

CAUTION!

For microwave use only. Be careful when removing from microwave; item may be extremely hot. Allow to cool before reheating. Do not boil. To avoid risk of fire, do not overheat. Do not exceed maximum heating time. If discomfort results or persists, discontinue use and consult your physician. Should not be used by people with skin conditions or skin sensitivity. Consult a doctor before using while pregnant. Discard if worn or damaged. Not suitable for young children. Do not ingest contents. Clean only in accordance with the manufacturer's instructions.

This product can cause burns. Discard if worn or damaged.

HEATING INSTRUCTIONS:

RATING	HEATING TIME FROM ROOM TEMPERATURE
500-700W	1 minute
750-1000W	45 seconds

SAFETY NOTICE: Heat the pack in microwave for 30 seconds. Feel the pack to check if desired warmth is achieved. If not, heat the pack in 20 second intervals. Microwave temperatures vary. But the total heating time should not exceed 1 minute. Do not overheat.

FOR COOLING:

Place in clean, sealed bag and leave in freezer overnight.

TO RE-FRESHEN SCENT:

Spray the pack with your favorite aromatherapy fragrance.

Cover: 100% Polyester Ariel PO

Filling: 99% Himalayan salt China
1% Lavender Oil

