

Usage Instructions

Product Name

Therapearl®

Benefits

- Doesn't leak or drip.
- Non-toxic.
- Freeze or microwave.

For Heat Therapy

Use them warm to increase blood flow, relax muscles, and ease pain.

Microwave

1. Wrap your pack with a damp cloth or paper towel.
2. Microwave for 15 seconds. Since microwaves vary in power, you may microwave your pack for additional 5 second intervals until desired temperature is reached.
3. Adjust to comfort by placing a thin clean cloth or paper towel between the pack and the skin if necessary. It is recommended to apply the pack for 20 minutes and then off the affected area for 40-45 minutes. Packs can be reapplied after being warmed again.

Hot Towel Cabi

Heat for 1-1.5 hours. If the pack is left in the hot towel cabi longer, make sure and take the pack out to cool for about 5 minutes before applying to your client's skin. The pack can be left in the cabi for 6-8 hours with a damp or dry towel wrapped around it.

****CAUTION:** It gets really hot after an hour and a half, and it could burn your client's skin.

****CAUTION:** Do not heat the Eye-ssential Pack--it is intended for cold therapy use only.

Usage Instructions

For Cold Therapy

Use them cold to reduce pain, inflammation, and bruising.

Freezer

1. Place your pack flat in freezer for at least 2 hours.
2. Adjust to comfort by placing a thin clean cloth or paper towel between the pack and the skin if necessary. It is recommended to apply the pack for 20 minutes and then off the affected area for 40-45 minutes. For better results, return the pack to the freezer after every use. It can be reapplied after being cooled again.

NOTE: When stored in the freezer, do not place any heavy objects on top of your pack.

Cool Cabi

Place in cool cabi to chill. If the pack becomes too cold, wait a few minutes before applying to client's skin.

TheraPearl® Pack Care

After use, packs can be cleaned with a mild soap, detergent, or alcohol.

Do not place heavy objects on top of your packs.

Discard pack if punctured.

Do not swallow beads. Do not use on infants.
