

Travelling for business or pleasure? Don't just arrive. Arrive in great shape. Since 1992 travellers have acclaimed the benefits of the HumidiFlyer mask for relief from jet lag.

How does the HumidiFlyer benefit you?

- Provides relief from the dehydrating effects of long haul air flight
- Reduces feelings of stress and fatigue due to dry air
- Helps filter dust and foreign particles from the air you breathe
- You arrive more refreshed, energetic and generally healthier and....
- Avoid wasting valuable time recovering from jet lag at your destination.

Who uses it?

Athletes, sporting teams, singers, business men and women, holiday makers, the elderly, sufferers of chest or nasal complaints and anyone else who never again wants to experience the effects of dehydration on long haul flights.



Just Plane Healthy

Visit our website to review many more glowing testimonials: www.humidifyer.com

“My daughter was having great trouble before she used the HumidiFlyer, including nasal dryness and congestion, headaches and severe jet lag. Now... after using it on two trips to Australia... all of these symptoms are greatly relieved and she wouldn't be without it.”

Jonathan Summers Chicago

“For the first time in many years of long distance flying I did not suffer nose bleeds or respiratory infections following a long flight.”

**Richard Harding
Dept of Physiology,
Monash University**

“Whilst I guess there's no absolute cure for jet lag, this thing goes pretty darn close.”

**Alex Hamill, Chairman,
Advertising Industry**

“I used a HumidiFlyer recently en route for Europe where I was engaged to sing. Not only did I suffer little jet lag, but the voice was fresh and I was able to sing well from day 1 - it normally takes 2-3 days to rehearse with ease.”

**Merlyn Quaife,
Australian Opera Singer**

Orders can be placed online at www.humidifyer.com

HumidiFlyer Technologies Pty Ltd

PO Box 2018, Gladstone Park 3043 Australia

Phone: +61 3 8307 5222 | Skype: humidifyer | sales@humidifyer.com

Invented and developed in Australia by
ex Air New Zealand International Flight Attendant Paul Aberhart.

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Humidifyer
Just Plane Healthy



**RELIEF FROM
JET LAG**

www.humidifyer.com.au



What is the HumidiFlyer?

The **HumidiFlyer** is a simple solution to a surprisingly simple dilemma associated with air travel. In essence the **HumidiFlyer** is a self contained humidifier, like you might have in your home to keep the air moist to counter the effects of air-conditioning.

It is a comfortable, especially filtered face mask that traps and re-cycles your own moisture in your breath, ensuring that the air you breathe remains moist, thus preventing the dehydration that contributes to jet lag.

It has been specifically designed for air travel, though airline staff also report using it when resting between flights, in hotel rooms with very dry air conditioning.



How long should I use the HumidiFlyer?

The longer you use it on a flight the more relief you will obtain. On an 8 hour flight, using it for 4 hours or more, sleeping or resting, will bring considerable relief. It is reusable over many flights and will last up to 100 hours in use.



How does the HumidiFlyer work?

The **HumidiFlyer** face mask contains an anti-bacterial filter which maintains your natural air temperature and humidity levels. The expired moisture from the breath reaches the filter medium where it is then used to humidify the dry cabin air. Simple recycling!

The special anti bacterial filter conditions the dry cabin air so you breathe comfortably at natural humidity and air temperature levels.

The mask has elasticised straps, adjustable to all sizes and fits comfortably over the nose and lower face. Easy-to-use instructions come with the **HumidiFlyer** mask.

Remember, there is no way to totally eradicate jet lag, but its effect can be substantially alleviated by the remarkable **HumidiFlyer**.

Tips:

Drink plenty of water on the flight, avoiding alcohol as it dehydrates the body.

Exercise your limbs and neck periodically, even while seated.

Rest and sleep as much as possible and don't over-eat.



So easy to wear and use.

It may surprise you to know that the **HumidiFlyer** is very comfortable to wear and easy to breathe through during your flight.

So comfortable that you will forget you have it on, allowing you to rest, sleep, read, listen to music or watch a movie normally. Wearing glasses, eyeshades or earphones are no barrier to using the **HumidiFlyer**.

It may seem a little unusual the first time you use it, but the benefits of the **HumidiFlyer** are so significant that you will never hesitate again. Our website: www.humidifyer.com, contains many testimonials from people grateful for its relief.



The **HumidiFlyer** mask is a very effective treatment available to provide relief from jet lag because it focuses on one of the most serious causes of the problem. That is, the need to maintain your natural air temperature and humidity levels. A drug based approach or a simple face mask cannot achieve the same result.