

Herbal Neck 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 Neck Wrap will offer moist heat and help soothe over used muscles.

Cold Therapy

1. Place Herbal Neck Wrap 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.