CLAIMS

1. An eye mask (100) for treating dry eyes and inflammation of the eyes, comprising:

a fabric having a first layer (110A) and a second layer (110B) opposite the first layer (110A); and

a heat diffusing fill material enclosed between the first (110A) and the second layers (110B),

wherein the first layer (110A) and the second layer (110B) are stitched together substantially along their edges, and

wherein the first layer (110A) is a front layer, wherein the second layer (110B) is a back layer, wherein one or more rows of stitch points (105) define at least three substantially distinct sections (120 A, 120B, 120C) in the front layer (110A) and the back layer (110B),

wherein a first section (120C) is configured to be placed above a user's first eye, wherein a second section (120A) is configured to be placed over a second eye, and wherein a third section (120B) is configured to be placed over a second eye, and

wherein the fill material is configured to deliver a moist heat to an ocular surface.

2. The eye mask according to Claim 1, wherein a first section (120C) is located substantially along a horizontal axis.

3. The eye mask according to Claim 2, wherein the first section (120C) is substantially segregated from a second section (120A) and a third section (120B) by one or more rows of stitch points (105).

4. The eye mask according to Claim 3, wherein the fill material enclosed in the first section (120C) is substantially isolated from the fill material enclosed in the second section (120A) and the third section (120B).

5. The eye mask according to Claim 1, wherein the fill material comprises a thermally conductive material.

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6. The eye mask according to Claim 1, wherein the fill material comprises a plurality of silica beads.

7. The eye mask according to Claim 1, wherein the eye mask is configured to treat dry eyes.

8. The eye mask according to Claim 1, further comprising an adjustable strap component (130), wherein the strap component comprises:

a first strap member (130A) interposed between the first layer (110A) and the second layer (110B)

along a first side of the mask; and

a second strap member (130B) interposed between the first layer (110A) and the second

layer (110B) along a second side of the mask,

wherein each strap member (130A, 130B) includes one or more fastening elements (135A, 135B).

9. An eye mask (200) for treating dry eyes and inflammation of the eyes, comprising:

(A) a cover (210), the cover (210) having a fabric comprising:

a first layer (210A);

a second layer (210B), wherein the first layer (210A) and the second layer (210B) are stitched together substantially along their edges; and

a pocket (220) formed between the first layer and the second layer; and

(B) an insert (250), wherein the insert (250) is configured for placement within the pocket (220), wherein the first layer (210A) is a front layer, wherein the second layer (210B) is a back layer, wherein one or more rows of stitch points (265) define at least three substantially distinct sections in the front layer and the back layer,

wherein a first section (120C) is configured to be placed above a user’s first eye, wherein a second section (120A) is configured to be placed over a second eye, and wherein a third section (120B) is configured to be placed over a second eye,

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wherein the insert (250) comprises a heat diffusing fill material, and wherein the fill material is configured to deliver a moist heat to an ocular surface.

10. The eye mask according to Claim 9, wherein the fill material is arranged in a cross-hatch pattern (270).

11. The eye mask according to Claim 9, wherein the fill material comprises a thermally conductive material.

12. The eye mask according to Claim 9, wherein the insert (250) is removable, and further wherein the insert (250) is configured to be heated in a microwave.

13. The eye mask according to Claim 9, wherein the cover (210) is configured to be hand- or machine-washed.

14. A kit for providing heat therapy for the eyes comprising:

(a) an eye mask (100, 200) according to Claim 1 or Claim 9; and

(b) one or more eyelid wipes, wherein the eyelid wipe is impregnated with an eyelid cleanser, wherein the eyelid cleanser includes a composition having polyhexamethylene biguanide.

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