



Katie Talks About...

juggling motherhood and work and living to blog about it

www.katietalksabout.com

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Cool Off™ This Summer!



Let's face it, summer is HOT. No matter where you live. Here in Colorado we're fortunate to have a dry heat, but temperatures stay in the 90's just about all summer long. Back home in Minnesota, the temperature doesn't have to reach the 90's to be hot – mix in some high humidity and it's miserable! Heaven forbid you actually try to be active and enjoy the outdoors in the summer. You'll find yourself dripping with sweat.

Whether you're just out for a jog, sitting through a hot ball game, or sunning by the pool, **Cool Off** personal cooling towelettes are the perfect way to combat the heat. Made from natural ingredients that includes cooling herbs, moisturizing botanicals and therapeutic essential oils, simply rub the towelette over the back of your neck, back of your knees, your elbows, even your forehead and you'll feel the tingling coolness refresh you almost immediately.

I received a couple packets of Cool Off™ to try for my blog review. I first tried them over the weekend when I was working out in the yard. I shook the towel open (it's just like a wet wipe) and then wiped the back of my neck, back of my knees and my forehead. I had almost immediate coolness and tingling in those areas. When the wind would hit it, it would cool even more. I REALLY wish I would have brought some of these up with us on our hike up Red Rocks two weeks ago!

These are definitely worth having around not just for you but for your kids who are playing hard in the heat. Of course it's most important to hydrate, but the towelettes will help you combat the heat as well.

Cool Off towelettes are available at CVS and Amazon.com and retail for \$10 for a box of 24.

I received samples of Cool Off towelettes for the purpose of this review. The opinions in this review are mine alone.

