



## HAVE YOU HEARD OF A WEIGHTED BLANKET ???

Peaceful Lotus

Do you or someone you know have:  
ADHD/ADD, ANXIETY, INSOMNIA, AUTISM,  
ASPERGERS, STRESS, SLEEP DISORDERS?

If so, then a Weighted Blanket might be for you.....

The Lotus Blanket is uniquely weighted and works just like a cuddle, helping children and adults to feel more relaxed at bedtime, and assist with reducing anxiety.

The Lotus Blanket works by applying gentle pressure to the body, helping the body to switch from its sympathetic nervous system "Fight or Flight", to running it's parasympathetic nervous system "Rest and Digest", bringing a sense of calm and peace to the mind and body.



*"My Kids were able to fall asleep quicker, stay asleep longer and feel more relaxed at bedtime."*

# Lotus Blanket

For more information please visit us on line.

 [fb.me/peacefullotus06](https://fb.me/peacefullotus06)

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