will not provide expected protection if used inside-out. Must be used with cotton on the outside and waterproof polyurethane barrier towards the pillow or mattress.
- Sterilize at a temperature of 121°C/250°F.

***Please see next page for more information and pricing...***

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#### **Mattress Protector Sizes and Prices:**

- Split Queen (30"x80") - **\$49**
- Split Calif. King (36"x84") - **\$59**
- Twin XL (38"x80") - **\$49**
- Twin (38"x75") - **\$49**
- Full (54"x75") - **\$59**
- Full XL (54"x80") - **\$64**
- Queen (60"x80") - **\$64**
- California King (72"x84") - **\$79**
- King (76"x80") - **\$79**

**Note:** Split and twin sizes fit mattresses up to 14" thick. All other sizes fit mattresses up to 18" thick.

#### **Pillow Protector Sizes and Pricing:**

- Small and Medium (15"x21") - **\$20**
- Large, XL, Classic, Millennium (17"x21") - **\$20**
- Queen Medium (15"x26") - **\$20**
- Queen Large, Queen XL, Queen Millennium (17"x26") - **\$22**
- Comfort (19"x26") - **\$22**
- Body Pillow (19.5"x50.5") - **\$39**
- Standard Pillow (21"x27") - **\$20**
- Queen Pillow (21"x31") - **\$22**
- King Pillow (21"x37") - **\$24**

**Note:** Made to fit conventional and visco (memory foam) pillows.

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## Deluxe Mattress Protectors

The **Deluxe Mattress Protector** comes in a fitted-sheet style and has a cotton terry toweling top surface for extra absorption. Aside from the generally applicable hygienic benefits, it is also especially helpful in cases of incontinence, both for adults and young children. This breathable, deluxe mattress protector saves your mattress from liquid stains and provides a healthy stain and allergy free sleep zone. Unlike other protector brands and mattress pads that make you feel hot, these protective mattress covers are made using a revolutionary, breathable fabric barrier. It is guaranteed not to increase your body heat during use, eliminating any sleep discomfort due to overheating. The covers are breathable, yet repel liquids through a waterproof membrane, similar to the human skin. Also great for "memory foam" mattresses since our protectors are not pads - pads are not recommended for memory foam because they are thick and interfere with the feel of the mattress. Since our protectors are thin (similar to a sheet), the feel is not affected on memory foam.



*Every night the human body sheds millions of skin flakes and loses 2 pints of body fluid through the pores of the skin and mouth. This creates the perfect breeding ground for bacteria and dust mites (a major cause of asthma, eczema and rhinitis).*

- *Repels liquids like urine and perspiration.*
- *Allows body vapor to breathe through protector.*
- *100% natural cotton (extra soft and absorbent).*
- *Polyurethane film is waterproof and breathable and acts as a barrier.*

***Please see next page for more information and pricing...***

*Continued from previous page...*

- Ideal for keeping your bedding clean and hygienic.
- Protection for your mattress from liquid stains on the top surface.
- Classified as a Class 1 Medical Device by the FDA and Health Canada
- Waterproof, yet breathable (acts in the same way as the human skin).
- Effective at preventing bacteria and dust mites from breeding in your mattress or pillow (a major cause for asthma, eczema, and rhinitis).
- Super stretch for added comfort.
- Revolutionary breathable fabric barrier.
- "Fitted sheet" design.
- All protectors available only in white color.

### Usage and Care Instructions

Please follow these usage and care instructions. Failure to follow these guidelines may compromise the protective properties of the mattress protector.

- Please wash before first use.
- Machine washable at MEDIUM temperature (Do not wash on HOT temperature). Can be washed up to 50 times.
- Tumble-dry on MEDIUM temperature only. Do not dry on HOT. A HOT dryer will create blistering, causing the backing to pull away and allowing it to leak. This will compromise the protectiveness of the protector.
- Do not use bleach. It ruins the Polyurethane film which compromise the protective abilities of the protector.
- Do not iron.
- Do not dry clean.
- For human use only. Do not use to protect against animal urine. Animal urine will destroy the protective barrier.
- Will not provide expected protection if used inside-out. Must be used with cotton on the outside and waterproof polyurethane barrier towards the mattress.

See our complete list of [all available mattress protectors](#).

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### Deluxe Mattress Protector Sizes and Prices:

- Twin (38"x75"x14") - **\$29.99**
- Twin Extra Long (38"x80"x14") - **\$39.99**
- Full (54"x75"x14") - **\$44.99**
- Queen (60"x80"x18") - **\$49.99**
- King (76"x80"x18") - **\$59.99**
- California King (72"x84"x18") - **\$59.99**

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## AllerZip Mattress or Box Spring Encasement



**The AllerZip Mattress or Box Encasement** is a 3-sided zipper encasement system that provides complete mattress or box spring protection for a healthy, allergy-free sleep zone. It has a cotton terry toweling top surface for extra absorption. Repels liquids like urine and perspiration, but allows body vapor to breathe through the protector. Made of 100% natural cotton terry top (extra soft and absorbent) with a thin polyurethane film bottom that is waterproof yet breathable and acts as a barrier. Perfect to get rid of bed bugs while providing superior protection against bedwetting. Creates a bed bug eradication system and dust mite barrier as well as providing allergy protection against allergens such as pet dander, pollen and mold. Aside from the generally applicable hygienic benefits, it is also especially helpful in cases of incontinence, both for adults and young children. Also great for "memory foam" mattresses since our protectors are not pads - pads are not recommended for memory foam because they are thick and interfere with the feel of the mattress. Since our protectors are thin (similar to a sheet), the feel is not affected on memory foam.

*Please see next page for more information and pricing...*

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- BugLock™ 3-sided zipper system and ALLER-ZIP™ seal for complete protection against allergens, dust mites and to eliminate bed bugs. Bugs can no longer enter or escape from the mattress/box and the material is bite proof.
- Certified by an Entomology Laboratory to be bed bug proof
- Classified as a Class 1 Medical Device by the FDA and Health Canada
- Cadmium Free - Tested for harmful substances according to Oeko-Tex Standard 100.
- Repels organic liquids, bodily fluids, urine and perspiration
- 100% cotton terry top surface with a revolutionary breathable barrier bottom.
- Ideal for keeping your bedding clean and hygienic.
- Breathable, waterproof and absorbent
- Cool and comfortable to sleep on
- Effective at preventing bacteria and dust mites from breeding in your mattress or pillow (a major cause for asthma, eczema, and rhinitis).
- Unique full mattress encasement or box encasement for total bedbug prevention and bedbug extermination.
- Available in white color only.



### Usage and Care Instructions

Please follow these usage and care instructions. Failure to follow these guidelines may compromise the protective properties of the mattress protector.

- Please wash before first use.
- Machine washable at HOT temperature.
- Tumble dry on MEDIUM temperature only. Do not dry on HOT.
- Do not use bleach.
- Do not iron.
- Do not dry clean.
- For human use only. Do not use to protect against animal urine. Animal urine will destroy the protective barrier.
- Will not provide expected protection if used inside-out. Must be used with cotton on the outside and waterproof polyurethane barrier towards the mattress or box.
- For optimum performance and washing convenience, use with our [Mattress Protectors!](#)

See our complete list of [all available mattress protectors](#).

*Please see next page for more information and pricing...*

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**Mattress or Box Encasement Sizes and Prices:**

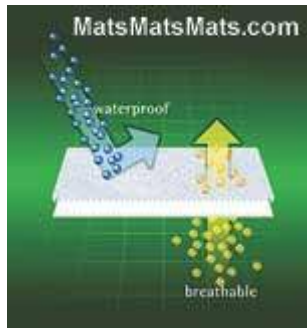
- Twin 9" - (38"x75"x9") - **\$78.99**
- Twin 11" - (38"x75"x11") - **\$78.99**
- Twin 13" - (38"x75"x13") - **\$78.99**
- Twin XL 9" - (38"x80"x9") - **\$78.99**
- Twin XL 11" - (38"x80"x11") - **\$78.99**
- Twin XL 13" - (38"x80"x13") - **\$78.99**
- Full 9" - (54"x75"x9") - **\$87.99**
- Full 11" - (54"x75"x11") - **\$87.99**
- Full 13" - (54"x75"x13") - **\$87.99**
- Full XL 9" - (54"x80"x9") - **\$87.99**
- Full XL 11" - (54"x80"x11") - **\$87.99**
- Full XL 13" - (54"x80"x13") - **\$87.99**
- Queen 9" - (60"x80"x9") - **\$95.99**
- Queen 11" - (60"x80"x11") - **\$95.99**
- Queen 13" - (60"x80"x13") - **\$95.99**
- King 9" - (76"x80"x9") - **\$109.99**
- King 11" - (76"x80"x11") - **\$109.99**
- King 13" - (76"x80"x13") - **\$109.99**
- Cal King 9" - (72"x84"x9") - **\$119.99**
- Cal King 11" - (72"x84"x11") - **\$119.99**
- Cal King 13" - (72"x84"x13") - **\$119.99**

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## Crib Mattress Protector

Our breathable, premium Crib Mattress Protector saves your child's mattress from all liquid stains. It provides a healthy stain and allergy free sleep zone and is ideal for keeping your child's bedding clean and hygienic. Unlike other brands, this protective cover is made using a revolutionary, breathable fabric barrier. It is guaranteed not to increase your child's body heat during use, eliminating any sleep discomfort due to overheating. The cover is breathable, yet repels liquids through a waterproof membrane, similar to the human skin. It is among the highest quality protective crib mattress covers on the market today.



Every night the human body sheds millions of skin flakes and loses significant body fluid through the pores of the skin and mouth. This creates the perfect breeding ground for bacteria and dust mites (a major cause of asthma, eczema and rhinitis).

- Repels liquids like urine and perspiration.
- Allows body vapor to breathe through protector.
- 100% natural cotton (extra soft and absorbent).
- Polyurethane film is waterproof and breathable and acts as a barrier.

The crib mattress protector comes in a fitted-sheet style and has a cotton terry toweling top surface for extra absorption. Aside from the generally applicable hygienic benefits, it is also especially helpful in cases of bed wetting by young children.

**Please see next page for more information and pricing...**

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- Ideal for keeping your child's bedding clean and hygienic.
- 100% waterproof - protection for your mattress from all liquid stains.
- Waterproof, yet breathable (acts in the same way as the human skin).
- Effective at preventing bacteria and dust mites from breeding in your child's mattress (a major cause for asthma, eczema, and rhinitis).
- Super stretch for added comfort.
- Revolutionary breathable fabric barrier.
- Easily fits all standard crib mattresses (28"x52"x6") through a "fitted sheet" design.
- Available in ecru (off-white/natural).

### **Usage and Care Instructions**

Please follow these usage and care instructions. Failure to follow these guidelines may compromise the protective properties of the mattress protector and will void the warranty.

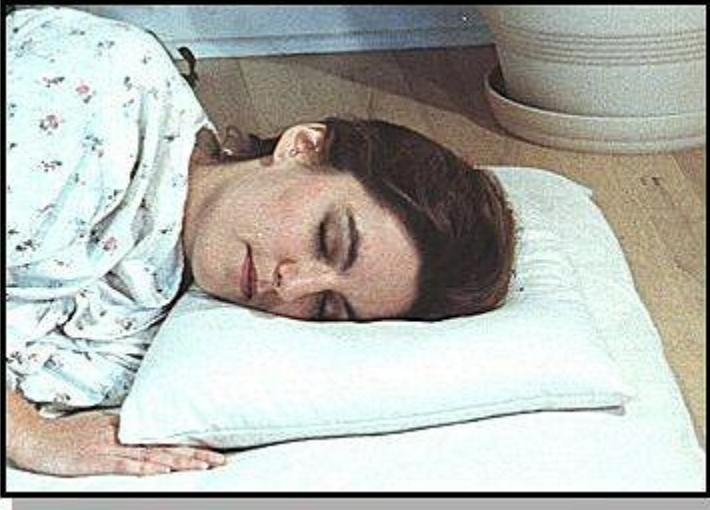
- Machine washable at hot temperature.
- Do not use bleach.
- Do not iron.
- For human use only. Do not use to protect against animal urine. Animal urine will destroy the protective barrier.
- Tumble-dry on WARM temperature only. Do not dry on HOT.
- Will not provide expected protection if used inside-out. Must be used with cotton on the outside and waterproof polyurethane barrier towards the pillow or mattress.
- Sterilize at a temperature of 121°C/250°F.

See our complete list of [all available mattress protectors](#).

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**Crib Mattress Protector: \$24**

## Wheat Dreamz™ Buckwheat Hull Pillow



The WheatDreamz™ Buckwheat Hull Pillow conforms to your unique head and neck contours, offering the best cervical support (whether sleeping on your side or on your back) that chiropractors recommend.

These thermodynamic pillows don't conduct heat, and so maintain a perfect body temperature all night long. The WheatDreamz pillows aren't like the others: its 4 lbs. of hulls are organically grown in America, non-fumigated and enclosed in a durable, soft unbleached cotton twill shell. This shell features a hidden zippered opening which allows for adjustability and emptying the hulls to launder the shell.

Not too large or too small, its 17" x 21" size is perfect for your head and neck.

Includes a free pillowcase made from pure, unbleached 200-count cotton.



Also available extra [buckwheat hull filling](#).

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**\$39.00**

## Shiatsu Thai Massage Mat

Traditional shiatsu massage mat made with untreated cotton batting. Wide enough for both the practitioner and the patient to stretch out comfortably 54" x 80" x 2.5" of cotton provides a nice thickness for ample cushioning yet light enough to be portable with its roll up ties and attached carrying strap. Perfect for body work and even road trips!



- Unbleached, natural cotton shell.
- Stuffed with approx. 20 pounds of pure, natural, untreated cotton batting (total weight approx. 25 pounds).
- Hand tufted.
- Convenient shoulder strap for easy carrying to class. Attached ties for easy roll up and storage.
- Approximate Size: 54" x 80" x 2.5"



### Cotton Slip Cover:

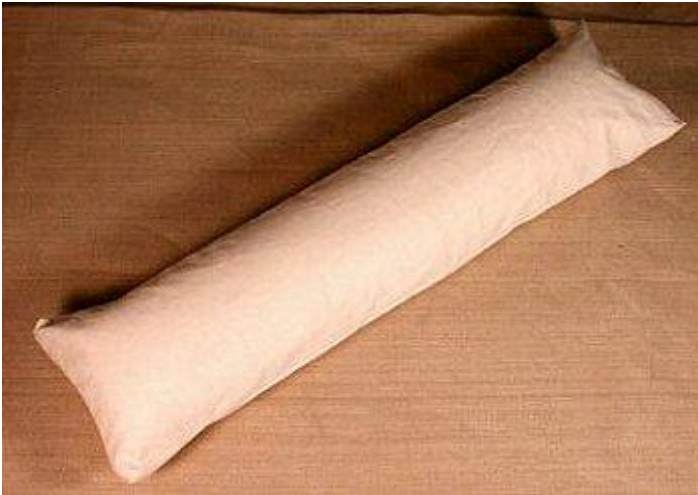
Also available is a cotton protective slip cover in either natural (unbleached, untreated), navy blue, or purple . Due to sweat, dirt and skin oils, this easily washable cover will protect your mat and keep it clean. The weight of the cover is approx. 5 pounds.

**Shiatsu Mat Only (Natural): \$124.95**

**Shiatsu Mat Slip Cover Only: \$59.95**

**Shiatsu Mat & Slip Cover Combo \$169.95**

## Pranayama Bolster Pillow



Our cotton stuffed cushions will support your spine from head to tail. In line with the spine, your chest expands for better breathing. Horizontally it supports the mid-back in a gentle arch. Cover is washable and removable by means of a zipperless, overlapping closure.

Size: 30"L x 6" x 6"

Colors: Natural, Blue or Purple

Made in the USA



***Usually Ships Next Business Day!***

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**Pranayama Pillow:   \$29.99**

## Thermarest Backrest Pillows

Relieve backpain with our self-inflating Backrest lumbar support pillow. Portable and light weight (only 5 ounces), it automatically inflates and deflates. Just lean back and adjust the valve for proper support. Use it while driving, flying, studying or working at your desk.

Pillow/Cover Color: Navy Blue, Pine Green, and Charcoal/Black

Additional Cover Colors: Navy Blue, Tan, Burgundy, Pine Green, and Charcoal/Black

Size: 8" x 16" x 2.5"

Therm-A-Rest Pillow Covers are made of 100% durable brushed cotton. They are designed with two elastic straps - one to fit over car seats and chairs and a smaller loop for rolling up and easy traveling.

All handcrafted in the U.S.A.

***Usually Ships Next Business Day!***

**Thermarest Pillow & Cover: \$29.99**

**Thermarest Cover: \$8.00**



## Yoga Mexican Blankets



Our authentic, hand woven, Mexican yoga blankets have many uses, whether in yoga or in everyday life.

In yoga, Mexican blankets are ideal for placing onto your mat for extra loft or folding for use in various yoga postures (often used in lieu of a bolster). Each blanket is one of a kind, and when you own one of these hand-made blankets, you can rest assured that you own a work of art and that nobody will have a duplicate.

- Rolls up with your mat for easy carrying.
- Blend of 25% cotton and 75% acrylic for comfort and durability.
- Size: 60"x80".
- Weight: Approx. 3 lb.
- Dry cleaning recommended.
- Available in stripe pattern in: Green, Purple, and Blue.

***Please see next page for more information and pricing...***

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## ***Usually Ships Next Business Day!***

**Single Blanket**  
**\$22.95 Each**

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**6-Pack (assorted colors)**  
**\$131.70 (\$21.95 each)**

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**10-Pack (assorted colors)**  
**\$169.50 (\$16.95 each)**

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**20-Pack (assorted colors)**  
**\$319 (\$15.95 each)**

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**40-Pack (assorted colors)**  
**\$598 (\$14.95 each)**

## Silk Eye Pillow - Yoga Eye Pillow



Reduce stress and soothe your eyes with our calming Silk Eye Pillow. Filled with organic flaxseed, this therapeutic eye pillow's gentle, stress-soothing pressure will help you relax, and relieve headaches. The sensual silk is breathable, luxuriously comfortable and cool. Use while resting, taking a break from work, meditating or before going to bed for soothing calmness.

Size: 4" x 8"  
Weight: 0.5 lbs.  
Colors: purple, navy blue and black

Handcrafted in the U.S.A.

***Usually Ships Next Business Day!***

**Silk Eye Pillow: \$14.95**

## All Eyes Large Silk Pillow



Simply lay the All Eyes Pillow across your eyes, brow and temples. The Pillow blocks out all light and spreads a soothing weight over key acupressure points around the eyes and temples. Silk cover filled with flaxseed.

Size: 5 1/2" x 10"L  
Colors: Purple and Navy Blue

Handcrafted in the U.S.A.

***Usually Ships Next Business Day!***

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**All Eyes Pillow:   \$18.95**

## Back Wrap - Lower Back Pain Relief

### BackWrap Hot & Cold Lumbar Wrap

The BackWrap warms up your muscles before you even stretch out, allowing you to perform better and also reducing the likelihood of injury.

Simply heat the BackWrap in the microwave for about two minutes, buckle it on, and go to your activity. During transit, your lower back receives a soothing moist heat therapy treatment which not only feels great, but actually increases blood flow to muscles, ligaments, nerves, and tendons.

Besides being a warm-up aid, the BackWrap is a great hot/cold therapy pack, proving instant pain relief for anything from muscle pulls and swollen joints to menstrual cramps and arthritis. Whether you need soothing moist heat or cold compression therapy, the BackWrap can help. It stays completely flexible and adjustable when frozen.



- Effective, soothing heat or cold therapy
- Loosens muscles
- Microwave - Heats up in only 2 minutes for 30 minutes of relief
- Freeze for Flexible Cold Therapy
- Versatile and convenient - use anywhere

Durable, versatile, and convenient, the BackWrap is one of the best things you can do for your back. The solid gel is non-toxic and can't leak, even if punctured. Made in natural unbleached brushed cotton with a sturdy buckle. To give yourself the care you deserve, get a BackWrap.

Size:

- Small - 25" to 32" waist
- Medium - 31" to 37" waist
- Large - 36" to 50" waist

Color: Natural or Black

Made in the USA



***Usually Ships Next Business Day!***

**Back Wrap: \$44.95**

## Neck Wrap - Neck Pain Relief



Our neck wrap provides hot or cold therapy for your aching neck. The flexible, body conforming wrap has a glycerin/water-based gel that brings soothing comfort to the tension areas of your neck.

To use as a moist hot wrap, heat in the microwave for 1-2 minutes and feel relief for up to 30 minutes. To get cold relief, freeze and get 30 minutes of flexible, therapeutic cold that reduces swelling and pain.

Secures with velcro straps for snug fit that still provides for freedom of movement. Special non-toxic solid gel cannot leak even if punctured and is covered with a washable cotton twill fabric (unbleached for natural color selection). Made in the USA



Color: Natural or Black  
Weight: Approx. 2 lbs.

Made in the USA 

***Usually Ships Next Business Day!***

**Neck Wrap: \$39.95**

## Sinus Mask



Get hot or cold relief with our special hydro-gel filled wraps for your sinus and head. Semi-solid glycerin/water based gel molds to your face and maintains its shape. The gel is non-toxic and can't leak even if punctured.

To use as a moist hot wrap, heat in the microwave for 1-2 minutes and feel relief for up to 30 minutes. To get cold relief, freeze and get 30 minutes of flexible, therapeutic cold that reduces swelling and pain.

Hand washable cover is made from cotton twill (unbleached for natural color selection). Give yourself the care you deserve. One size fits all.

Color: Natural or Black

Made in the USA



***Usually Ships Next Business Day!***

**Sinus Mask: \$19.95**

## Silk Neck Roll



The silk neck roll is perfect for relaxing the neck and shoulders. It has a drawstring for adjusting firmness to your personal comfort. It also has a removable case and is filled with organic buckwheat hulls.

Size: 4 1/2"H x 12"L  
Color: Navy Blue or Purple

All handcrafted in the U.S.A.

***Usually Ships Next Business Day!***

**Silk Neck Roll: \$32.99**