

## Hot Therapy ☀

Place the wrap in a clean microwave and heat in 30 second intervals, rotating between heating times with 30 second standing times, until optimal heat is achieved. The wrap should feel warm, not hot to touch. (Tips: It's a normal phenomenon that steam and aroma released from the neck & shoulder wrap after microwave)  
Tips: It's a normal phenomenon that steam and aroma released from the neck & shoulder wrap after microwave.

## Cold Therapy ❄

Seal the wrap in a plastic bag and place in a freezer for at least 1 hours before use. Maybe left in freezer indefinitely until ready for use.

## Safety Information:

- ◆ Do not leave unattended while heating.
- ◆ Please do not overheat the wrap! Heat only as directed.
- ◆ Overheating may damage the wrap
- ◆ If soiled, spot clean fabric only. Do not submerge wrap in water.
- ◆ The wrap must be completely dry prior to heating in the microwave.
- ◆ Do not use this product on persons with diabetes, nerve damage, circulatory disease, damaged or borken skin or persons unable to remove this product including infants, children and other older persons.

*Our products are not guaranteed or intended to diagnose, treat, cure, or prevent any disease. Consult your doctor before if you have any concern with using our products.*