Long Flight Mitigation Resources

Eyes

Preservative Free Artificial Tear Drops: Link

Blue Light Glasses

1. Daytime: Link
2. Afternoon: Link
3. Evening: Link
4. Night: Link

Zero Pressure Blackout Sleep Mask: Link 1, Link 2

Ears

Active Noise Cancelling Headphones

1. Toddler: Link
2. Adult: Link 1, Link 2, Link 3

Ear Protection

1. Infant: Link 1, Link 2
2. Child: Link 1, Link 2
3. Adult: Link 1, Link 2, Link 3

Mouth

Red & Blue Light Therapy: Link

Dental/Orthodontic Wax: Link

Skin

Organic Aloe Vera: Link 1, Link 2

Organic Shea Butter: Link

Joints & Lymphatic Drainage

Firefly Circulation: Link

Compression Socks: Link 1, Link 2, Link 3

Long Flight Mitigation Resources

Seat Position

Seat Cushion: Link 1, Link 2

Lumbar Cushion: Link 1, Link 2

Foot Rests/Hammock: Link 1, Link 2

Hydration

H2Tabs: Link

Hydrogen Water Bottle: Link 1, Link 2

Baja Gold Minerals: Link

Digestion

Organic Extra Virgin Olive Oil: Link, Link 2

Honeycomb: Link

Organic Herbs & Spices

1. Basil: Link
2. Oregano: Link
3. Rosemary: Link
4. Thyme: Link
5. Ginger: Link
6. Cumin: Link
7. Coriander: Link
8. Turmeric: Link
9. Cinnamon: Link
10. Clove: Link
11. Parsley: Link
12. Cilantro: Link

Attire

Loose Fitting Merino Wool Clothing

1. Unbound Merino: Link
2. Quince: Link
3. Wool & Prince: Link
4. Duckworth: Link
5. Icebreaker: Link

Long Flight Mitigation Resources

Immune/Health/Cellular/Nose/Throat

Sanitizing Wipes: Link 1, Link 2

Organic Acerola Cherry: Link

Organic Lemon Juice: Link

Organic Sprouted Pumpkin Seeds: Link

Non Medicated Saline Gel: Link 1, Link 2

Liposomal Glutathione: Link

Vagus Nerve

Vagus Nerve Stimulator: Link 1, Link 2, Link 3

Vagus Nerve Management: Link

Radiation

Red Light Therapy Devices

1. Face: Link 1, Link 2
2. Handheld: Link
3. Pad Small: Link
4. Pad Large: Link

Cortisol Reduction & Nervous System Reset

Organic Cinnamon Sticks: Link

Weighted Blankets: Link 1, Link 2

Apollo Neuro: Link

InterBreath: Link

Turbulence/Motion Sickness

Acupuncture Wrist Bands: Link 1, Link 2

Motion Sickness Glasses: Link

Organic Crystalized Ginger: Link