

CAUTION: WHETHER USED HOT OR COLD IT IS ADVISABLE TO CHECK THAT THE TEMPERATURE IS NOT TOO EXTREME AGAINST THE SKIN. IT IS RECOMMENDED THAT THE GEL PACK IS WRAPPED IN CLOTH BEFORE APPLYING TO SKIN.

Application: ***HOT***

MICROWAVE: PLACE GEL PACK INTO MICROWAVE FOR APPROXIMATELY 30 SECONDS (IF THE GEL PACK IS AT ROOM TEMPERATURE) OR 1 MINUTE (IF THE GEL PACK IS FROZEN) ON HIGH POWER. AFTER THIS TIME, CHECK IF THE CORRECT TEMPERATURE HAS BEEN REACHED. IF NOT, HEATING INCREMENTS OF 10 TO 20 SECONDS TO REACH THE REQUIRED TEMPERATURE.

TIMES ARE BASED ON A 600W MICROWAVE.
ADJUST HEATING TIMES ACCORDINGLY TO SUIT THE POWER OF YOUR MICROWAVE.

HOT WATER: BRING WATER TO BOIL. REMOVE WATER FROM HEAT AND IMMERSE THE GEL PACK FOR APPROXIMATELY 4-10 MINUTES, AFTER 4 MINUTES. CHECK EVERY 1 MINUTE TO SEE IF THE CORRECT TEMPERATURE HAS BEEN REACHED. IDEAL TO USE FOR:

- TEMPORARY PAIN RELIEF OF MUSCLES AND JOINS
- PAINS AND NAGGING BACK PAIN
- MENSTRUAL CRAMPS

Contents Non-Toxic.



MADE IN CHINA