

REVYA INSTRUCTION GUIDE



A mindful tool to help you breathe deeper,
calm cravings, and gently move toward a
smoke-free life

A PERSONAL WELCOME

Hi, I'm Ella Cole,
the creator of Revya.

I'm really glad you're here.

If you're holding this necklace in your hands, it means you've already taken a meaningful step. Whether you're quitting smoking, cutting back, or simply trying to feel calmer and more in control of your breathing.

I created Revya because quitting is hard and it shouldn't feel like a battle against yourself. This necklace exists to make the process **easier, gentler, and more human.**



FLAVOR INFORMATION



Your breathing necklace arrives ready to use with an unscented cotton core already inside.

If you don't notice a flavor when you inhale, that's normal.



TO ENJOY A SCENT:

- Open the necklace
- Remove the unscented core
- Insert a flavored core from your flavor pack



AVAILABLE FLAVORS INCLUDE:

-  Mint
-  Coffee
-  Strawberry
-  Raspberry
-  Lemon

If you didn't receive flavor cores or forgot to add them at checkout, just email me at ella.c@revya.co and I'll happily send you a complimentary pack 🍋

HOW TO SET UP YOUR NECKLACE

1

OPEN THE NECKLACE

Hold the top and bottom and gently twist to unscrew.



2

REMOVE THE COTTON CORE

Inside, you'll see the unscented core that comes pre-installed (it may be in the bottom of the necklace)



3

CHOOSE A FLAVOR CORE

Open your flavor pack and select one. Keep unused cores sealed in a cool, dry, dark place.



4

INSERT THE NEW CORE

Place it gently inside the bottom chamber. Don't worry if the core feels a little loose



5

SCREW THE NECKLACE BACK TOGETHER

Align the top and bottom and twist gently until snug.



REPLACING & CARING FOR YOUR NECKLACE



REPLACING COTTON CORES

- Replace whenever the scent fades or if you want a fresher experience
- For cleanliness, I recommend changing the core every **1–2 weeks**



CARE & CLEANING

- Clean metal parts every 1–2 weeks or when switching flavors
- Use a soft, damp cloth or cotton swab with mild soap
- Dry thoroughly before inserting a new core
- Do not soak the necklace or expose cores to moisture
- **Avoid harsh cleaners or alcohol**

Proper care keeps your necklace fresh, safe, and long-lasting.

THE SLOW FLOW TECHNIQUE

This is the core breathing method behind Revya, a rhythmic breathing pattern designed to calm your nervous system and replace the urge to inhale sharply with a smooth, mindful breath.



HOW TO DO IT

1. Inhale slowly through the necklace for 5 seconds

The gentle resistance naturally slows your breath and deepens oxygen intake.

2. Hold for 1–2 seconds

This pause allows oxygen to circulate and gives your mind a moment of stillness.

3. Exhale gently through your mouth for 5 seconds

Let your shoulders drop. Relax your jaw.

BREATHING EXERCISES

Breathing is powerful because it speaks directly to your nervous system. When you slow your breath, your body receives a signal of safety and cravings soften.

EXERCISES TO TRY

1

Slow Flow

1. Inhale for 5s
2. Hold for 1–2s
3. Exhale 5s

Use during cravings, stress, or anxiety.

2

Box Breathing

1. Inhale for 4s
2. Hold for 4s
3. Exhale for 4s
4. Hold again for 4s

Helps regulate overwhelm.

3

Extended Exhale

1. Inhale through necklace for 8s
2. Exhale through mouth for 8s

Longer exhales tell your body it's safe to relax.

4

Grounding Breath

Notice 5 things you can see, then breathe slowly for 1 minute.

Helpful during emotional or anxious moments.

THE 4-WEEK "BREATHE & REPLACE" PLAN

This plan is about replacement, not restriction.

Week 1 — Awareness

Notice when and why you smoke.

Each urge → pause and breathe for 2 minutes.

Goal:

Replace 1–2 cigarettes per day with Revya necklace.

Week 2 — Prepare

Choose your quit date.

Use your necklace after meals, drinks, or during breaks.

Goal:

Replace 3–5 cigarettes per day with Revya necklace.

Week 3 — Quit

Go smoke-free.

Every craving → Slow Flow breathing for 2–3 minutes.

Goal:

Replace every craving with Revya necklace.

Week 4 — Stabilize

Reinforce your new routine.

Explore flavors. Reflect on your progress.

Goal:

Keep the new habit consistent.

IMPORTANT NOTES



- Revya is a breathing and relaxation tool, not a medical device
- If pregnant or managing respiratory conditions, consult a healthcare provider
- Keep away from children and pets
- Do not use while driving or during tasks requiring full attention

THANK YOU FOR TRUSTING ME AND YOURSELF.

If you ever need help, forgot to add flavor cores, or simply want to share your experience, simply email me at ella.c@revya.co.

Thank you for being here and for taking this step toward breathing better and living smoke-free.

With care,

Ella Cole ♥
Founder at Revya

