



Emer Flannery

Kaloo Wellness

Wellness company Kocoono™ is the brainchild of Emer Flannery, a psychology professional from Belmullet, Co Mayo. With a decade of experience working in a range of different care services from Saudi Arabia, Australia to Mayo, she saw a huge need for both adults and children to have more natural tools to recover or aid physical and mental health. She set up the company with the aim of alleviating people's physical and mental stresses and contributing to overall well-being.

Kocoono™ is a customisable weighted blanket with a unique shoulder embrace to take stress off your body and help you sleep. Based on deep touch pressure stimulation, similar to a hug, the blanket stimulates pressure points, reducing cortisol levels associated with stress, which in turn increases dopamine and serotonin, our 'happy chemicals'. This enables the user to relax by reducing stress and anxiety felt in the body and lends itself to induced relaxation, a sense of calmness and better quality sleep. Users include people who are experiencing insomnia, anxiety, sensory processing disorders, alzheimers, fibromyalgia, heightened nervous system to inability to switch off at night or after work.

Emer was shortlisted for JCI Top 10 Outstanding Young Persons award, Galway for 2020 and has also been a part of the Social Entrepreneurs Academy cohort of 2019. She continues to grow the business and the company is planning to launch several new products.

www.kocoono.com

