



Australian Home of
I Can Breathe! Masks



Hi!



I am Lucinda Curran, the **authorised Australian reseller of I Can Breathe! masks** and director of [Eco Health Solutions](http://EcoHealthSolutions.com.au).

I Can Breathe! masks are created and made by a mother and daughter team in the USA. The all have adjustable ear loops and adjustable nose pieces to get the perfect fit.

These masks have been designed for many different purposes.

Let's have a look at the masks and talk about how to choose the best mask for your needs.

The first question you need to ask is, "What am I trying to filter out?"

If your answer is perfumes, car fumes, cigarette smoke and other FUMES, then you have two choices.



Honeycomb

Organic Cotton/Bamboo Carbon

We have the honeycomb mask (with either classic or sports filters) and the organic cotton/bamboo carbon mask.

They both contain activated carbon filters, which is essential for filtration of fumes.

Micron Size	N95 MSA	ICB ACF Honeycomb Pollution Mask	ICB Silk Comfort Mask	ICB Organic Cotton Mask
5.0	100%	100%	100%	100%
2.0	100%	99.8%	99%	98%
1.0	100%	99%	93%	83%
0.7	99.6%	95.5%	73%	
0.5	98%	78%		
0.3	88%			

(Table from I Can Breathe! Inc. site, based on tests undertaken in 2006/ N95 MSA is a mask that according to the US government blocks 95% of particulates that are greater than 0.3 microns.)

As you can see in the table, the activated carbon filter in the honeycomb mask filters out 95.5% of particulate matter (and that is airborne particulate matter) as small as 0.7 microns and 78% of particulate matter at 0.5 microns.

To give you a better understanding of this, beach sand is 100-10,000 microns in size, while dust mites are 100-300 microns, antiperspirant is 6-10microns, mould is 3-12 microns, and bacteria is 0.3-60 microns.

So we are talking about tiny particles in the air.

Choosing between the two really comes down to the question, are you alright with polyester?

If the answer is no, then your best option is the organic cotton bamboo carbon mask. It has its filter sewn into it, so when it starts feeling “clogged” you simply wash it in unscented soap. It takes around 60 washes.

If you are alright with polyester, then the honeycomb mask could be the one for you! Its activated carbon filters are disposable – so when clogged simply remove it and replace it with a new filter. You can also wear two filters together to help in extra-polluted environments. These filters are good for around 40 hours.

You can choose the classic mask – or the sports kit. The only different here is the filters have holes in them so you can attach a one-way valve to help expel exhaled air quickly.



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Going back to our initial question of what you are aiming to filter out – if it isn't fumes then these are for you:

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The silk comfort mask is ideal for filtering out pollen, dust and mould.

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The organic cotton mask (not to be confused with the organic cotton/bamboo carbon mask) is great for the larger particulate matter such as dust and dander... it can also be worn damp to humidify the air.

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The cold weather mask is a beauty – it is made from polar fleece and is lined with silk. It's main job is to filter out cold air. It is perfect for conditions triggered by cold air, in cold work environments, or in places where winters are chilly. This mask can also be worn damp to humidify the air.

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Last but not least is the I Can Sleep Eye Shade. This eye shade fits comfortably and blocks out light, promoting a good night's sleep.

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Feel free to peruse the range here at CanBreathe.com.au and if you are unsure about what you may need, you can send me a message via the contact page.

At Eco Health Solutions Pty Ltd, I have a range of the I Can Breathe! Masks. At the time of writing, the following were in stock.

- ✓ Honeycomb Mask – beige, white lace, black lace, crimson lace, blue and dark hunter green
- ✓ Sports Kit – beige and navy blue
- ✓ Organic Cotton/Bamboo Carbon Mask
- ✓ Silk Comfort Mask
- ✓ Organic Cotton Mask
- ✓ Cold Weather Mask – sapphire blue (adult) and grey (adult and child)
- ✓ I Can Sleep! Eye Shade – midnight blue
- ✓ Activated Carbon Filters – classic and sports
- ✓ Valves



Other Notes About I Can Breathe masks

I Can Breathe! Inc. designs comfortable, high quality face masks which reduce exposure to airborne particles and irritants. They were created by someone who needed them, they are sewn in Chicago, IL (USA) and they are a small family business.

Warnings and Precautions:

- **Check the masks contents with your medical doctor, especially if you have sensitivities or allergies.**
- The masks should not be worn near fire.
- Latex-free elastic is on all masks, except the organic cotton ones.
- The activated carbon filter does not replace industrial strength respirators and is not meant for occupational exposure.
- These masks are not NIOSH certified at this time.
- Please note that respiratory masks are personal products, which, due to health standards **may not be exchanged or returned for resale** regardless of whether or not they have been opened. If you are unsure if they are right for you, check with your medical doctor or physician, and only buy one (1) to try it out.

Please be aware:

1. I Can Breathe! Inc. and Eco Health Solutions **make no scientific claims** regarding the effectiveness of each mask.
2. **The wearer determines if the mask helps** - everyone is unique.
3. Should you have any **health care-related questions, please call or see your physician** or other health care provider promptly.
4. You should **never disregard medical advice or delay in seeking it** because of something you have read on this site.
5. **Customers are responsible** for paying attention to washing instructions, fitting, and contents. People who are sensitive to plastic, polyester, nylon, or silk, should look carefully at the contents of each mask.
6. **Facial hair** can result in the mask not sealing adequately – please take note, men.

Special notes:

- *Organic cotton ear loops and metal rings can be supplied with any of these masks, so that you can replace the latex-free elastic ear-loops. Please request this when you are ordering.*
- *If synthetic is a problem, please contact me about a great alternative.*
- **Wash all masks before using them** with a washing product that is unscented and does not leave a residue

About the colours

Every effort is made to present the mask colours accurately, however due to the variations of computer monitors and the complex colouration of the masks it is not possible to show on your monitor the colour as the mask will appear when it arrives. Masks are made of different shades of mesh or lace one on top of the other. Once you receive the mask the colour will differ in natural light versus artificial light. We try and give a good sense of the colour by its name, but as colours and colour names are subjective we can't guarantee that the mask colour you receive will be what you expect. Please choose carefully. For health concerns we do not take returns. We will not exchange masks because of colour choice.

Travel and Care of your Mask

Wash before use.

The adjustable ear loops allow the mask to fit almost everyone.

The Honeycomb Mask was designed specifically to seal the filter effectively and not require frequent washing (unless you think you are exposed to virus or bacteria. In that case, soak mask in peroxide and wash with hot water. Discard filter in the cellophane bag. Wash hands frequently.)

The disposable activated carbon filters the air, which is especially useful on airplanes. Carry your Mask in your pocket or purse for handy use while touring air-polluted cities. For **flights**, the organic cotton and the cold weather masks can be used to **humidify the air**. Simply wet them, blot them dry and wear them damp to warm and humidify the air.

Other information

Please note that respiratory masks are personal products, which, due to health standards **may not be exchanged or returned for resale**.

Masks are guaranteed by the manufacturers (I Can Breathe! Inc.) if found to be defective in materials or construction.