STRESS RELIEF SOUNDS IN CONSUMER GOODS

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ABSTRACT

A system is provided for creating a spa-like environment including a package adapted to be opened and closed; a spa-related product disposed within the package; and a sound generator associated with the package, wherein the sound generator is adapted to automatically generate sound when the package is opened and to automatically cease generating sound when the package is closed, and wherein the sound generator includes a power source, a power switch, a sound storage device, and a sound emitting component. Also provided is a method for creating a spa experience in a home environment including providing a package including at least one spa-related product; and providing a sound generator associated with the package, wherein the sound generator generates a soothing sound when the package is in an open condition, and wherein the sound generator generates no sound when the package is in a closed condition.
STRESS RELIEF SOUNDS IN CONSUMER GOODS

BACKGROUND

[0001] Spa businesses have been growing rapidly as more people seek relief from stress they feel in a round-the-clock world. While many people would welcome the opportunity to experience stress relieving massage or soothing facial treatment at a spa, they find barriers in having enough free time in their schedules to travel to and from a spa and receive services there, or their free time does not coincide with available appointment times at a spa, or the cost of the treatments at a spa appear to be too high. When offered the opportunity to receive spa-like benefits at a comparatively lower cost, and at the time and place of their choosing, particularly in the privacy of their own homes, consumers respond positively. Products have been designed to offer some of the skin care benefits common to spa treatments. The challenge is in designing products that essentially create a spa-like, stress relieving experience in the home, where an aesthetcian and other spa accoutrements are not available.

[0002] Some current personal care products are commercially available that are specifically designed for direct application to the skin. These products can typically be categorized in terms of the action they take upon the skin, and, to some extent, the layer of the skin they treat. For example, most products fall somewhere along the skin health continuum, which can be defined as (1) cleaning the skin; (2) maintaining the skin; (3) protecting and preventing damage to the skin; (4) treating the skin; and (5) diagnosing and monitoring the health of the skin.

[0003] Consumers have a myriad of choices when it comes to skin care products for direct application to the skin. Numerous types of products are commercially available for application and treatment of the skin. These products include, for example, wet wipes, dry wipes, foams, soaps, lotions, salves, gels, powders, cakes, and the like. Various products perform different functions when applied to the skin including, for example, cleaning the skin, treating the skin, protecting the skin, preventing damage to the skin, maintaining the health of the skin, etc. With so many types of products available that perform so many different functions on the skin, consumers are often confused about which types of products to buy, and how to properly use the products that they do buy.

[0004] These products alone, however, do not maximize the creation of a spa-like environment in the home. One component for creating a spa-like, stress-relieving experience in the home is to provide relaxing or otherwise soothing sounds. The use of sounds is common in the toy industry, music boxes, greeting cards, and even some picture frames. These sounds, however, do not provide stress relief and do not help recreate the experience of receiving a spa treatment anywhere, anyplace. Such sounds do not enhance the experience of the user of a disposable consumer good by increasing the benefits achieved from skin care to stress relief.

SUMMARY

[0005] The disclosure described herein solves these problems by providing an easy-to-use, pre-packaged spa system that can provide numerous skin care or other benefits in addition to helping to create a spa-like environment in the home. The packaging of the system provides audible stress relieving sounds that may be accessed automatically with no more effort by the user than opening the package, which of course the user would do anyway to get the spa products out of the package.

[0006] For example, in one aspect, a system for creating a spa-like environment includes a package adapted to be opened and closed; a spa-related product disposed within the package; and a sound generator associated with the package, wherein the sound generator is adapted to automatically generate sound when the package is opened and to automatically cease generating sound when the package is closed, and wherein the sound generator includes a power source, a power switch, a sound storage device, and a sound emitting component.

[0007] In another aspect, a system for creating a spa-like environment for a user includes a package adapted to be opened and closed; a spa-related product included within the package, wherein the spa-related product is selected to promote relaxation in the user; and a sound generator associated with the package, wherein the sound generator is adapted to automatically generate sound when the package is opened and to automatically cease generating sound when the package is closed, and wherein the sound is selected to promote relaxation in the user.

[0008] In another aspect, a method for creating a spa experience in a home environment includes providing a package including at least one spa-related product; and providing a sound generator associated with the package, wherein the sound generator generates a soothing sound when the package is in an open condition, and wherein the sound generator generates no sound when the package is in a closed condition.

[0009] In another aspect, a method for relieving stress in an individual includes providing a package including a plurality of spa-related products selected to relieve stress in an individual using the products; and providing a sound generator associated with the package, wherein the sound generator generates a sound when the package is in an open condition, wherein the sound generator generates no sound when the package is in a closed condition, and wherein the sound is selected to promote stress relief in the individual using the products.

[0010] The purposes and features of the present disclosure will be set forth in the description that follows. Additional features of the disclosure may be realized and attained by the product and processes particularly pointed out in the written description and claims hereof, as well as from the appended drawings.

[0011] It is to be understood that both the foregoing general description and the following detailed description are exemplary and are intended to provide further explanation of the disclosure claimed. The accompanying drawing, which is incorporated in and constitute part of this specification, is included to illustrate and provide a further understanding of the disclosure.

BRIEF DESCRIPTION OF THE DRAWINGS

[0012] The present disclosure will be more fully understood, and further features will become apparent, when reference is made to the following detailed description and the accompanying drawing. The drawing is merely representative and is not intended to limit the scope of the claims. Like parts depicted in the drawing are referred to by the same reference numerals.

[0013] FIG. 1 is a perspective schematic view of one aspect of the present disclosure.
Repeat use of reference characters in the present specification and drawing is intended to represent the same or analogous features or elements of the present disclosure. The drawing is representational and is not necessarily drawn to scale. Certain proportions thereof may be exaggerated, while others may be minimized.

DETAILED DESCRIPTION OF THE DISCLOSURE

The following detailed description references the accompanying drawing that show some example aspects of the disclosure. These example aspects are described in sufficient detail to enable those skilled in the art to practice the disclosure. It is to be understood that other aspects may be utilized, or structural changes made, such that the detailed description should not be considered as limiting the scope of the claims.

Much research is available on relaxation and stress relief. Many studies have shown that a measurable physiological improvement in body signs of stress such as elevated heart rates, shallow and rapid breathing, and feelings of anxiety and fear can be achieved through listening to certain sounds such as soft, relatively slow paced music, sounds from nature such as the rhythmic sound of the ocean tide with occasional bird calls, and through verbal coaching such as instructions for deep breathing exercises, positive mental imagery, and even exercise instructions for stretching, yoga, meditation, etc. This disclosure combines a spa product with a package that includes a sound generator to play the stress relieving sounds as the package is opened and, at the user’s discretion, while the product is in use. As described in more detail below, the sound generator may include a sound storage device, a power switch, a selection switch, a power source, an amplifier, and a sound emitting component such as a speaker.

The device of this disclosure requires little effort by the user: simply opening or closing the package. The amount of effort required by the user is similar to a spa experience where the esthetician does the work, resulting in reduced stress in the customer. With a self-contained sound system in the package, no computer, MP3 player, power source, or other device is required, thus making the product and package fully portable and available for use wherever and whenever the consumer desires. Sounds may include a human voice presenting stress relief exercises and/or coaching. The voice may also present product use instructions so that the consumer does not have to read detailed instructions while trying to hold or apply the product.

In one aspect of the present invention, a package 10 is provided. The package 10 may be a box constructed from cardboard or any suitable material, and may be rectilinear or of any other suitable shape. In the example illustrated in FIG. 1, the package 10 is generally cubic and includes a cover 15 attached to the package 10 on its hinge side, allowing the package 10 to be opened and closed. The cover 15 may also include a tab 20 to assist the cover 15 in remaining closed. In other aspects of the present disclosure (not shown), the package 10 may be a soft-sided bag made from polyethylene or any other suitable material. The package opening 25 may be closed by a flap, a zipper-type seal, or by any other suitable structure allowing the package 10 to be opened and closed. The package 10 is sized to be large enough to dispose products 30 therein, but not so large as to not be portable by a user.

In various aspects of the present disclosure, one or more spa-related products 30 may be disposed within the package 10. Such products 30 may include, but are not limited to, a dry or wet wipe, a buff, a pouf, a washcloth, a lotion, an oil, an exfoliant, a candle, a perfume, a cologne, a sock, a glove, a finger cot, a cotton ball, a cream, a salve, an ointment, a patch, a dermatological tape, blotter paper, an indicator such as a pH indicator and a temperature indicator, and combinations thereof. Personal care compositions that may be provided as a component of another product 30 or by themselves include cosmetics, toiletries, healthcare products, washes, baths, shampoos, gels, soaps, sticks, balms, mousses, sprays, lotions, creams, cleansing compositions, powders, oils, bath oils and other bath compositions that may be added to a bath.

The pre-packaged spa systems described herein include various products 30 bundled and sold together in a single package 10. In one aspect, the single package 10 may comprise a spa system designed for a single use or application; that is, the single package 10 for sale to the user may include three products 30 designed for a single spa treatment.

In another alternative, the pre-packaged spa system may include multiple containers with each container being designed for supporting a single treatment. In this aspect, the single package 10 for sale to the user may include, for example, ten individually-packaged spa systems.

It will be recognized by one skilled in the art based on the disclosure herein that any number of the above-noted products 30 can be substituted for other products 30 in any number of the packaging arrangements described herein. For example, a single package 10 for sale to the user could include a pouch of wet wipes for cleaning the skin, a bottle of lotion for maintaining the skin, and a candle.

The spa systems of the present disclosure may be suitable for use on all areas of the body including, but not limited to, skin, hair, nails, and teeth. Spa systems can be custom designed to treat different areas of the body including, for example, facial and neck skin, body skin, and perineal skin. Specifically, spa systems can be custom designed for facial application, feminine hygiene uses, body care, and hand care and foot care.

The products 30 may be placed within the package 10 without the use of further packaging materials, or the products 30 may be individually wrapped as required by the nature of the product. Some aspects of the present disclosure include a cleaning composition, moisturizing composition, some combination thereof, and the like. Such compositions may contain water. Therefore packages, containers, envelopes, bags, and the like that reduce, minimize, or eliminate the evaporation or transmission of water or water vapor from appliances contained therein may be beneficial. Furthermore, products 30 may be individually wrapped in containers, packets, envelopes, bags, or the like that inhibit, reduce, or eliminate the passage or transmission of water or water vapor from appliances contained therein. For purposes of this application, “pouches,” “containers,” “envelopes,” “bags,” “packets,” and the like are interchangeable in the sense that they refer to any material adapted to enclose and hold either individual products 30 (as in, for example, an individual packet containing a single product), or a plurality of products 30 (as in a flexible bag made of film containing a plurality of products 30, whether or not each of the individual products 30 are enclosed and held in a separate material—such as individual packets).

In other versions of the disclosure, materials for constructing packages, containers, envelopes, bags, packets, and the like are selected so that the transmission of water or
water vapor is facilitated. This may be the case where system-
tic drying of a personal-care appliance, or substrate,
comprising a water-based cleaning composition is desired
after the appliance’s or substrate’s manufacture.

[0026] In some aspects of the present disclosure, a package
10 will contain not only one or more products 30, but other
personal-care products 30. In one aspect, a personal-care
product 30 of the present disclosure, such as a pouf, is sold,
transferred, distributed, or marketed with other products 30
directed to personal-care, especially products 30 directed
to cleaning, moisturizing, or otherwise caring for a user’s
skin.

[0027] In another aspect of the disclosure, a personal-care
product 30 of the present disclosure, such as a pouf, is sold
with a two-sided personal-care product, such as a pad
having one surface or face primarily for exfoliating skin, and
an opposing surface or face primarily for cleaning or
moisturizing skin. Other combinations of such personal-care
appliances are possible and within the scope of the present
disclosure.

[0028] It should be noted that such combinations may be
marketed and packaged as described in the preceding par-
agraphs. In one version of the disclosure, these combinations
are marketed in such a way that the design, function, and/or
appearance of the individual products 30 making up the com-
bination are related to a common theme. One theme, for
example, may be that each product 30 provides a spa-like, or
spa-related, treatment or experience for the user of the prod-
ucts 30. “Spa-like” or “spa-related” relates or refers to a
fashionable and/or beneficial treatment or experience ana-
logous to a treatment or experience a guest might receive at
a resort, hotel, or other such establishment where a person is
refreshed, seeks relaxation, seeks beneficial treatments of his
or her skin, hair, muscles, finger nails, toe nails, face, or other
parts of the body, and the like.

[0029] In another aspect of the present disclosure, the pack-
age 10 may include an informational item to complement or
supplement the other product or products 30 in the package
10. Such an informational item may be disposed on one of the
products 30, on the package 10, or within the package 10.

[0030] Informational items include instructions in the use
of the product or products 30, and tips for cleaning, skin care,
etc. depending on the intended use of the products 30. As used
herein, the term “informational item” refers to objects that are
provided on or in addition to a product 30, and that are
adapted to communicate information to the user and/or con-
sumer of the product 30. Examples of informational items
include cards, paper, electronic media, printing on the pack-
aging, or other suitable media capable of storing and convey-
ing information. The informational item may be printed on
or attached to a product, or may accompany a product 30 by
being on or within the package 10.

[0031] In various aspects, the informational items associ-
ated with the product 30 may be adapted to appeal to the
specific category of user and/or purchaser to which the prod-
uct 30 is adapted. The informational items may be adapted,
for example, by providing information likely to be of interest
to a given category of user and/or purchaser.

[0032] For example, a product 30 may be adapted for use
by a user seeking a spa-like experience in the home. An in-
formational item may be associated with the product 30 that
is adapted to interest spa users. For example, the informational
item may be a card containing information or instructions
about the products 30 themselves, about health and hygiene;
stress reducing or relaxation techniques; and the like, and
combinations thereof. The informational item may addition-
ally or alternatively include addresses for web sites available
on the Internet. The web sites may contain information
related to issues of interest for users of such products 30.

[0033] The informational item may additionally or alter-
native include information describing the benefits to be
derived from using the product. This informational item
would be part of a promotional plan emphasizing the customi-
zeability of the products 30 for the benefit of the consumer,
caregiver, and/or user. This informational item would both
explain the use of the various components of the products 30
as well as present the additional components that may be
available and the various combinations that are possible to
achieve different goals. Suggestions for enhancing the expe-
rience beyond the specific auditory stress relief methods
already cited may be included, including suggestions for
combining related skin care products 30 for a treatment more
similar to a multiple step spa treatment. Specifically, the user
can be guided to use a facial cleansing cloth after warming its
waterproof pouch in a basin of hot water, and then to follow
the use of that product 30 with a hydrating facial mask.

[0034] The manufacturer of a product 30 of the present
disclosure may fashion messages, statements, or copy to be
transmitted to a purchaser, consumer, or user of the product.
Such messages, statements, or copy may be fashioned to help
facilitate or establish an association in the mind of a user of
the product 30 between a product 30 of the present disclosure,
or use thereof, and one or more mental states, psychological
states, or states of well being. The communication, state-
ments, or copy may include various alphanumeric strings,
including, for example: relax, peace, energy, energy, sex,
sensuality, sensual, spa, spirit, spiritual, clean, fresh, moun-
tain, country, zest, sea, sky, health, hygiene, water, waterfall,
moisture, moisturize, derivatives or combinations thereof,
or other such statements. In one aspect, the communication,
statements, or copy create a mental association in the mind of
the consumer between a product 30 of the present disclosure,
and a naturally occurring material, such as a sea sponge. In
another aspect, the communication, statements, or copy cre-
ate a mental association in the mind of the consumer between
a product 30 of the present disclosure, and a spa or spa-related
experience. In another aspect, the communication, state-
ments, or copy create a mental association in the mind of the
consumer between a product 30 of the present disclosure,
and the fact that the product 30 is adapted for a limited use.
This latter aspect may include information on a suggested
number of uses, with examples of numbers of uses prior to disposal
identified above, and/or information on the benefit of disposal
of limited use (e.g., to reduce the chances that various poten-
tially unhealthy microorganisms become associated with
the product 30).

[0035] Alphanumeric strings like those referred to above
may be used either alone, adjacent to, or in combination with,
other alphanumeric strings. The communication, statements,
message, or copy could take the form of (i.e., be embodied in
a medium such as) a newspaper advertisement, a television
advertisement, a radio or other advertisement, items
mailed directly to addressees, items mailed to addresses,
Internet Web pages or other such postings, free standing
inserts, coupons, various promotions (e.g., trade promotions),
co-promotions with other companies, copy and the like,
boxes and packages containing the product 30 (in this case a
product 30 of the present disclosure), and other such forms
of disseminating information to consumers or potential con-
sumers.

[0036] In other aspects of the present disclosure, the pack-
age 10 includes a sound generator 35 associated with the
package 10. The sound generator 35 is adapted to generate
automatically a sound when the package 10 is open, and to
cease automatically generating the sound when the package
10 is closed. The type of sound storage device, power switch,
amplifier if needed, power source, and sound emitting component required depend on the length of playing time and the sound quality desired for the specific devices to be played. Such technologies are readily available and are known in the art. The package design must enable the power switch 40 to activate the sound generator 35 upon opening. One way to do this is to package the products 30 in a box with a hinged type cover 15, so that the power switch 40 closes a circuit when the cover 15 is opened. It is desirable to enable the user to allow the sound to continue to play while the product 30 is in use by leaving the package 10 open, yet have the option of terminating the sound by simply closing the package 10.

[0037] The sound generator 35 may be disposed within the package 10 or on the package 10 by any suitable means, or may be provided separately and connected to the package 10 by wire or wireless connection.

[0038] The term “sound generator” as used herein means any device of the kind well-known to those knowledgeable in the art wherein the sound generator 35 has a power source, a power switch 40, a sound storage device, and a sound-emitting component 45, and wherein the sound generator 35 produces sound when switched on, and ceases to produce sound when switched off.

[0039] More specifically, the sound generator 35 includes a housing 50 allowing the sound generator 35 to be mounted, for example, on an internal surface 55 of the package 10. The sound generator 35 may be mounted using an adhesive, mechanical fasteners, or by any suitable means. The sound generator 35 further includes a power switch 40 that turns the sound generator 35 on when the power switch 40 is in the on position and that turns the sound generator 35 off when the power switch 40 is in the off position. The power switch 40 is positioned on the housing 50, and the housing 50 is positioned on the package 10 such that opening the package 10 operates the power switch 40 such that it is in the on position, and closing the package 10 operates the power switch 40 such that it is in the off position. In the example illustrated in FIG. 1, opening the cover 15 of the package 10 releases the spring or otherwise loaded power switch 40, allowing the power switch 40 to move to the on position, thereby turning on the sound generator 35. Closing the cover 15 of the package 10 depresses the power switch 40, thereby turning off the sound generator 35. In other aspects of the present disclosure, the power switch 40 may be operatively connected to the opening and closing of the package 10 by any suitable means including electrical contacts adjacent the package opening 25, a pull chain attached to the cover 15, and the like.

[0040] The sound generator 35 also includes a power source (not shown) to provide power to generate the sound. In one aspect of the present disclosure, the power source is a battery. The battery may be replaceable such as a standard AA or AAA battery depending on the power needs of the sound generator 35. The battery may also be irreparable and of a limited life to match the intended use time of the products 30 within the package 10. In other aspects of the present invention, power may be supplied by any suitable means including a cord to supply power from a standard household source and photovoltaic panels.

[0041] The sound generator 35 also includes a sound emitting component 45. In one aspect of the present invention, the sound emitting component 45 is a standard loudspeaker supplied as is known to those knowledgeable in the art to match the needs of the sound generator 35. The sound emitting component 45 may be any other suitable sound emitting component including a piezoelectric transducer.

[0042] The sound generator 35 also includes a sound storage device (not shown) to store the sounds for replay when the sound generator 35 is turned on. The sound storage device may be any storage device known to those knowledgeable in the art including digital storage devices such as chips and flash cards and analog storage devices such as tapes.

[0043] In an exemplary aspect of the present disclosure, the housing 50 of the sound generator 35 includes a two-position power switch 40 that is movably mounted to the housing 50. The power switch 40 is spring-loaded and defaults to the on position. In the “off” position, not shown, the power switch 40 is depressed toward the housing 50. In the illustrated “on” position of the power switch 40, the power switch 40 extends from the housing 50.

[0044] In addition, in this example the sound generator 35 includes a sound storage device an internal digital memory in which a plurality of prerecorded natural or other sounds are digitally stored. Prerecorded natural or other sounds are digitally stored in internal digital memory and may be adapted to play in a loop or in a single play.

[0045] The sound generator 35 operates when the package 10 is opened, thus allowing the power switch 40 to move into the on position. Power is provided to the sound generator 35 and the sound generator 35 plays a sound from its sound storage device. Any digital processor programmed to provide such operation may be employed in accordance with the present disclosure. Further details of such a sound generator 35 are well-known to those knowledgeable in the art.

[0046] In another aspect of the present invention, the sound generator 35 may also include a sound selection switch 60 to allow a user to select between various sounds. A sound that may seem relaxing to one user may not be to another user. In this aspect, a sound selection switch 60 allows a user to change the sound being generated by the sound generator 35. The sound selection switch 60 may be a rotary switch, a touch screen, a series of two-position switches, or any other suitable means of changing which sound is generated by the sound generator 35. This aspect allows a user to tailor sound playback to their personal preferences.

[0047] In another aspect of the present invention, the sound generator 35 may be adapted to allow a user to select more than one sound to be played concurrently. For example, the user may prefer the sound of rainfall to be combined with the sound of thunder.

[0048] In another aspect of the present invention, the sound generator 35 includes an input jack (not shown) to allow a user to provide an external source of sound to be played by the sound generator 35. The sound generator 35 may also include an output jack (not shown) to allow a user to use the sound signal generated by the sound generator 35 as an input to another device such as a home stereo or portable audio device. The sound generator 35 may also include a headphone jack (not shown) to allow a user to plug in a set of headphones to listen to the sound generated by the sound generator 35 without outside distractions.

[0049] The sounds useful in this disclosure are any sounds that are relaxing to the user. Sounds used to provide the sensory experience generally are those that provide an experience that the user finds pleasant.

[0050] Sounds useful in this disclosure include, but are but not limited to, music and sounds of nature that are soothing or relaxing to the user. The generation of a repetitious
sound produces an auditory stimulation in individuals that can produce a sense of relaxation and, in fact, in certain cases, can induce sleep. The term music is used herein to include instrumental and lyrical compositions; tunes; melodies; harmonies; songs; beats and frequencies such as those from metronomes, tuning forks, bells, beat machines, chimes; poetry; and rhymes. The music may be of any genre, including, but not limited to, classical, soft rock, easy listening, progressive, country, and show tunes. The sounds of nature include, but are not limited to, animal sounds, such as whales singing or birds chirping; insect sounds, such as crickets; and sounds of the environment, such as rainfall, the rolling of the ocean surf, a running stream, or a waterfall. Sounds that have consistently soft dynamics with minimal melodic and harmonic variability, having little or no conventional beat pitch, little or no vocals, slow tempo, or little or no percussion or strong rhythm are particularly effective in relaxing or soothing the user. Even white noise can be effective in evoking relaxation where noise generated having a preselected frequency that is designed to coincide with brainwave patterns. Sounds may include a human voice presenting stress relief exercises and/or coaching. The voice may also present product use instructions so that the consumer does not have to read detailed instructions while trying to hold or apply the product.

While the disclosure has been described in detail with respect to the specific aspects thereof, it will be appreciated that those skilled in the art, upon attaining an understanding of the foregoing, may readily conceive of alterations to, variations of, and equivalents to these aspects that fall within the spirit and scope of the present disclosure, which should be assessed accordingly to that of the appended claims.

What is claimed:

1. A system for creating a spa-like environment, the system comprising:
   a package adapted to be opened and closed;
   a spa-related product disposed within the package; and
   a sound generator associated with the package, wherein the sound generator is adapted to automatically generate sound when the package is opened and to automatically cease generating sound when the package is closed, and wherein the sound generator includes a power source, a power switch, a sound storage device, and a sound emitting component.

2. The system of claim 1, wherein the spa-related product includes one or more of a wipe, a buff, a pouf, a washcloth, a lotion, an oil, an exfoliant, a candle, a perfume, a cologne, a sock, or a glove.

3. The system of claim 1, wherein the package includes a cover.

4. The system of claim 1, further including a plurality of spa-related products, wherein the spa-related products include at least one or more of a wipe, a buff, a pouf, a washcloth, a lotion, an oil, an exfoliant, a candle, a perfume, a cologne, a sock, or a glove.

5. The system of claim 1, wherein the spa-related product is individually wrapped.

6. The system of claim 1, further including an informational item, wherein the informational item is disposed on one of the products, on the package, or within the package.

7. The system of claim 1, wherein the sound is selected to promote relaxation.

8. The system of claim 1, wherein the sound generator is disposed within the package.

9. The system of claim 1, wherein the sound generator further includes a sound selection switch adapted to allow a user to select between a plurality of sounds.

10. The system of claim 1, wherein the power source is a replaceable battery.

11. A system for creating a spa-like environment for a user, the system comprising:
   a package adapted to be opened and closed;
   a spa-related product included within the package, wherein the spa-related product is selected to promote relaxation in the user; and
   a sound generator associated with the package, wherein the sound generator is adapted to automatically generate sound when the package is opened and to automatically cease generating sound when the package is closed, and wherein the sound is selected to promote the relaxation in the user.

12. The system of claim 11, wherein the sound generator is disposed within the package.

13. The system of claim 11, wherein the sound generator further includes a sound selection switch adapted to allow a user to select between a plurality of sounds.

14. The system of claim 11, wherein the spa-related product includes one or more of a wipe, a buff, a pouf, a washcloth, a lotion, an oil, an exfoliant, a candle, a perfume, a cologne, a sock, or a glove.

15. A method for creating a spa experience in a home environment, the method comprising:
   providing a package including at least one spa-related product; and
   providing a sound generator associated with the package, wherein the sound generator generates a soothing sound when the package is in an open condition, and wherein the sound generator generates no sound when the package is in a closed condition.

16. The method of claim 15, wherein the spa-related product includes one or more of a wipe, a buff, a pouf, a washcloth, a lotion, an oil, an exfoliant, a candle, a perfume, a cologne, a sock, or a glove.

17. A method for relieving stress in an individual, the method comprising:
   providing a package including a plurality of spa-related products selected to relieve stress in an individual using the products; and
   providing a sound generator associated with the package, wherein the sound generator generates a sound when the package is in an open condition, wherein the sound generator generates no sound when the package is in a closed condition, and wherein the sound is selected to promote stress relief in the individual using the products.

18. The method of claim 17, wherein the spa-related product includes one or more of a wipe, a buff, a pouf, a washcloth, a lotion, an oil, an exfoliant, a candle, a perfume, a cologne, a sock, or a glove.

19. The method of claim 17, wherein the package includes a cover.

20. The method of claim 17, wherein the sound generator is disposed within the package.

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