

## **Herbal Shoulder Wrap - Harvest**

### **Heat Therapy**

1. Warm in microwave for 1-2 minutes. Heat in increments of 30 seconds. Check temperature to ensure that warmth is ideal before use.
2. Light misting of the Herbal Shoulder Pack will offer moist heat and help soothe over used muscles.

### **Cold Therapy**

1. Place Herbal Shoulder Pack in a ziplock bag in the freezer for 2 hours.

### **Warning**

- Do not overheat - will cause burns
- Test temperature on inside of elbow.
- For external use only.