

**Back Heat Pack**

This ultra soft pack provides soothing relief to larger areas--just right for comforting menstrual cramping, back pain, and strain. Fluted channels keep the herb mixture evenly distributed for maximum benefit. Use for hot or cold therapy.

**Ingredients**

Lavender, valerian root, white willow, chamomile, rosemary, peppermint, spearmint, hops, yellow dock, lemongrass, cinnamon, yarrow, premium flax seeds, and other natural materials.

**Procedure**

- ◆ Never allow the Back Heat Pack to come in direct contact with the skin.
  - ◆ Protect the Back Heat Pack and the body by placing a cloth on the area before applying the wrap.
  - ◆ Always test the Back Heat Pack for comfort before applying.
  - ◆ Heat Therapy – Warm in microwave in 30 second increments until desired temperature is desired. ***Do not overheat: Can scorch or catch fire!***
  - ◆ Cold Therapy. Wrap the Back Heat Pack in a towel and place in the freezer for 1-2 hours.
  - ◆ When not using the Back Heat Pack for prolonged periods of time, place it in a sealed container or ziplock bag to increase its longevity.
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