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),

said eye mask comprising three substantially distinct sections;

wherein one or more rows of stitch points define the three substantially distinct sections in the first layer and the second layer;

wherein a first section is elongate, extends along a horizontal axis and is located proximal a top edge of the mask;

wherein the first section is segregated from a second section and a third section by one or more rows of stitch points, wherein the second section is configured to be placed over a first eye, and wherein the third section is configured to be placed over a second eye; and wherein the fill material is enclosed within each of the sections; wherein a bottom edge of the mask is arcuate and comprises an indentation to fit over the bridge of a wearer's nose, and wherein a row of stitch points from said indentation segregates the second section from the third section, and

wherein the fill material comprises silica beads, and wherein the fill material is configured to deliver a moist heat to an ocular surface.

2. 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).

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3. 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) a removable insert, wherein the insert is configured for placement within the pocket, wherein the insert comprises a heat diffusing fill material, and wherein the fill material is configured to deliver a moist heat to an ocular surface;

wherein the insert comprises three sections,

wherein one or more rows of stitch points define the three substantially distinct sections;

wherein a first section is elongate, extends along a horizontal axis and is located proximal a top edge of the insert,

wherein the first section is segregated from a second section and a third section by one or more rows of stitch points, wherein the second section is configured to be placed over a first eye, and wherein the third section is configured to be placed over a second eye; and wherein the fill material is enclosed within each of the sections; wherein a bottom edge of the insert is arcuate and comprises an indentation to fit over the bridge of a wearer’s nose, and wherein a row of stitch points from said indentation segregates the second section from the third section.

4. The eye mask according to Claim 3, wherein the fill material comprises a thermally conductive material.

5. The eye mask according to Claim 3, wherein the insert (250) is removable, and further wherein the insert (250) is configured to be heated in a microwave.

6. The eye mask according to Claim 3, wherein the cover (210) is configured to be hand- or machine-washed.

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

(a) an eye mask (100, 200) according to Claim 1 or Claim 3; 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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