



Looking after our wellbeing offers a wide range of benefits that positively impact our physical, mental, and emotional health, as well as our overall quality of life.

Improved Physical Health:

- **Enhanced Immune Function:** A strong sense of wellbeing is associated with a healthier immune system, reducing the risk of illness.
- **Better Cardiovascular Health:** Practices that promote wellbeing, such as regular exercise and stress management, contribute to heart health.
- **Lower Risk of Chronic Diseases:** Healthy lifestyle choices can reduce the risk of chronic conditions like diabetes, hypertension, and obesity.

Enhanced Mental Health:

- **Reduced Stress and Anxiety:** Prioritizing wellbeing can help manage and reduce stress and anxiety levels, improving mental resilience.
- **Better Cognitive Function:** Practices like meditation and mindfulness can enhance cognitive abilities, including focus and memory.
- **Enhanced Emotional Regulation:** Wellbeing practices often promote emotional stability and better emotional management.

Increased Energy and Vitality:

- Regular exercise and a balanced diet can boost energy levels, leading to increased vitality and productivity.
- Adequate sleep, a key aspect of wellbeing, ensures better alertness and daytime performance.

Positive Relationships:

- Improved wellbeing can lead to better communication skills and emotional intelligence, fostering healthier relationships with others.
- Reduced stress can lead to more harmonious interactions with family, friends, and colleagues.

Enhanced Quality of Life:

- A sense of wellbeing contributes to an overall higher quality of life, as individuals are more likely to engage in activities they enjoy and pursue their passions.
- Wellbeing can lead to a greater sense of purpose and fulfilment.

Longevity:

- Prioritizing wellbeing has been linked to a longer and healthier lifespan.

Reduced Healthcare Costs:

- Maintaining wellbeing through a healthy lifestyle can reduce healthcare expenses associated with preventable diseases and conditions.

Happiness and Contentment:

- Wellbeing is closely linked to happiness and contentment, contributing to an overall sense of fulfilment and joy in life.

Looking after our wellbeing is essential for living a healthier, more fulfilling, and happier life. TensCare's latest Health and Wellbeing range aims to provide drug-free, safe and effective solutions to promote overall wellness, focusing on stress reduction, relaxation and sleep.



OKO Eye Massager

Multi-therapy eye massager to relieve eyestrain, improve sleep, soothe headaches, lower stress and help anxiety.



Air pressure

Advanced Massage Modes

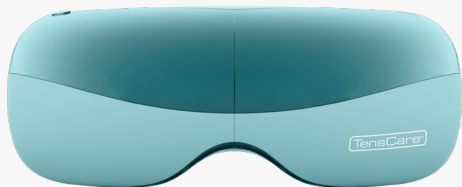
Choose from 5 advanced massage modes to relax, relieve eyestrain, and assist in falling asleep. Each mode offers a unique combination of air pressure, vibration, and hot compress cycle technology, allowing you to customize your massage to suit your specific needs.



Vibration



Hot compress



Device features:

- 5 massage modes for relaxation, relieving eye strain and assisting falling to sleep.
- Connect a device via Bluetooth for audio playback
- Folding design for easy travel.
- Adjustable headband to fit all sizes.

Combining massage and heat can improve blood circulation to the ocular region. This can:



Reduce dark circles around the eyes



Release muscle tension



Improve skin firmness



Brighten eyes

OKO delivers heat compression which can also be used to treat blepharitis and relieve inflammation of the eye.

Acupressure massage can

- Relieve eyestrain & painful eyes
- Soothe headaches
- Reduce swelling
- Provide relief from allergies



Somnus

Sleep Aid

Somnus uses Cranial Electrotherapy Stimulation (CES) to aid sleep and insomnia. CES has also shown benefits when helping with symptoms of anxiety, stress and depression.



Assist falling to sleep



Increase sleep time



Improve sleep quality



Raise energy levels

Why Use Somnus?



Drug free



Improvements in just 2 weeks



At-home use



Clinically proven



Safe and effective



FDA approved technology



Prescription free



Avoid side-effects of sleeping pills

CES has been used for over 70 years

to help those who suffer from insomnia, anxiety or depression

CES delivers gentle stimulation to the cranial nerves to:

- Secrete neurotransmitters and hormones associated with sleep, depression and anxiety.
- Imbalanced brainwaves can cause emotional and neuro-physical health concerns. CES modulates brainwaves to a balanced state.
- Promote alpha brainwaves to facilitate calm and resting brain-state.
- Alpha brainwaves can help to reduce anxiety and depression whilst also healing to switch off and sleep.

Somnus has no severe side-effects, is prescription-free and can be used in the comfort of your own home at a time that suits you.

Improve sleep in two weeks

20-60 minutes of daily use