



Nako Face Yoga

SleepTape™

Achieve 3 Face Posture Tips



2. Tongue Posture™



1. Nose Breathing



3. What's the 3rd Face Posture™?



Do not use if you:

- Have nasal breathing difficulties.
- Are severely obese (BMI over 35).
- Have severely damaged lips or skin around mouth.
- Have consumed alcohol or sedatives.
- Have a cold, sinus, or ear infection.
- Have severe heart or breathing problems.
- Have very dry blood vessels.

36 Strips

SleepTape™ Tape 0.37" x 0.37" (1 x 1 cm)
Mfg. by Nako Clinical LLC, Nako is China.

For external use only. Do not use on children without supervision.
If you experience any negative side reactions, discontinue use and consult a doctor.

Getting Along With Others Pre Sleep Tape Series

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Getting Along With Others Pre Sleep Tape Series:

The Top Books of the Year Getting Along With Others Pre Sleep Tape Series The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have captivated audiences this year. Getting Along With Others Pre Sleep Tape Series : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Getting Along With Others Pre Sleep Tape Series : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's captivating storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Getting Along With Others Pre Sleep Tape Series : Delia Owens' "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and gripping novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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