

# HALYKOO®

## AERA

### Vapour night pads with essential oils

#### Here's how I can help you!

Seasonal viruses and sudden changes in temperature are always more than ready to disrupt your child's sleep. We all know a cold is synonymous with a stuffy nose, laboured breathing and interrupted nights.

That's when Halykoo Vapour Night Pads with essential oils can help to keep nasal congestion at bay. Applied directly to your child's pyjamas, it facilitates the unblocking of their nose throughout the night, and helps them to breathe freely.



POWERED BY  
**APRLAB**  
APPLIED PHARMA RESEARCH  
SWITZERLAND

**3+**  
years

#### Before you use me, let me explain what I'm made of...



My secret lies in the essential oils I'm infused with – camphor and certified organic eucalyptus – which have aromatic and decongesting properties that help to unblock your child's airways. It's not just an old wives' tale...



#### ...the best place to store me...

Store me unopened in my single-dose sachets in my box, in a cool, dry cupboard, away from light, heat, fire and sunlight – and curious children!

#### ...what you should check before using me!

My use-by date, which you'll find stamped on my box and on each sachet, is only valid as long as I've been stored correctly in my original packaging.

#### Here's how to get the best out of me!



I work like football stickers. When it's time for bed, open my sachet, remove the clear backing and gently stick me onto the front of your child's pyjamas at chest level – but not on their skin! I stay on all night, and you can peel me off easily the next morning and throw me away, as I work for just one night. I don't tear or leave marks. The heat of your child's body is all I need to release my aromatic vapours – an invisible cloud of well-being that lasts all night, providing a feeling of freshness for at least 8 hours to promote a peaceful night's sleep.



#### ...lastly, just a few things to be aware of...!

Don't use me if your child is under 3 years of age.

Don't use me if your child is allergic to any of my components, has asthma or other respiratory conditions.

Remember that I only work for 1 night, after which I lose my effectiveness.

I am for external use only. If your child takes me off to play with me or smell me better, and ends up eating me or licking me, consult your paediatrician.

Don't apply me to the skin or the inside of the mouth, and don't put me on the radiator or in the microwave to make me work better – if anything, you'll damage me!

Please keep this illustrated leaflet for future reference.

**COMPOSITION:** 100% VISCOSE ADHESIVE PAD MOISTENED WITH ORGANIC EUCALYPTUS ESSENTIAL OILS (EUCALYPTUS GLOBULUS) 187.5 mg, CAMPHOR 28 mg, BITREX (DENATONIUM BENZOATE) 0.1 mg.



[www.halykoo.com](http://www.halykoo.com)

**HALYKOO®** Research with babies in mind.

**Solutions designed specifically to share the journey with you and your child through each stage of his or her development. Because the best way to help them thrive is to keep it simple, use common sense, and also take a few precautions.**

Looking after children isn't just about nursing them. It also means understanding their needs, listening to what's important to their parents, and following the advice of paediatricians, as well as providing solutions that put their well-being and their parents' peace of mind first. It means researching a myriad of ingredients to find the ones that are best-suited to their health needs and to ensure that treatment is a pleasant experience for them. It also means choosing solutions that are specifically designed for each phase of their development. Because seeing smiles on the faces of children, and on those of the people who care for them as they grow, are the best possible reward for Halykoo.



**0+**  
months



**6+**  
months



**2+**  
years



**5+**  
years

#### DERMA

Skin is our first point of contact with the world around us. In the first 12-14 months of your child's life, their skin is about half the thickness of yours, so great care needs to be taken to protect it. Halykoo's Derma line is the first range of products designed to care effectively for all the needs of your child's skin. Redness, inflammation, chapping, insect bites, and small injuries can be causes of concern on a daily basis, and Halykoo Derma has the answer to all of them.

#### SENSIA

Drinking from a used glass, rubbing dirty hands in their eyes or putting a leaf from the park in their mouth: these are just a few of the things that children do without giving it a moment's thought. A child's immune system is still developing, so the result can be a mouth or eye infection. Whether it's mouth ulcers, oral thrush or conjunctivitis, Halykoo's Sensia range of specifically designed products has the solution.

#### AERA

There are a variety of viruses that can cause the common cold. And wind, cold weather or badly-ventilated and over-heated rooms can irritate the throat. And as the nose and mouth can't be covered up, they're always vulnerable to external threats. Halykoo's Aera range of products have been specifically created to deal with the effects of respiratory infections, helping to fight off sore throats, coughs, cold and fever.

#### NUTRA

School, sports, extra-curricular activities – children have increasingly busy days, and the change of seasons can also mean tiredness and loss of appetite. Children are also susceptible to stomach flu caused by viruses, bacteria and parasites. Halykoo's Nutra food supplements, including probiotic products, can help your child make the most of their energy, and ensure that the intestinal flora in their stomach is restored.

**HALYKOO®**

#### AERA

### Do you know which viruses to stay away from?

There are hundreds of viruses that can cause the common cold, and a sharp wind or an overheated, stuffy room can irritate the throat. When we cough or sneeze, we release tiny liquid particles (known as Flügge droplets) into the air around us at speeds of up to 180 kilometres per hour, and anyone within a few feet runs the risk of being infected. Germs can also be spread on your hands – sometimes we might forget to wash them after sneezing or blowing our nose. Occasionally, infections are transferred via the saliva on something a sick child has put in their mouth. If children are well wrapped up, playing outside in the winter doesn't have to mean that they will come down with a sore throat or a cold. Quite the opposite, in fact: fresh air is always good for them.

### Let them run their course, if you can!

There is no specific treatment for viruses such as the common cold. Once they have managed to make their way into the body, viruses activate the immune system, which in turn releases a highly targeted attack on the infection. In their early years, a child's defence system is less able to react and their immune response is less efficient because it isn't yet fully developed. Children are born with a 'clean slate' when it comes to their immune system, purely because the antibodies that their bodies are perfectly capable of producing later in life have yet to come to the fore. So, however much of a pain they can be, sore throats and colds help a child's immune defences to develop.

### The airways – a playground for viruses

Warm, dark and welcoming, the upper airways are an ideal place for cold viruses to thrive. The nose, the pharynx, the epiglottis and the larynx – these are the first areas they reach, before infiltrating the only

entrance into the lower airways and then the alveoli in the lungs. These parts of the body serve various anatomical purposes, such as speech production and the regulation of body heat, but their function is first and foremost a protective one. Eye lashes and nasal hairs stop the larger particles in the air from getting in. Larger quantities of mucous are produced when the upper airways are infected, while dust and microorganisms are expelled immediately. The tonsils also play a very important role in the immune defences of the mucous lining of the oropharynx, which is why it's better to still have them.



### Be there with lots of cuddles

Your child's infected throat can heal with the help of a soothing spray, as well as making sure you wash their nose regularly to keep it clean and loosen mucous. Help your child get a good night's sleep with the vapours of essential oils. At the same time, keep their food light, and give them lots of liquids. And finally, don't forget to give them lots of cuddles!