



The Quick Chill - Review

Lucky, lucky me, I get hot flashes already! When I was offered a chance to review the [Cool Off The Quick Chill Towelettes](#) I definitely wanted to give them a try.

There is nothing difficult about using these. Just open the little package and shake the towelette lightly to unfold it. Now, just press it on the back of your neck, inner arms, or back of knees for several seconds. After you take it off give it a minute or two and you will really start to feel it working. It's kind of a tingly cool feeling, sort of like when you eat peppermint. The coolness lasts a while too after you have the towelette off. Definitely long enough to help me when that hot flash hits me. You can also reactivate it a bit by splashing a little water on your skin where you used the towelette. I had Taylor try this on his arm too and at first he thought it wasn't doing anything, but then a couple of minutes later he yelled out that it was working. They come in little individual pouches that are small enough to carry in your purse, pocket, etc. Even if you don't get hot flashes, but just get hot, this would be helpful I think. It is refreshing like a wet wipe thingie is, but it is more with the cooling effect.



The ingredients in Cool Off are all natural and this was not tested on animals. You can get a [list and a plain English description of the ingredients in Cool Off](#) on their site. You can buy Cool Off online at places like Amazon.com, Drugstore.com, CVS.com and there are a few retail locations in some states as well ([check where to buy](#)). The price on Amazon works out to under 50¢ per towelette which I think is reasonable for what it does. They also have a [Facebook page](#) where you can learn more.

