

TO USE COOL/COLD: Store gel pack in refrigerator or freezer for at least 2 hours. Apply cold gel pack for several minutes to ease discomfort.

TO USE WARM/HOT: Submerge gel pack in hot water for 5 minutes or wrap gel pack in microwave safe cloth and microwave for 20 seconds. Test temperature before applying to skin. Apply affected area for 3-4 minutes.

Ariel PO# xxxx-HPC
China,xx/xxxx

WARNING: Applying gel pack to skin at extreme temperatures may cause burns. Use under adult supervision. Discard pack if punctured. Do not swallow beads. This is not a toy. Heating pack beyond time stated above is not recommended. Clean with mild soap or detergent. For longer shelf life, keep pack in freezer while not in use.