



****FOR IMMEDIATE RELEASE****

New Mobile App – **Relax Now**: Forever changing the way busy women reduce their daily stress

Barrie, Ontario – In today's fast-paced, high-pressure business world, women are increasingly facing burnout as they juggle multiple responsibilities. The new **Relax-Now** mobile app is here to change that. Designed specifically for busy women over 40, this new mobile app offers a variety of quick, effective relaxation techniques to help manage stress and prevent burnout—making moments of calm more accessible than ever.

A Solution for Burnout Prevention

"Years ago, I was living on the edge of burnout. When my doctor told me I needed to slow down or else, I realized I had no idea how. Meditation didn't work for my racing mind, but I learned that implementing short relaxation practices into your day can truly change your life," says *Relax-Now* creator Denise Eckert. "That's why I created *Relax-Now*, a mobile app filled with quick, powerful relaxation practices that anyone can fit into their day. I want to help women globally lower their stress and live happier lives."

For many busy women, the demands of their businesses combined with personal responsibilities often lead to chronic stress, impacting their health, productivity, relationships and overall quality of life.

A Global Collection of Unique Practices

As the host of *Calm Your Daily Stress Podcast*, Denise Eckert has had the opportunity to interview stress-management experts from around the world, giving her access to a wealth of relaxation techniques that now populate the app's directory.

Unlike traditional wellness apps that focus on a single type of practice—like meditation or yoga—*Relax-Now* offers a comprehensive directory of relaxation techniques sourced from around the world. From sound baths to qi gong, reiki to hypnotherapy, users can explore a variety of practices to help them de-stress. If one practice doesn't resonate, then try another one.

Designed for Quick, Effective Stress Relief

Whether users are looking for a quick midday reset or a longer session to unwind at the end of a long day, Relax-Now has that covered. Most practices range from 4 to 20 minutes, allowing users to find moments of calm throughout their day, even when time is limited.

Early users of the app are already enjoying positive changes! They're feeling more relaxed, enjoying improved work-life balance, and experiencing a renewed energy for both their businesses and personal lives.

"Relax-Now fits perfectly into my life," said one user. "The sessions are short enough that I can do them even when I'm pressed for time, and there's such a great variety that I never get bored."

About Relax Now

Relax Now is a subscription based app that offers a 7 day trial with no strings attached. Relax-Now is available for download on Google Play and Apple Store.

To learn more, visit <https://relax-now.app>

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