

## Paper insert

**Instructions: Please read all instructions before using.**

**Note:** Gel pack must be at room temperature before cooling or heating.

**To Cool:** Place the Gel Pack flat in a fridge or freezer for at least 2 hours for first time use (for repeat treatments return the pack to a fridge or freezer for 30 minutes) and then place in a towel before applying to skin to avoid frostbite.

**To heat:** Place the Gel Pack flat on paper or cloth towel in the centre of the microwave turntable and heat at full power for 20 to 30 seconds, if no turntable in the microwave rotate the Gel Pack halfway through the cycle. If the Gel Pack expands like a balloon its overheated and should be allowed to cool before touching. Before use on skin carefully check the Gel Pack for any sign of possible rupture or leakage. If any leakage is found wait for the Gel Pack to cool down and discard. If too hot allow to cool before applying. If the Gel Pack is not hot enough microwave for up to two additional 10 second intervals until a safe and desired temperature is reached.

**Never apply longer than 30 minutes at a time and during use inspect the skin every 5 minutes where the Gel Pack is applied. If any discoloration, discomfort or redness occurs discontinue use at once.**

**Wash skin thoroughly with soap and warm water if the gel-filled beads come in contact with skin.**