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## Get Relief from the Heat with Cool Off



Has the heat and humidity been totally unbearable for you this summer? Here in NY it's been one of the hottest summers ever that I can remember. It seems like we have been having a heat wave that just doesn't break. Our poor AC has been going almost around the clock. We try and limit the AC as much as we can because we know it's bad for the environment and because our electric bill will shoot sky high. However it's easier said than done when it gets so bad in our home that we can barely breath.

I have tried everything to cool off. I have even slept with ice packs! How pathetic is that. I also put ice packs behind my knees because I heard that helps cool you down as well as my inner arms and neck. I have also drank so much cold water I'm surprised I haven't exploded yet. You name it chances are I have tried it already.

Recently I was asked if I wanted to try a new product on the market called Cool Off. It's a moist towelette that is supposed to help you to Cool Off from this miserable summer heat. Needless to say I jumped on the opportunity.

Cool Off is a moist towelette, similar to those that you keep in your purse to wash your hands. The difference between Cool Off and other towelettes is that Cool Off is infused with natural herbs, botanicals and essentials oils. The combination is supposed to generate a cooling effect on your body when applied.

I checked out the ingredients. There were a few things I couldn't pronounce but most of the ingredients I am familiar with such as Witch Hazel, Lemon Peel, Flax seed, Clover, White Tea Leaf and Chamomile, to name a few.

I kept sniffing the package the towelette comes in to figure out the scent but for the life of me I can't pin point what it smells like. The package says "Citrus Ice". It definitely has an "herb" like scent to it. Maybe a bit of citrus too.



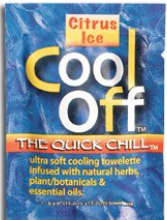
The Cool Off instructions tell you to shake the towelette lightly when you remove it from the package. Then you need to hold it on the back of your neck, inner arms and/or back of your knees for a few seconds to let the herbs penetrate into your skin. I followed the directions exactly.

I think I may have held it too long on my neck because I had a bit of a burning sensation, similar to muscle cream like Ben Gay or Tiger Balm. After a few minutes that burning sensation disappeared. I did not get that burning feeling on my inner arms or legs.

Cool Off made my skin feel tingly, similar to muscle creams except without the burn (with the exception of my neck). I could tell exactly where I had applied the Cool Off. I could feel it tingle. It's a really weird feeling that I am having a hard time putting into words. It has an icy feel to it, for lack of a better description. It is as if someone held an ice cube to your skin for a few minutes. Your skin would feel numb and tingly for a few minutes once the ice cube was removed. It is sort of like that feeling, minus the numbness.

I had both of my kids try the Cool Off towelettes too to see what they thought. Both of them talked about the tingling they felt. My daughter didn't like it but my son thought it was a "cool" feeling (cool as in awesome).

I asked both kids if they thought it made them feel cooler. Both of them said "yes" but then I realized that maybe I shouldn't have told them what they towelettes were supposed to do. I may have planted a seed in their heads that they were going to feel cool, that is why they both responded that way. In hindsight I shouldn't have told them what the towelettes were supposed to do. I might have received a more accurate response from them.



My last sample I gave to my husband. My husband is very picky and cynical when it comes to product claims. He used it at work in his computer lab that doesn't get air conditioning (which it should – it houses computers!). He said it was a great relief to him because there is nothing but hot, stifling air in that room and he said the Cool Off made him feel much cooler. He said he was breaking out into a sweat but the Cool Off prevented that from happening. He actually asked me if I had anymore he could take to work with him to leave in the lab.

The Cool Off lasted for a good half hour or so. As per the instructions you can splash some water on the areas that you used the Cool Off to revive it. I did try and that it seemed to work. It wasn't as strong as it was initially but the tingling sensation did return. I'm not sure how long they are supposed to last for but I'd say it lasted for about an hour or so.

Cool Off is available for purchase on Amazon, CVS, Duane Reade and various other retailers. A towelette will cost you between .40 cents to about .60 cents each depending on where you purchase them and how many you purchase.

To learn more visit [www.TheQuickChill.com](http://www.TheQuickChill.com). If you do happen to try them I would love to hear your thoughts on them. Kimberly *\*I received a few product samples free to do this review. There was no other compensation. The opinions expressed are my own.*

