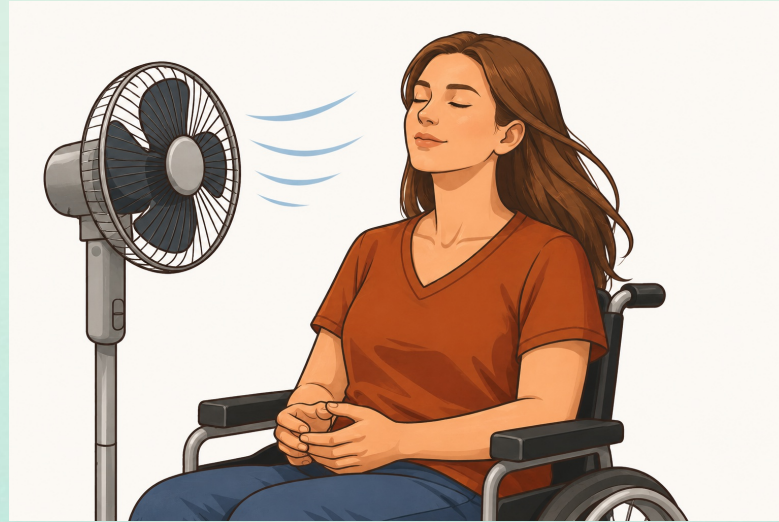


Arctic Quiet



Cool Object Contact

Hold or touch a cool object briefly and notice the temperature against your skin.



Cool Air Exposure

Gently expose your face or hands to cool air (fan, open window, or room air).



Cool Water on Hands

Run cool water over your hands for a short period, then dry them slowly.



Slow Sip of a Cool Drink

Take a small, slow sip of a cool beverage and pause before the next sip.