

INSTRUCTIONS: Place in the freezer for at least 2 hours inside the plastic freezer bag provided or use your own. If it's too cold immediately out of the freezer and let it sit out until it reaches your desired temperature before placing comfortably on your head. Wear hat and keep in place for approximately 15-20 minutes. The Headache Relief Cap can also be worn above your eyes, but we recommend covering your eyes for the best results. Consult your physician and/or seek medical attention if the pain continues or gets worse.

HEATING INSTRUCTIONS : Remove the product from any plastic bags. Make sure the product is not cold and at room temperature. Microwave starting at 20 seconds and add in 10-second increments to get the desired temperature. All microwaves may vary.

WASHING INSTRUCTIONS: Wipe with a damp towel. Do not submerge in water. If the product gets too wet, simply allow to air dry before placing it in the freezer or on your head.

WARNING: Prior to use, stop and thoroughly check the product for ice crystals and tears in the inner lining. Do not use it for any reason ice crystals or gel are visible.

PRODUCT INFORMATION

Product Name: PACK HOT OR COLD, REUSEABLE

Product Code: IME

Manufacturer: iTHERAU

Company Name: Shenzhen Yaozi Technology Co., Ltd.

Company Address: 1st Floor, Building E, Puffer Soho Community Apartment, No. Shenzhen Guangdong

EC REP iTherAid Consulting GmbH
Bismarckstr. 10, 10245 Berlin, Germany
www.itheraid.com

UK REP EVATOST CONSULTING LTD
Suite 11, First Floor, 100, Road 5, Upper
Grove, Tolly Hall, Cardiff, CF11 1QK
001 UK 2022932200002
www.evastost.com

Get more information via our official website: itherau.com
Please feel free to contact our official customer service email:
support@itherau.com

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