## **Heated Mitts & Liners**

The therapeutic heat of the mitts soothes and nourishes the skin, nails, and cuticles while replenishing the hand's natural moisture balance. The heated mitts have a long cord between the mitts for comfort during use. Heat relieves pain caused by arthritic or other conditions as well.

## Usage

- 1. Preheat mitten
- 2. Smooth hands with a softening cream, paraffin or any heated activated softening cream and massage into nails and cuticles
- 3. Cover hands in mitten liners (mitten with individual finger slots) or wrap in plastic wrap
- 4. Place hands inside preheated mitten for approximately 10 –15 minutes

## **Important Safety Instructions**

- □ Read all instructions carefully.
- □ Do not use while sleeping.
- □ Do not use on an infant.
- This pad is not to be used on or by an invalid, sleeping or unconscious person or a person with poor blood circulation unless carefully attended.
- □ Do not use on areas of insensitive skin.
- □ Burns can occur regardless of control setting, check skin under pad frequently.
- □ Never use heated mitten without a liner of some kind.
- □ When using mitts, be sure to use the removable plastic liner with each unit as well as the disposable liner.