



Have a Question?

*Please do not return this product
to the retailer.*

Call Us First!

**Our customer service and product experts are
ready to answer ALL your questions.**

**Please call our TOLL-FREE customer service
number at: 1-800-472-7606
or visit us online at
www.conaircanada.ca**

NOTICE

Hot and cold therapy are two simple and efficient means of dealing with muscle pains. To find out which treatment approach is best suited for your pains, consult a health professional.

Read carefully and follow the instructions as well as the warnings. If overheated, the product could cause burns or start a fire.

INSTRUCTIONS

HOT- In the microwave oven:

Use a home microwave oven. Make sure that your microwave oven is clean, with no food particles inside.

1. Place the product inside microwave oven. Put a glass of water (1 oz.) in your microwave oven. Heat in 20-second intervals until it reaches desired warmth level. **DO NOT HEAT FOR MORE THAN 2 MINUTES** during each use.
2. Take the product out of the microwave oven. If it is too hot to handle, let it cool off before inserting it back into the cover.

COLD- In the freezer:

1. Protect the product by placing it into a sealed plastic bag or hermetic container. This will prevent it from absorbing odors.
2. Place it in the freezer for a minimum of 30 minutes (this product can be stored in the freezer permanently)
3. Remove from freezer.
4. Relieve your pain peacefully for a maximum period of 10 to 15 minutes at a time once per 4 hour period.

WARNINGS

- In the microwave oven, respect the maximum heating period. Excessive heating could cause the item to start a fire or inflict burns.
- To avoid overheating the insert, let it cool off for one hour between each heating. Do not heat the same product more than 4 times per day.
- Do not store this item near a source of heat or under conditions of constantly high humidity.
- Do not use this item with any other therapeutic cream or ointment.
- When the item is hot, do not fall asleep with it, do not leave it unattended, never put it down on furniture covered with fabric, leather, wool or any other easily flammable material.
- The use of this product is not recommended for children.

CAUTION

The use of this product is not recommended for people suffering from a certain sensitivity to heat, blood pressure problems, paralysis, nerve damages, diabetes, or asthma. Consult a health professional prior to use.

CARE

To clean this product, use a slightly damp cloth. Avoid using excess water or harsh detergents. Do not machine wash. Do not rub excessively.

STORAGE

In order to adequately preserve the item when not in use, store it at room temperature or keep it in the freezer.

CUSTOMER SERVICE

Should you have any questions, comments or suggestions which you wish to express to us, please do not hesitate to contact us, free of charge, at **1-800-472-7606**.

SERVICE CENTRE:

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