



Theratools Herbal & Hemp Pack

Safe Heating & Usage Guide

Applies to all herbal pillows, wraps, mitts, booties, & body packs

◆ General Safety Guidelines

- Always inspect the product before use. Do not use if the fabric is torn or if contents are leaking.
- Do not overheat. Follow the recommended heating times.
- Never leave the product unattended while heating.
- Do not apply packs directly to the skin—always use a protective barrier to ensure client safety and extend the life of the product.

Heating Instructions

Microwave Method (for most sizes):

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 - Place the pack in the microwave, ensuring it does not touch the microwave walls.
 - Heat in 30-second increments, flipping or shaking the pack in between to distribute heat evenly.
 - Typical heating times:
 - Small items (eye pillows, mitts): 30–60 seconds
 - Medium items (neck wraps, heart pack): 60–90 seconds
 - Large items (shoulder fans, back packs): 90–120 seconds
 - Test temperature before use. If too hot, allow to cool slightly before applying.
- Warming Tray or Towel Cabinet (preferred for professional use):
 - Place herbal packs in a clean towel warmer or Theratools Warming Tray.
 - Heat for 25–35 minutes for full warmth.
 - Do not stack tightly—allow airflow for even heating.
 - Microwaving beforehand can be used to expedite warm-up.
 - Always test temperature before applying.

Cold Therapy Instructions

- Herbal packs may also be used for cold therapy.
- Place the item in a seal-able plastic bag to protect it from moisture.
- Store in a refrigerator or freezer for at least 2 hours prior to use.
- Always use a barrier between the skin and the cold pack.

Usage Instructions

- Do not apply directly to skin. Always use a protective cover or towel.
- Protective covers are available for:
 - Eye Pillows (also available in waterproof options)
 - C-Shaped Neck Wraps (also available in waterproof options)
- A soft hand towel or pillowcase may also be used to protect the product and extend its life.
- Booties and Mitts must always be used with cotton protective sleeves.
- Do not exceed 20 minutes of continuous application.
- Suitable for use in massage, esthetic, body, or relaxation treatments.

Care, Storage & Refreshing

- Do not immerse in water—spot clean fabric only.
- Allow to air dry completely before storing.
- Store in a cool, dry place.
- Refresh scent and extend life with Theratools Herbal Pack Linen Refreshing Spray (SKU: TT108).

Pro Tips for Spa Professionals

- Always confirm client comfort and pack temperature.
- Organize packs with labeled bins or drawers.
- Rotate frequently used items to ensure even wear.

Contraindications

- Do not use on clients with:
 - Impaired sensation or heat sensitivity
 - Poor circulation or vascular conditions
 - Inflamed, bruised, or recently exfoliated or waxed skin
- Avoid use over compromised areas unless approved by a healthcare provider.
- Always use a barrier—never apply directly to bare skin.